



2024 Survey on the Mental Health of LGBTQ+ Young People in New Hampshire



Acknowledgements:

The Trevor Project's Research team expresses deep gratitude to all of the LGBTQ+ young people who participated in the survey and shared their insights. For the creation of this report, we would also like to extend our thanks to Antonia Clifford, Casey Pick, Fiona Hilton, Gabby Doyle, Jackson Budinger, Janson Wu, Marissa Cohnen, Mark Henson, Nathanio Strimpoulos, Nolan Scott, Paul Pham, Ryan Bernstein, Saurav Thapa, Tanner Mobley, and Zach Eisenstein for their contributions to the research.

Suggested citation:

Nath, R., Matthews, D., Hobaica, S., Eden, T.M., Taylor, A.B., DeChants, J.P., Suffredini, K. (2025). 2024 U.S. National Survey on the Mental Health of LGBTQ+ Young People by State. West Hollywood, CA: The Trevor Project.

www.thetrevorproject.org/survey-2024-by-state

Executive Summary

The Trevor Project is the leading suicide prevention and crisis intervention organization for LGBTQ+ young people. Trevor produces original research that amplifies the experiences of LGBTQ+ young people and adds new knowledge and clinical implications to the suicide prevention field. Since 2019, The Trevor Project has published some of the largest and most diverse surveys of LGBTQ+ young people in the United States, providing critical insights into the public health crisis of suicide among LGBTQ+ youth, as well as data-driven ways to address it.

This report utilizes the data collected through **The Trevor Project's 2024 U.S. National Survey on the Mental Health of LGBTQ+ Young People**, which captured the experiences of more than 18,000 LGBTQ+ young people ages 13-24 across the United States in 2024 – and segments it across all 50 states, Puerto Rico, and Washington, D.C.

State by state, this report offers a unique and detailed look at mental health and suicide risk, access to care, impacts of anti-LGBTQ+ victimization and policies, and methods of support for LGBTQ+ youth – as described by a national sample of LGBTQ+ young people themselves.

These findings underscore the unique challenges faced by LGBTQ+ young people, a group that is disproportionately impacted by suicide not because of who they are, but because of how they are mistreated and stigmatized in society.

We published this report to equip fellow researchers, policymakers, educators, and other youth-facing professionals and organizations with the data they need to protect and uplift LGBTQ+ young people in their communities – and to help end the public health crisis of suicide, once and for all.

We extend a heartfelt gratitude to all the LGBTQ+ young people who bravely shared their experiences with us, and we hope this research helps make your state a safer, healthier, and more inclusive place for you to call home.

— The Trevor Project



Mental Health & Suicide Risk Among LGBTQ+ Young People in New Hampshire



LGBTQ+ young people are **not inherently prone** to higher suicide risk because of their sexual orientation or gender identity. Rather, they are placed at higher risk because of how they are **mistreated and stigmatized in society**.

Suicide Risk

36%

of LGBTQ+ young people in New Hampshire seriously considered suicide in the past year, including 40% of transgender and nonbinary young people.

10%

of LGBTQ+ young people in New Hampshire attempted suicide in the past year, including 9% of transgender and nonbinary young people.

Anxiety & Depression

64%

of LGBTQ+ young people in New Hampshire reported experiencing symptoms of anxiety, including 68% of transgender and nonbinary young people.

45%

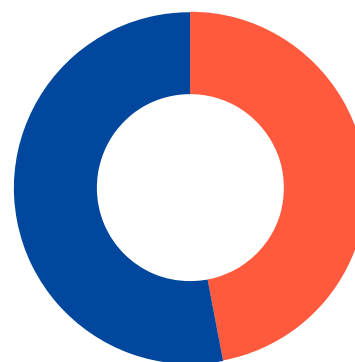
of LGBTQ+ young people in New Hampshire reported experiencing symptoms of depression, including 44% of transgender and nonbinary young people.

Access to Care Among LGBTQ+ Young People in New Hampshire

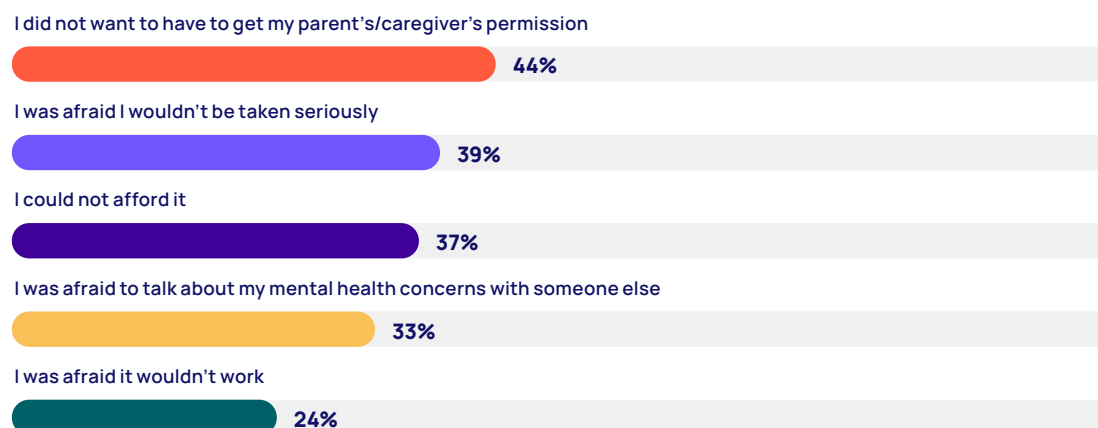


Despite the prevalence of anxiety, depression, and suicide risk among LGBTQ+ young people, approximately half of them were not able to access the mental health care they desired.

Access to Mental Health Care

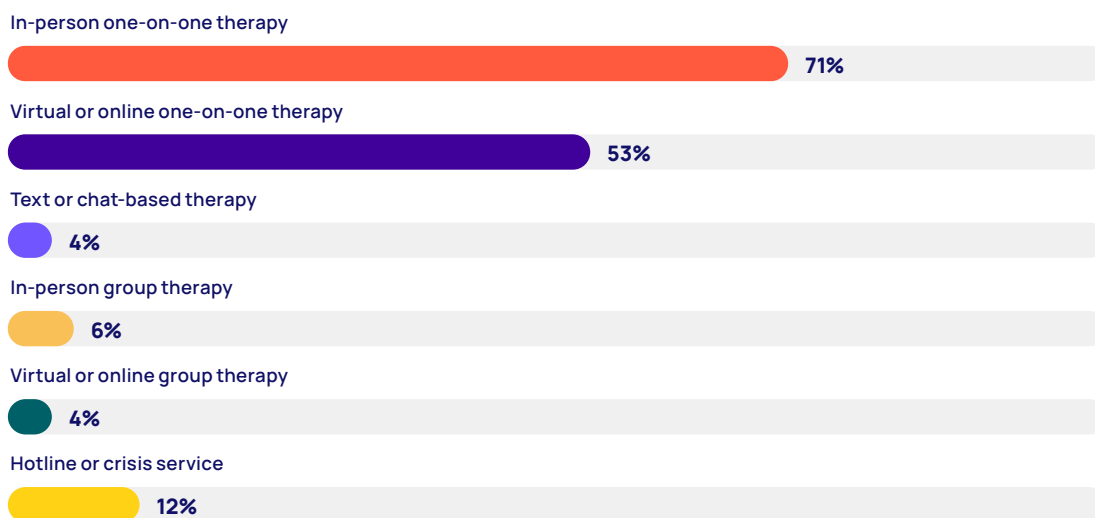


LGBTQ+ young people who wanted mental health care but were unable to get it cited the following top 5 reasons:



Access to Care Among LGBTQ+ Young People in New Hampshire

LGBTQ+ young people able to access mental health care received psychological or emotional counseling in the following ways:



Challenges Faced by LGBTQ+ Young People in New Hampshire



Research consistently finds that LGBTQ+ youth who have experienced anti-LGBTQ+ victimization – including being physically threatened or harmed, discriminated against, or subjected to conversion therapy – report significantly higher rates of attempting suicide.

23%

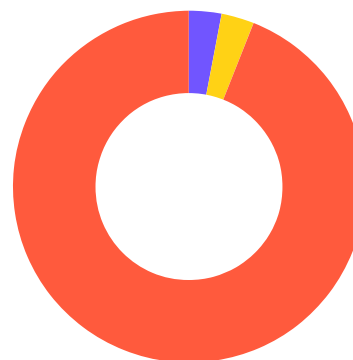
of LGBTQ+ young people in New Hampshire were physically threatened or harmed based on their sexual orientation or gender identity in the past year.

65%

of LGBTQ+ young people in New Hampshire experienced discrimination based on their sexual orientation or gender identity in the past year.

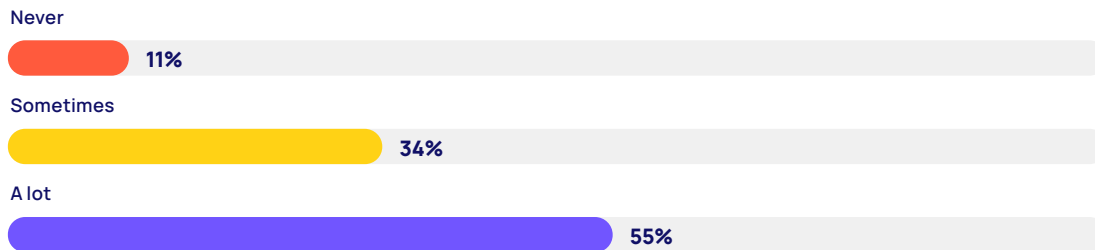
LGBTQ+ young people who reported being threatened with or subjected to conversion therapy:

- 95% Not threatened with or subjected to conversion therapy
- 3% Threatened with conversion therapy
- 3% Subjected to conversion therapy

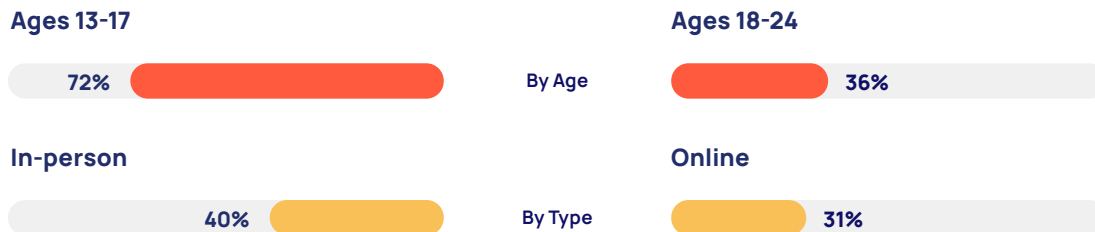


Challenges Faced by LGBTQ+ Young People in New Hampshire

LGBTQ+ young people who reported that recent politics negatively impacted their well-being:



Rates of bullying among LGBTQ+ young people in the past year:



31%

of LGBTQ+ young people reported that they or their family have considered leaving New Hampshire for another state because of LGBTQ+-related politics and laws, including 31% of transgender and nonbinary young people.

Ways to Support LGBTQ+ Young People in New Hampshire



LGBTQ+ young people report lower rates of attempting suicide when they have access to affirming spaces and communities. They also need the people in their lives to better understand and support their identities and advocate for them.

Affirming spaces among LGBTQ+ young people:

LGBTQ+ young people who identified home as an LGBTQ+-affirming space



Transgender and nonbinary young people who identified home as an LGBTQ+-affirming space



LGBTQ+ young people who identified school as an LGBTQ+-affirming space



Transgender and nonbinary young people who identified school as an LGBTQ+-affirming space



Rates of LGBTQ+ young people who have felt support in the past year from family:

Low or moderate support



LGBTQ+

High support



Transgender and Nonbinary



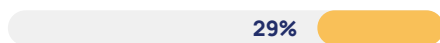
Rates of LGBTQ+ young people who have felt support in the past year from friends:

Low or moderate support



LGBTQ+

High support



Transgender and Nonbinary



Ways to Support LGBTQ+ Young People in New Hampshire

78%

of LGBTQ+ young people in New Hampshire say the community where they live is accepting of LGBTQ+ people, including 71% of transgender and nonbinary young people.

LGBTQ+ young people reported the following top 5 actions as ways people in their life can best show their support and acceptance:

Trusting that I know who I am



Not supporting politicians that advocate for anti-LGBTQ+ legislation



Standing up for me



Looking up things about LGBTQ+ identities on their own to better understand



Respecting my pronouns



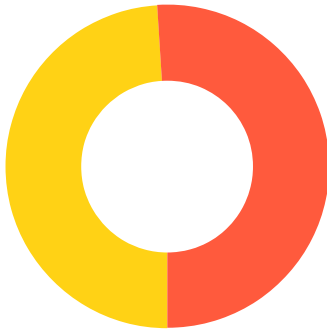
Demographics in New Hampshire

Breakdown of Respondents' Demographics

Sample size: N = 122

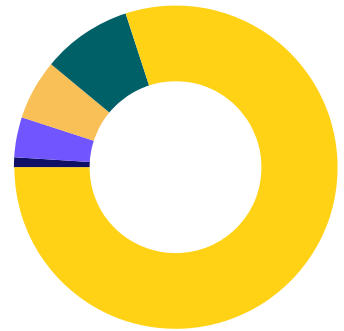
By age

- 49% 13 to 17
- 51% 18 to 24



By race/ethnicity

- 1% Middle Eastern/Northern African
- 4% Asian American/Pacific Islander
- 6% Hispanic/Latinx
- 9% More than one race/ethnicity
- 80% White



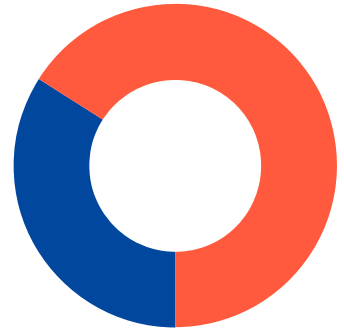
By gender identity

- 40% Girl or woman
- 27% Boy or man
- 25% Nonbinary, bigender, genderfluid, or genderqueer
- 8% Not sure or questioning



By transgender & nonbinary identity

- 34% Cisgender
- 66% Transgender, nonbinary, or questioning



By sexual orientation

- 7% Gay
- 18% Lesbian
- 27% Bisexual
- 18% Pansexual
- 13% Queer
- 3% Questioning
- 12% Asexual



By urbanicity

- 5% Large city
- 8% Suburb
- 70% Small city/town
- 17% Rural





The Trevor Project is the leading suicide prevention organization for lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ+) young people.

We provide 24/7 crisis services for LGBTQ+ young people via a phone lifeline, text, and chat. We also operate innovative research, advocacy, public training, and peer support programs.



Crisis Services



Peer Support



Research



Advocacy



**Education and
Public Awareness**

Methodology

A quantitative cross-sectional design was used to collect data through an online survey platform between September 13 and December 16, 2023. A sample of individuals ages 13 to 24 who resided in the United States, including its territories, was recruited via targeted ads on social media. No recruitment was conducted via The Trevor Project's website or social media channels. Respondents were defined as being LGBTQ+ if they identified with a sexual orientation other than straight/heterosexual, a gender identity other than cisgender, or both. In order to ensure a diverse sample, targeted recruitment was conducted to ensure adequate sample sizes with respect to geography, gender identity, and race/ethnicity. Qualified respondents completed a secure online questionnaire that included a maximum of 134 questions. The questionnaire was offered in English and Spanish. Questions on considering and attempting suicide in the past year were taken from the Centers for Disease Control and Prevention's Youth Risk Behavior Survey to allow for comparisons to their nationally representative sample. Some donut charts may not add up to 100% due to rounding. Please find the complete methodology at: www.thetrevorproject.org/survey-2024/#methodology