

A close-up photograph of two people holding hands. The person on the left is wearing a grey, textured, fuzzy jacket. The person on the right is wearing a blue denim jacket. They are standing in a crowd, with other people blurred in the background. The overall image has a semi-transparent dark blue overlay.

SUICIDE PREVENTION TOOLBOX

**MEN
OF SEXUAL DIVERSITY**

MEN OF SEXUAL DIVERSITY

People from diverse sexual or gender backgrounds (including those who identify as gay, bisexual, queer or transgender) face significant challenges, such as rejection, discrimination, intimidation and violence. These obstacles are exacerbated by the prejudice, homophobia, biphobia and transphobia that target them. This makes this population particularly at risk of suicide. **Social support and inclusive environments are the most important protective factors against the harmful effects of discrimination experienced by LGBTQ+ people.**





BEING VIGILANT

What are the signs of suicidal distress? What are the risk factors to watch out for?



Surroundings can be a protective factor or a source of intimidation for the person concerned

- **Weak ties with their family**
- **No sense of belonging**
- **Target of institutional violence**
- **Intimate partner violence**
- **Suffers from physical violence**
- **Demonstrates aggressive language and behaviour (homicidal ideation, etc.).**
- **Conflict with religion and/or culture**
- **Negative discourse internalization (e.g. shame, guilt, confusion, self-hatred, etc.)**
- **Neglect of physical appearance (e.g. hygiene or clothing)**

- **Recognizing vulnerable events:**
 - **Coming out**
 - **Transitions**
 - **Intimidation**
 - **Job loss**
 - **Marital problems**



ELEMENTS TO EXPLORE

1. Recognizing signs of distress
2. Welcoming distress (active listening, validation, empathy, highlighting strengths)
3. Suicidal ideation check
4. Exploring if there is any planning (and imminence) of a suicidal act
5. Encouraging help-seeking (such as a suicide prevention centre, crisis centre, psychologist, emergency service, etc.)
6. Creation of a safety net (family, loved ones and professionals as needed)
7. Equipping loved ones (e.g. educating them about the signs of distress, steps to better support the person at risk of suicide, providing information, etc.)
8. Designing and evaluating a needs-based plan with the individual on an ad hoc basis



EMPATHY AND ACTIVE LISTENING TO NURTURE HOPE

What are the best practices for reaching out to sexually diverse men, listening to them and inviting them to ask for help?

- Welcoming experiences, identifying age-related issues and the specificities of diversity, etc.
- Recognizing bisexual identity
- Being aware of their reality
- Targeting needs
- Pay attention to their pronouns



SUPPORT

What are the best practices for inviting them to use the resources?



CULTURAL COMPETENCE



KNOWLEDGE OF AVAILABLE RESOURCES



A REMINDER THAT THEY ARE NOT ALONE



BUILDING CONFIDENCE



IDENTIFY INCLUSIVE RESOURCES WITH THE RIGHT EXPERTISE



Adequate understanding of the LGBTQ+ community



PROTECTING THEMSELF

What protective factors can be put in place to reduce risky behaviours? What would an action plan or safety plan look like for a man of sexual diversity?

1. Identify role models for the person
2. Take care of self-esteem, being non-judgmental
3. Take care of their ego, their authenticity
4. Create links with appropriate resources
5. Leave room for humour, creativity and art
6. Identify a close-knit community and take virtual communities into account
7. Reinforce the protective elements named by the individual
8. Reduce or eliminate dangerous elements identified by the individual



Useful resources

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CPSM Centre de prévention
du suicide de Montréal



McGill

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INSTITUT UNIVERSITAIRE
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