



Gays and Mental Health: Fighting Depression, Saying No to Suicide

Jaime A. Seba

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Why would a young, beautiful, talented country music star want to end her life? It seems like a mystery to most people, but before coming out, that's exactly what openly gay singer Chely Wright wanted to do. And thousands of lesbian, gay, bisexual, and transgender (LGBT) people have felt the same way. Discover some of the factors that lead to mental health issues for gay people, and find out steps that can be taken to help reduce or eliminate these threats. Take advantage of groups such as the Trevor Project and other organizations aimed at helping young LGBT people and their friends make positive choices about their mental health.

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