

LGBTQ+ ADDICTION STATISTICS

With the challenge of social stigma, bullying, harassment and violence, members of the LGBTQ+ community face a grater likelihood of developing substance abuse disorders, anxiety and depression than heterosexual and cisgender individuals.



ALCOHOL USE

25% of gay and transgender people abuse alcohol - more than double the general population. A higher percentage of LGBTQ+ adults also report binge drinking (five or more drinks on a single occasion) in the last year.



SUBSTANCE ABUSE

People who identify as lesbian, gay or bisexual are **twice** as likely to abuse illicit drugs, including prescription pain medicine as heterosexual adults, according to government data.



CO-OCCURRING DISORDERS

Sexual minorities suffer from depression, anxiety and suicidal thoughts alongside addiction at higher rates than the general population. For youths ages 10-24, suicide is the **third** highest cause of death, the CDC reports.

How to get help. Studies show better outcomes for LGBTQ+ clients at facilities with specialized services. However, just **7.4%** of addiction treatment centers offer programs for members of the LGBTQ+ community. Sprout Health Group is one of them.

Sources:

<https://www.drugabuse.gov/related-topics/substance-use-suds-in-lgbtq-populations>
<https://www.healthline.com/health/depression/gay>
<https://www.cdc.gov/lgbthealth/youth.htm>