Mental Health Week:

Gender and sexual diversity and mental health

The Equity Office

The University of Queensland

Dr Ann Stewart, Director

Dr Daniel Walker, Equity & Diversity Consultant
Everyone has a sexual orientation and gender identity!
Heteronormativity and Social Impact

- Heteronormativity / Heterosexism
- Social Exclusion
- Social and Mental Health Impacts
According to the Australian Bureau of Statistics, ‘homosexual/bisexual’ Australians are:

More likely to have ever been homeless (12 % homosexual/bisexual v. 2.9% ‘heterosexual’)  
More likely to have no contact with family or no family to rely on for serious problems (11.8% v. 5.9%)  
More likely to be a current smoker (35.7% v. 22%)  
More likely to have used illicit drugs (64.6% v. 33.2%)  
More likely to have had a chronic condition in the last 12 months (51.3% v. 46.9%)  
More likely to have a high/very high level of psychological distress (18.2% v 9.2%)  
More likely to have had suicidal thoughts (34.7% v. 12.9%)  
More likely to have had suicidal plans (17.1% v. 3.7%)  
More likely to have attempted suicide (12.6% v. 3.1%)
UQ Context

- Inclusive Policies (ppl.app.uq.edu.au)
  - Parental Leave
  - Carers Leave
  - Prevention of Discrimination and Harassment Policy
- UQ Ally Program (www.uq.edu.au/equity/uq-allies)
  - Training on 19th October!
- “Pride Alliance” – launching 14th November
- UQ is a member of Pride in Diversity (www.prideindiversity.com.au)