

Transmen & Suicidality

A 2023 study by Valerie J Schweizer & Thomas J Mowen reported that 78% of the transmen surveyed had experienced suicidal ideation. Suicidal thoughts do not have to lead to suicidal behaviour. Thoughts of ending your life are a sign that you're having trouble coping with difficult feelings and situations. You can develop skills to keep yourself safe.

Risk Factors

- Past attempts to complete a suicide
- Having a family member or close friend who completed suicide
- Substance use
- Psychosis (hallucinations or delusions)
- Easy access to a way to harm yourself
- Having a plan to complete suicide

Protective Factors

- Having a good social network of support
- Having hobbies you enjoy
- Having a future you look forward to
- Having beliefs that life is worth living
- Having tools to cope with hard things

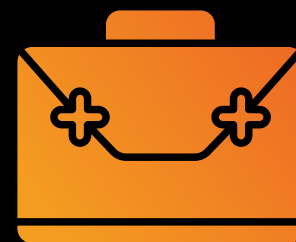
Sex-Based
Oppression
Happens
Regardless of
Gender Identity

**Feminism is
for Transmen**



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Suicide Safety Plan



TOOL KIT
KEEPING TRANSMEN SAFE



My Safety Plan



If I'm feeling unsafe...

I will contact these people:

I will do these things I enjoy:

I will go to this safe place:

Look up your local suicide hotline and write the number(s) down here:

I will remember these things I want to do in the future:

I will remember these people I don't want to hurt:

I will use these coping skills I've learned:

