

# Erased and at Risk? Confronting Suicide Myths and Realities for Trans and Non-Binary Lives

*Invited lecture · Lorenza Entilli and Aurelio Castro*

*Prof. Lorenza Entilli is a psychologist, Postdoctoral Fellow at La Sapienza University, Professor at the University of Padova, and a trainee at the ICoNa psychotherapy school at the Narrative-Constructivist Institute in Italy. As both a clinician and researcher, she explores the factors that shape help-seeking among minoritized groups, including LGBTQIA+ individuals.*

*Prof. Aurelio Castro is a Postdoctoral Researcher and Adjunct Professor at the University of Bologna, holding a Ph.D. in Social Sciences: Interactions, Communication and Cultural Constructions. As a social psychologist, his work focuses on sexuality, gender, social justice, and discrimination. Since 2015, he has led educational and training initiatives on LGBTQIA+ issues, using roleplaying and LARP to reduce prejudice and promote social change.*

**Abstract.** Within the last decade, the LGBTQIA+ community received significant attention, both positive and negative, along with some tentative positive policies to support them against structural oppressions and health inequalities. While some measure, such as suicide prevention campaigns, have been necessary, they often stem from biased assumptions such as the idea that LGBTQIA+ populations are inherently fragile and by default at higher risk of suicide. These issues are better explained through the psychosocial outcomes of constant discrimination. In addition to the daily minority stress that marginalized individuals face, which impacts their access to healthcare, there is also a direct assault on these populations and healthcare systems fueled by the resurgence of authoritarian policies. First and foremost, to foster support for the LGBTQIA+ community it is essential to understand its history, especially of biased research and clinical practices towards them and their composition. Within this umbrella term exists diverse groups with different sexual orientations (i.e., asexuals, bi, gay, lesbians), gender and identity (trans and non-binary people), sex (intersex and DSD), and queer political stances. All these subjectivities may experience various degrees of discrimination, erasure and exclusion from healthcare professionals and the general hegemonic society, including sometimes within the larger LGBTQIA+ community itself. This is particularly true for the trans and non-binary communities, which have been especially targeted by discriminatory bills and conspiracy theo-

ries regarding their lives and existence. This presentation will cover the do's and don'ts when interacting with a trans and/or non-binary patient or client. It will begin by exploring the origins of these communities, addressing the challenges related to healthcare access for these individuals, and critically examining the false myths surrounding a supposed greater predisposition to suicide due to internal factors. The goal is to provide researchers and clinicians with practical tools for approaching trans health by the most up-to-date guidelines.