

Alcohol & Drug Use in the LGBTQ Population



Did you know...

- LGBT youth are three times more likely than their heterosexual peers to use hard drugs.
- LGBT adults are twice as likely to binge drink.
- Approximately 25% of LGBT individuals report abusing alcohol, compared to 5-10% of the general population.
- LGBT individuals are less likely to seek help for addiction.
- LGBT individuals smoke up to 200% more tobacco products than their heterosexual peers.

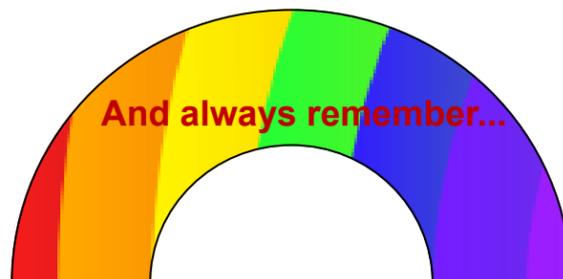


Possible reasons for alcohol and drug use in the LGBTQ community:

- Stress from facing discrimination, prejudice, bullying, and abuse
- Stress associated with coming out to friends and family, and potential loss of support
- Confusion about sexual orientation or gender identity
- The role of gay bars as a major social outlet

LGBTQ or not, there are ways to reduce risk when using alcohol and other drugs:

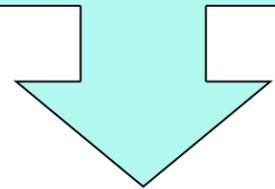
- **Space out your drinks** (1 standard drink per hour).
- **Alternate** alcoholic and non-alcoholic drinks.
- **Know your limit:** the good effects of alcohol happen at lower BAC levels.
- **Set a drink limit** before you start drinking and stick to it.
- **Eat before or while you are drinking:** eating foods high in protein slows alcohol absorption.
- **Avoid** mixing drugs (even over-the-counter drugs) with alcohol.



Brought to you by:
Alcohol, Tobacco, and Other Drugs
Center for Health and Well-Being
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If your friend is LGBTQ...

- Bring them to an LGBTQ-friendly campus event.
- Offer support around alcohol, drugs, or any other issues.
- Know where useful on- and off-campus resources are located.



IUP Campus Groups and Resources

Alcohol, Tobacco, and Other Drugs
www.iup.edu/atod

Counseling Center at IUP
724-357-2621

IUP President's GLBT Commission
www.iup.edu/glbtc/

IUP Pride Alliance
www.pridealliance.wordpress.com

IUP Safe Zone
www.iup.edu/safezone/

Lutheran Campus Ministry at IUP
www.lcmiup.org

Other Resources

The Gay and Lesbian Community Center of Pittsburgh (GLCC)
www.glccpgh.org

Persad Center in Pittsburgh
www.persadcenter.org

It Gets Better Project
www.itgetsbetter.org

Parents, Families and Friends of Lesbians and Gays
www.PFLAG.com

First Unitarian Universalist (UU) Church of Indiana, PA
Firstuu-indianapa.org

SoulForce
www.soulforce.org