

# 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.

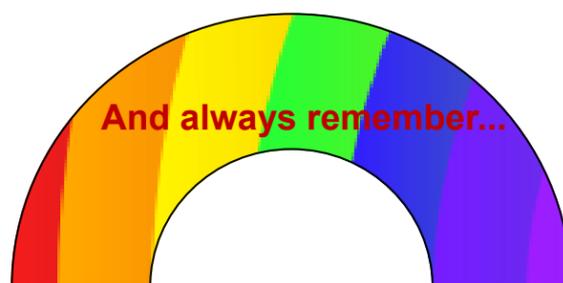


## Possible reasons for alcohol and drug use in the LGBTQ community:

- 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:

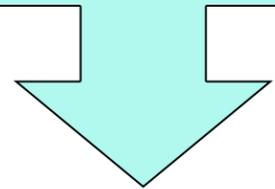
- **Space out your drinks** (1 standard drink per hour).
- **Alternate** alcoholic and non-alcoholic drinks.
- **Know your limit:** the good effects of alcohol happen at lower BAC levels.
- **Set a drink limit** before you start drinking and stick to it.
- **Eat before or while you are drinking:** eating 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](http://www.iup.edu/atod)

**Counseling Center at IUP**  
724-357-2621

**IUP President's GLBT Commission**  
[www.iup.edu/glbtc/](http://www.iup.edu/glbtc/)

**IUP Pride Alliance**  
[www.pridealliance.wordpress.com](http://www.pridealliance.wordpress.com)

**IUP Safe Zone**  
[www.iup.edu/safezone/](http://www.iup.edu/safezone/)

**Lutheran Campus Ministry at IUP**  
[www.lcmiup.org](http://www.lcmiup.org)

## Other Resources

**The Gay and Lesbian Community Center of Pittsburgh (GLCC)**  
[www.glccpgh.org](http://www.glccpgh.org)

**Persad Center in Pittsburgh**  
[www.persadcenter.org](http://www.persadcenter.org)

**It Gets Better Project**  
[www.itgetsbetter.org](http://www.itgetsbetter.org)

**Parents, Families and Friends of Lesbians and Gays**  
[www.PFLAG.com](http://www.PFLAG.com)

**First Unitarian Universalist (UU) Church of Indiana, PA**  
[Firstuu-indianapa.org](http://Firstuu-indianapa.org)

**SoulForce**  
[www.soulforce.org](http://www.soulforce.org)