Who did you ask for help?

- 49.00% Friend
- 44.00% The internet
- 29.10% GP
- 22.90% The internet
- 22.80% Friend
- 21.10% NHS mental health services
- 19.30% Boyfriend/girlfriend
- 17.00% School Counsellor
- 13.10% Teacher
- 11.10% Counsellor (outside of school)
- 9.70% Parent/carer 2
- 8.30% Helpline (e.g. Childline)
- 7.70% Other family member
- 6.10% LGBTQ Youth Group
- 4.90% Parent/carer 1
- 3.90% School Nurse
- 3.90% Religious leader/contact
- 2.40% Other - please specify
- 1.10% Other - please specify
- 0.00% I did not ask for help

McDermott et al. (2016) Queer Futures Report. Lancaster University