



# 4<sup>th</sup> Annual Congress on MENTAL HEALTH

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Self-harm is still a topic that is not talked about enough, especially with the growing concern for the safety of LGBTQIA+ youth. Many LGBTQIA+ youth end up engaging in some form of self-destructive behavior from dealing with the stigma and negative socialization around them. Within the LGBTQIA+ youth population, their identities. As professionals and parents, it is important to understand the types of self-harm, wAs profess.ge .ge r pm. of self-harm,wBopulrm,wrspweb.ca rioteant to unders. LQGL#UHQWFRQWHI#VVLQF#LQJIURBSURIHVVLVRQDS#DUHQWDQGHG#DWRUSHUVSHFWLYHD#Z#LT#Z#V#L#Q#F#K#D#F#R#D#Q#D#V#L#V#W#D#Q#R#W#L#V#H#O harming. The stigma, shame, and many misconceptions about self-harming behaviors is discussed in depth including from the lived experience of this author and

Bree Wiles is a Licensed Clinical Social Worker at UCLA Hospital. She currently works in the inpatient pediatrics unit where she works with youth ages 0-25. She interned at D'Veal Family and Youth Services and helped to create the LGBTQIA+ program within the agency. She has provided LGBTQIA+ identity trainings to administration in the Department of Mental Health, the Department of Children and Family Services, probation, and school districts. She interned at Children's Hospital Los Angeles, in the Division of Adolescent and Young Adult Medicine - Center for Transyouth Health and Development where she provided short term work with LGBTQIA+ youth.