Table 3. Impact of different sources (and types) of social support on the risk of mental illness, substance use, and suicidality

<table>
<thead>
<tr>
<th>Source of Support</th>
<th>Risk of mental illness</th>
<th>Risk of suicidality</th>
<th>Risk of substance use</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>− 0 +</td>
<td>− 0 +</td>
<td>− 0 +</td>
</tr>
<tr>
<td>Parents/Family</td>
<td>2, 8, 9, 10, 11, 12, 13, 16, 17, 18, 19</td>
<td>10, 12, 19</td>
<td>12, 13, 12</td>
</tr>
<tr>
<td>Peers</td>
<td>8, 9, 11, 14, 16, 17, 19</td>
<td>8</td>
<td>19</td>
</tr>
<tr>
<td>Heterosexual peers</td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LGBT peers</td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LGBT community</td>
<td>16</td>
<td></td>
<td>5</td>
</tr>
<tr>
<td>Partner</td>
<td>8, 9, 16</td>
<td>10, 16</td>
<td>1</td>
</tr>
<tr>
<td>School</td>
<td>15, 19</td>
<td>15, 19</td>
<td>4, 15</td>
</tr>
<tr>
<td>Overall support</td>
<td>3, 6</td>
<td></td>
<td>6, 7</td>
</tr>
<tr>
<td>Sexuality specific</td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-sexuality specific</td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Negative stress from</td>
<td>14, 19</td>
<td></td>
<td>19</td>
</tr>
<tr>
<td>relationships</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Note.* Studies noted under – demonstrate a relationship between social support and reduced risk at p<.05, studies noted under + demonstrate a relationship between social support and increased risk at p<.05, and studies under 0 demonstrate no association between social support and the relevant outcome. Studies in bold used data from the Add Health cohort. Underlined studies used data from the Project Q2 cohort. Italics indicate a moderating effect, and non-italicized numbers indicate a direct effect.
Figure 1. Screening process for inclusion of studies

Note. Although an article might have been excluded for multiple reasons, only the first noted reason is recorded in this figure.