LGBTQ+ COMMUNITY

Helpful Tips

• **Don’t judge yourself.** Try to avoid giving judgments about yourself or how you are reacting. Your emotions are valid, and you can experience them without "should" statements.

• **Find connection.** Reach out to those with whom you have healthy connection. Scheduling even 10-minute conversations can be helpful.

• **Make a daily schedule.** The structure of creating and following a schedule can help create a degree of certainty that you can rely on.

• **Be open to asking for help.** You’re not alone through this. Reaching out to a counselor or using a mental health app can have a big impact.

• **Create calm.** Doing an activity or finding a space that calms you can help alleviate stress. Consider listening to music, drawing, taking a walk, working out, and alternating between your activities.

• **Be an ally.** Seek to increase your awareness, challenge assumptions, and uplift members of the queer community.

Resources for Consideration

• **Human Rights Campaign:** Find articles, a Healthcare Equity Index, support for students and more on [The LGBTQ Community and COVID-19](#) webpage.

• **National Center for Transgender Equality:** Access resources, mutual aid, emergency funds, and create a plan of action on [The Coronavirus (COVID-19) Guide](#).

• **The Trevor Project:** A 24/7 hotline is available at 1-866-488-7386. Or, join [Trevor Space](#), a monitored online community available internationally for young people ages 13-24.

Visit www.loyola.edu/studentdevelopment for additional Loyola campus resources