

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.