Coping During the Pandemic: Resources for LGBTQ+ Youth

You matter. You are valid, valuable, and valued. You are NOT alone.

The Power of Connection

Stay-at-home orders and the closure of schools and most gathering spaces is tough for almost everyone. It may be particularly hard if home doesn’t always feel safe or a place where we can be our authentic selves. But you are NOT alone; you are resilient. Tapping into your coping skills and connecting with others virtually can help. We will get through this together.

Coping Skills Work

Coping skills are necessary for everyone to “deal” when things are stressful in everyday life. They are not a substitute for counseling, therapy, or medication, but can be used alongside these interventions as a bridge to acquiring help.

- Keep a daily schedule to stay focused and have a routine. Don’t sleep past noon. 😊 Include time to do the things you enjoy.
- Find your favorite mindfulness or meditation apps. Check out apps such as Calm™, ACT Companion™, Headspace™, and MindShift™.
- Stream your favorite playlist.
- Run, walk, jump rope, lift weights – Engage in some physical activity daily.
- Call, text, G-chat, Facetime, or email someone you trust or admire (a parent, caretaker, teacher, GSA advisor, coach, friend, or classmate).
- Dysphoria can feel unbearable. Do something to make you feel gendered or agender. Put on cologne/aftershave or perfume. Dress up. Do whatever makes you feel YOU.

When things are tough, know that you have the skills to cope, resources to connect, and a community that cares about you. ♥

Crisis Resources Can Help

Your life is precious. You matter. You are valid, valuable, and valued.

When you don’t feel that you are, it’s time to reach out for help. If you’re feeling suicidal or contemplating self-harm, pick up the phone and reach out for the help you deserve.

<table>
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<tr>
<th>Trans Lifeline</th>
<th>The Trevor Project</th>
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<td>Peer support crisis service run by trans* persons. Trans Lifeline does not utilize non-consensual rescue. 1-877-565-8860</td>
<td>Talk to a trained crisis counselor 24/7 via the phone, chat, or text. 1-866-488-7386 or Text “START” to 678678</td>
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For additional guidance, visit http://www.nasponline.org/LGBTQI2-S
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Virtual Support Resources
While we may feel physically distant, we are fortunate to live in a time when we can connect virtually with others who can be a source of support.

**PFLAG**
www.pflag.org
Sometimes the best support is the love of one’s own family. PFLAG helps family members to understand and accept gender identity and/or sexuality.

**Ally Parents**
www.standwithtrans.org/ally-parents
Ally parents are parents of trans and nonbinary youth who volunteer their time to support young people who may lack, or not yet have, parental support. Youth can select ‘parents’ by location to call or text.

Chat Rooms
Often the best support is connecting with others who understand and don’t question your identity and/or orientation.

**Discord**
https://discord.com/
No matter what you identify as or how open you are, you’ll find friends among LGBTQ Discord Servers.

**Q Chat**
https://www.qchatspace.org/
Online facilitated discussion groups for LGBTQ+ teens ages 13-19.

**Gender Spectrum Lounge**
https://genderspectrum.org/lounge
Space for teens, parents, and professionals to connect with one another and have conversations about gender outside of the boxes.

**SMYAL**
https://www.smyal.org/
Providing safe and supportive environments for LGBTQ youth. Topic-based daily chat rooms via Discord Server.

Other Virtual Resources

- **Glitterary Magazine** A safe space for LGBTQ youth to share their writing in a supportive community, http://glitterarymagazine.org
- **InQluded** A magazine for queer teens of color, http://inqcluded.org
- **Project Contrast** Feel loved through listening to the amplified voices of LGBTQ youth through the power of storytelling, http://projectcontrast.org

You’ve Got This!

“Never give up. If things are difficult for you now, remember the one constant in life is that things do not remain constant. The pain you are going through now will not be permanent... Your story has yet to be told. The world awaits who you will become and the things you will accomplish.” - Ron Holt, *Pride Coloring Book*