

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



Created by Norbert Kusera from Noun Project

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.



Created by ArtWorkLeat from Noun Project

- ✓ 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*.



Created by Ji Sub Jeong from Noun Project

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.



Created by Adrien Dupont from Noun Project

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.



Created by Mithran Tattan from Noun Project

| Trans Lifeline | The Trevor Project |
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| Peer support crisis service run by trans* persons. Trans Lifeline does not utilize non-consensual rescue. 1-877-565-8860 | Talk to a trained crisis counselor 24/7 via the phone, chat, or text. 1-866-488-7386 or Text “START” to 678678 |



Created by Beth Bolten from Neuron Project

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.



Created by Lisa Wilson Lay from Neuron Project

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.



Created by Agnes Jensen from Neuron Project

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.



Created by Christina Lefkowitz from Neuron Project

Q Chat

<https://www.qchatspace.org/>

Online facilitated discussion groups for LGBTQ+ teens ages 13-19.



Created by Danil Polishin from Neuron Project

SMYAL

<https://www.smyal.org/>

Providing safe and supportive environments for LGBTQ youth. Topic-based daily chat rooms via Discord Server.



Created by Derek Justice from Neuron Project

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://inqluded.org>
- **Project Contrast** Feel loved through listening to the amplified voices of LGBTQ youth through the power of storytelling, <http://projectcontrast.org>.



Created by Dmitry Vasiliev from Neuron Project



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*