

# STAYING WELL

## Tips for LGBTQ+ Teens & Young Adults



### Pay attention to how you feel

LGBTQ+ teens and young adults are at an increased risk for depression, anxiety, and suicide. Changes in your life related to COVID-19 may increase feelings of isolation, depression, and anxiety. There are many ways to manage these feelings, which is especially important during stressful times in the aftermath of COVID-19.

### Try out mindfulness

Mindfulness is one way to tackle negative thoughts related to depression and anxiety. Free mindfulness and meditation exercises are available through many online apps. Also, check out these quick [mindfulness and meditation practices](#).

### Use daily affirmations

Some LGBTQ+ youth and young adults may be around family members who are not supportive. Unsupportive family members may deny gender affirming messages. One way to counteract this is by using affirmations, which are positive messages we can always tell ourselves. LGBTQ+ teens and young adults can [find useful daily affirmations](#) online.

### Tell someone if you feel unsafe.



The Trevor Project crisis hotline is specifically for LGBTQ+ teens. Call 1-866-488-7386 or text START to 678678.

**If you are in imminent danger, call 911.**

**If you are thinking about harming yourself, call 988.**

If someone in your home has hurt you, or is hurting you, you can call the National Domestic Violence Hotline at 1-800-799-7233 or the Rape, Abuse, and Incest National Network (RAINN) Hotline at 1-800-656-HOPE (4673).

## Seek social support

Reignite social connections.

The pandemic may have left us feeling isolated. Calling, texting, or video chatting can help connect with friends, teachers, coaches, relatives, and other supportive people. Support is always available for LGBTQ+ people.

### The Q Chat Space

- [Virtual chats for LGBTQ+ teens](#) to discuss self-care, questioning your identity, youth of color, and more

### LGBT National Help Center

- [Weekly chats and online peer support](#)
- 24/7 talkline for young adults: 1-800-246-7743

### The Connection Youth Services

- Virtual counseling and groups: 1-866-440-SAFE (7233)

### Family Equality

- [Online space to connect with others, find support and build community](#) for LGBTQ+ families

### Trans Lifeline

- [Microgrants for trans people](#) of all ages in need
- Peer support hotline: 1-877-565-8860

### The Centers for Disease Control and Prevention (CDC)

- [Find resources for LGBTQ+ youth](#) from the CDC, other government agencies, and community organizations



## RESOURCES FOR LGBTQ+ PEOPLE

The following resources are specifically designed to help LGBTQ+ people.

- [Mental health tips for LGBTQ+ individuals](#)
- [Human Rights Campaign](#)
- [National Center for Transgender Equality](#)
- [Transgender Legal Defense and Education Fund](#)

## MICHIGAN LGBTQ+ SUPPORT

Find local counseling and resources at a Michigan organization.

- [Livingston Family Center](#)
- [The OutCenter of Southwest Michigan](#)
- [Ruth Ellis Center](#)

**STAY WELL**  
Michigan.gov/StayWell