

# TIPS FOR LGBTQ TEENS AND YOUNG ADULTS DURING COVID-19



## Pay attention to how you feel

LGBTQ teens and young adults are at an increased risk for depression, anxiety, and suicide. Changes related to COVID-19, like social distancing, may increase feelings of isolation, depression, and anxiety. There are many ways to manage these feelings, which is especially important during stressful times like 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 on the [Headspace web page for Michiganders](#). Also, check out these quick [mindfulness and meditation practices](#).

## Use daily affirmations

As we spend more time at home, 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. Transgender teens and young adults can [sign up for gender-affirming daily affirmations](#) via text.

## Tell someone if you feel unsafe.



Calling a hotline can help during moments of crisis. There are people who are ready to help 24/7.

The Trevor Project Hotline is specifically for LGBTQ teens, and the crisis hotline can be reached at 1-866-488-7386 or text START to 678678.

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).

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

## Seek social support

Maintain existing social connections.

Social distancing may leave 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 Trevor Project

- [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



## COVID-19 RESOURCES FOR LGBTQ PEOPLE

The following resources are specifically designed for LGBTQ people during COVID-19.

- [Human Rights Campaign](#)
- [National Center for Transgender Equality](#)
- [Transgender Legal Defense and Education Fund](#)
- [GLBTQ Legal Advocates and Defenders \(GLAD\)](#)

## 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](https://Michigan.gov/StayWell)