

# RESOURCES FOR LGBTQ ADULTS DURING THE COVID-19 PANDEMIC

If you identify as LGBTQ+ and are experiencing financial, housing, or legal difficulties during the COVID-19 pandemic local, Los Angeles-based supports may be available. Even if you can't walk-in, many agencies are still offering services by video or phone.



## SERVICES TO KNOW

### SOCIAL SUPPORT

These organizations provide online spaces and virtual/video groups to help you connect with other LGBTQ adults and supports.

- Trans\* Lounge (LA LGBT Center) - [translounge.org](https://translounge.org)
- Gender Spectrum - [genderspectrum.org/stay-connected](https://genderspectrum.org/stay-connected)
- My Trans Wellness - [mytranswellness.org](https://mytranswellness.org)
- Believe Out Loud (faith and spiritual focus) - [believeoutloud.com](https://believeoutloud.com)

### REMEMBER:

*Especially while COVID-19 restrictions are in place, always call an agency or clinic first to find out what services are available. DON'T just walk in!*

### LEGAL

The following organizations specialize in legal matters pertaining to gender identity, sexuality, and LGBTQ-related discrimination issues.

- Bet Tzedek - (323) 939-0506, or [bettzedek.org](https://bettzedek.org)
- LA LGBT Center - (323) 993-7670, or [lalgbtcenter.org/social-service-and-housing/legal-services](https://lalgbtcenter.org/social-service-and-housing/legal-services)
- ACLU Southern California - (213) 977-5253, or [aclusocal.org/en/contact-us](https://aclusocal.org/en/contact-us)
- Lambda Legal Western Division - (213) 382-7600, or [lambdalegal.org/helpdesk](https://lambdalegal.org/helpdesk)

### ONLINE COPING & MENTAL HEALTH SUPPORT

These resources provide additional (free!) strategies to manage stress related to COVID and/or LGBTQ identity.

- UCLA Mindfulness Awareness Research Center - [www.uclahealth.org/marc](https://www.uclahealth.org/marc)
- Self-Compassion Exercises - [self-compassion.org/category/exercises](https://self-compassion.org/category/exercises)
- New York Times "How to Deal with Stress" - [nytimes.com/guides/well/how-to-deal-with-stress](https://nytimes.com/guides/well/how-to-deal-with-stress)
- CDC - Daily Life and Coping - [cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html](https://cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html)

### CRISIS SUPPORT

If you are experiencing a mental health crisis or need immediate support, please use the resources below.

- LA Suicide Prevention Lifeline (phone/chat) - (800) 273-8255, or [suicidepreventionlifeline.org/](https://suicidepreventionlifeline.org/)
- Trans Lifeline (24/7 phone) - (877) 565-8860, or [translifeline.org/](https://translifeline.org/)
- LA County Dept of Mental Health Access Line (24/7 phone) - (800) 854-7771

You can also read about COVID-19 related resources, including eviction rules, testing sites, and unemployment for LA County at [covid19.lacounty.gov/](https://covid19.lacounty.gov/)