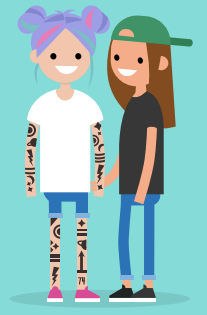




RESOURCES FOR LGBTQ YOUTH DURING THE COVID-19 PANDEMIC



Resources for coping with or combatting the negative mental health effects of COVID-19 include:



ONLINE CHAT/TEXT

Sites that provide online spaces and groups for youth to connect with each other and/or supportive moderators include:

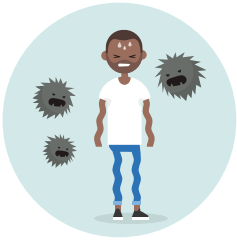
- TrevorSpace - trevorspace.org
- Q-Chat Space - qchatspace.org
- Gender Spectrum groups - genderspectrum.org/groups



ONLINE SUPPORT AND MEDIA

Sites that provide information on dealing with stress during COVID-19 as well as LGBTQ-focused events and media to help you feel more connected include:

- Youth Advocates Coalition - lalgbyac.org
- Trevor Project - thetrevorproject.org/2020/03/26/how-lgbtq-youth-can-cope-with-anxiety-and-stress-during-covid-19
- It Gets Better - itgetsbetter.org
- YA LGBTQ Book List - familyequality.org/family-support/book-nook/young-adult



CRISIS SUPPORT

Resources that may help if you are experiencing a mental health crisis or need immediate support include:

- Trevor Project (24/7 phone/text/chat) - 866-488-7386, or visit thetrevorproject.org
- Trans Lifeline (24/7 phone) - 877-565-8860, or visit translifeline.org
- CA Youth Crisis Hotline (24/7 phone) - 800-843-5200, or visit calyouth.org/chat-with-a-crisis-counselor
- LA Suicide Prevention Lifeline (phone/chat) - 800-273-8255
- Teen Line (6PM – 9PM PST phone/text) - 310-855-4673 or text "TEEN" to 839863, or visit teenlineonline.org/yyp/edelman-mental-health-center

