RESOURCES FOR FAMILIES AND CAREGIVERS OF LGBTQ YOUTH DURING THE COVID-19 PANDEMIC



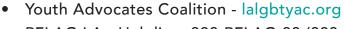
LGBTQ youth may be especially vulnerable to the negative mental health consequences of the COVID-19 pandemic, as physical isolation may worsen feelings of social isolation and other chronic stressors relating to their identity.

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



ONLINE/PHONE SUPPORT GROUPS FOR FAMILIES

Groups that provide support and/or information to parents and caregivers of LGBTQ youth include:



- PFLAG LA Helpline: 888-PFLAG-88 (888-735-2488), or visit them online at pflagla.org. You can also e-mail info@pflagla.org.
- Transforming Family transformingfamily.org/our-programs
- Gender Spectrum genderspectrum.org/groups



ONLINE SUPPORT FOR LGBTQ YOUTH

Organizations that provide moderated online spaces for youth to connect and seek support include:



- TrevorSpace trevorspace.org
- Q-Chat Space qchatspace.org

health-during-covid-19

Gender Spectrum groups - genderspectrum.org/groups



FAMILY COMMUNICATION AND COPING

Online resources that provide additional strategies for managing stress related to COVID-19 and/or LGBTQ identity include:



- Human Rights Campaign Supporting Your Child's Mental Health During COVID-19 - hrc.org/blog/supporting-your-childs-mental-
- Healthychildren.org Information for Parents of LGBT Teens healthychildren.org/English/ages-stages/teen/dating-sex/Pages/Four-Stages-of-Coming-Out.aspx













