

SELF-CARE

Coming out and learning more about yourself can sometimes feel like a roller coaster — full of emotional ups and downs. To stay healthy, it's important to discover what helps you feel cared for, relaxed, and able to cope with everything that's going on. This is called "self-care," and it's about taking care of YOU. Coming up with some go-to self-care ideas can be a helpful way to make your mental and physical health a priority. Sometimes we all need a little extra self-care when times are tough. Checking in on how you're feeling mentally, emotionally, and physically is a great way to help keep track of when this might be needed for you.

Here are some ideas for a self care plan:

1. Call, text, or chat with a friend for support
2. Talk to a supportive person in your life if you're feeling sad or unsafe
3. Identify safe places you can go to if you need to get away from a stressful situation
4. Connect with a trained counselor via TrevorLifeline, TrevorText, or TrevorChat
5. Log on to TrevorSpace.org to connect with other LGBTQ young people
6. Focus on your interests: Do something you enjoy. Write your thoughts out in a journal or create an art project to express your feelings
7. Connect with your body: Take deep breaths. Take a shower or bath. Some people find movement like yoga, walking, or running helpful. You know your body best and what feels good for you
8. Put on headphones and listen to your favorite music
9. Watch your favorite TV show and relax
10. Remind yourself that you are a valuable person exactly as you are

When I'm having a hard time, what do I do to cope?

What helps me stay healthy, relaxed and positive?

Who could I call, text, or chat with if I need support?

What are my favorite things to do?

What are my goals for the future?

What are some self-care activities I want to try out?

“Most of the time, I relieve my stress by writing. Also, I make sure to laugh and have fun, despite my difficult situations.”

—Brad, 18 (California)

Checking in on Your Mental Health

Warning Signs

Feeling sad or alone can be overwhelming, especially if people in your life are unsupportive. While these feelings are completely normal, it’s important to keep an eye out for warning signs of larger mental health struggles. You are not alone and asking for help is a sign of strength.

Have You Felt...?

Unimportant
Trapped and/or Hopeless
Overwhelmed and/or Unmotivated
Alone
Angry and/or Irritable
Impulsive
Suicidal

Have You Been...?

Using drugs or alcohol more than usual
Acting differently than usual
Giving away your most valuable possessions
Losing interest in your favorite things to do
Planning for death by writing a will or letter
Eating or sleeping more or less than usual
Feeling more sick, tired, or achy than usual

Do You...?

Not care about the future
Put yourself down (and think you deserve it)
Plan to say goodbye to important people
Have a specific plan for suicide

If you answered yes to any/several of these questions, you can reach out to a trained crisis counselor for support by calling TrevorLifeline (866.488.7386), texting “START” to 678678 for TrevorText, or by visiting TrevorChat.org — we’re here for you 24/7. *You are not alone.*

RESOURCES

Family Acceptance Project (research, intervention, education and policy initiative that works to prevent health and mental health risks for LGBTQ children and youth: familyproject.sfsu.edu)

Gay, Lesbian, and Straight Education Network (organization working to create safe and affirming schools for all, regardless of sexual orientation, gender identity, or gender expression): GLSEN.org

Gender Spectrum (organization working to help create gender sensitive and inclusive environments for all children and teens): genderspectrum.org

GLBT Near Me (database of LGBTQ resources, offers a national hotline and a youth talkline): glbtnearme.org

GSA Network (trans and queer youth uniting for racial and gender justice): gsanetwork.org

HelpPRO (national search for social workers, mental health counselors, and psychologists, with the ability to search for providers who serve specifically LGBTQ populations): helppro.com

Human Rights Campaign (largest civil rights organization working to achieve equality for LGBTQ Americans): hrc.org

It Gets Better Project (creating media sharing stories around the resilience of LGBTQ people across the globe): itgetsbetter.org

Lambda Legal (American civil rights organization focusing on equality for LGBTQ people): lambdalegal.org

National Suicide Prevention Lifeline (national network of local crisis centers that provide free and confidential emotional support to people in suicidal crisis or emotional distress 24/7): suicidepreventionlifeline.org, 800.273.8255

Scarleteen (inclusive, comprehensive, supportive sexuality and relationships info for teens and emerging adults): scarleteen.com

TransLifeLine (peer support hotline run by and for trans people, providing microgrants around legal name changes or updating IDs): TransLifeLine.org, 877.565.8860

Parents, Families and Friends of Lesbians and Gays (nation's largest family and ally organization): PFLAG.org

The Institute for Welcoming Resources (international organization working to make churches become welcoming and affirming spaces for all congregants regardless of sexual orientation and gender identity): welcomingresources.org

Trans Youth Family Allies (partnering with educators, service providers and communities, to develop supportive environments in which gender may be expressed and respected): imatyfa.org

TREVOR PROGRAMS



TrevorLifeline

If you're thinking about suicide, you deserve immediate help.
Call us anytime.

866.488.7386



TrevorText

Talk to a Trevor counselor via text message.

Text "START" to 678678



TrevorChat

Online instant messaging with a TrevorChat counselor.

TrevorChat.org



TrevorSpace

A social networking site for LGBTQ youth under 25, and their friends & allies.

TrevorSpace.org



Suicide Prevention & General Info

Information on suicide prevention and FAQs on sexual orientation, gender identity and other topics can be found at:

TheTrevorProject.org/resources

Map Your Own Identity

You can download and print The Gender Identity and Sexual Orientation "Map" and fill it out based on how you personally feel right now. It's okay to not have everything figured out. It's also okay if you change your mind and find yourself feeling differently tomorrow, next week, or next year.

TRVR.org/IdentityMap