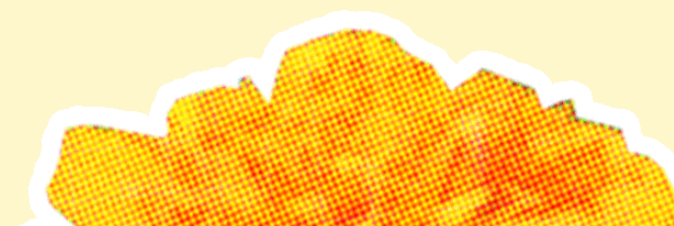
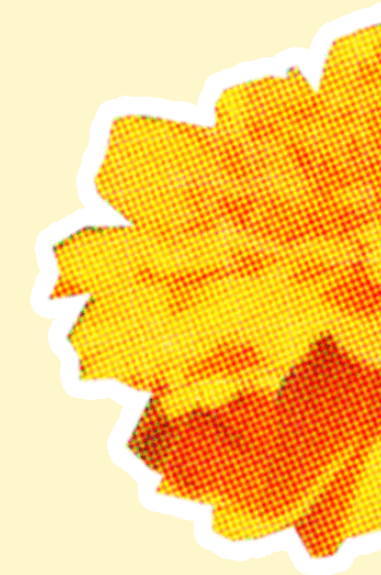
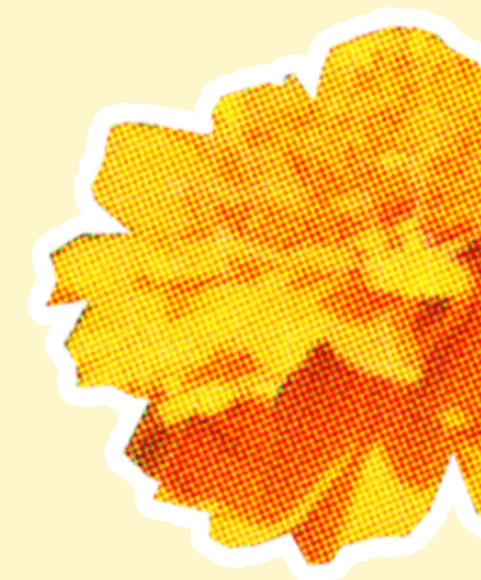


***Self-Care &
Wellness for
LGBTQ+
Youth During
Covid-19***



Overview



Virtual Group Spaces (Group Support)

Lambert House

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Virtual Group Spaces



YOU ARE NOT ALONE
PLEASE TAKE CARE
OF ONE ANOTHER

The central graphic features a vibrant rainbow with seven distinct colors. Below the rainbow, two stylized red bunnies are depicted facing each other, with two small red hearts floating between them. The text is arranged around the rainbow and bunnies.

Lambert House: King County Virtual Groups

Fridays

6-7pm beginning 4/3

Saturdays

7-8:30pm beginning 3/28, facilitated by their Des Moines group volunteers

Sundays

(NEW TIME) 7-8pm beginning 3/29, facilitated by their Lake Forest Park and Kenmore group volunteers

Lambert House is an activity and resource center for LGBTQ youth and their allies ages 11-22

Lambert House King County Virtual Groups are online live chat groups for LGBTQ youth in King County.

Email **laurie@lamberthouse.org** for more information and to sign up.

Lambert House: Seattle Drop-In Center Virtual Groups

Boys Who Like Boys

Group:

Thursdays from 7-
8:30pm beginning 4/2

Tranz Youth Group:

Mondays at 7-
8:30pm beginning
4/6

Ultra Violet Group:

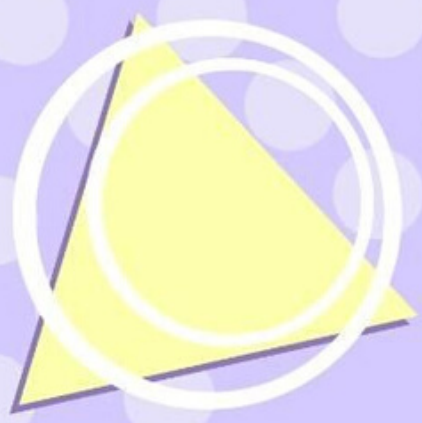
Mondays at 7-
8:30pm beginning
4/6

Art Group:

April 15th, 29th, &
May 13th from 5-
6pm

Lambert House is an activity
and resource center for
LGBTQ youth and their allies
ages 11-22

Lambert House brings their weekly and monthly groups folks are used to attending in person online! Facilitated by the same adult volunteers as their in-person groups, too. Email brandon@lamberthouse.org for more information and to sign up. Click on group for contact information



schedule sunday

monday
→ self care practices
4/20

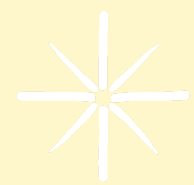
tuesday
→ online youth activism
→ sex ed: body image (trans/non-binary)
4/21

wednesday
→ day of silence (youth questioning identities)
→ day of silence (youth of color)
4/22

thursday
→ trans HIV 101
→ open discussion
4/23

friday
4/24

→ LGBTQ+ history
→ open discussion



Q Chat Space

Q Chat Space provides ten weekly online, live chat support groups for LGBTQ youth ages 13-19.

- Groups are topic based and occur at the same day/time weekly
- Moderated by staff at LGBTQ centers around the country
- For more information and to create an account: www.qchatspace.org

Q Chat Space is a digital LGBTQ+ center where you can join live chat, professionally facilitated, discussion groups.

Sample schedule,
[@qchatspace](https://twitter.com/qchatspace)

API Chaya: Virtual Youth Hangout

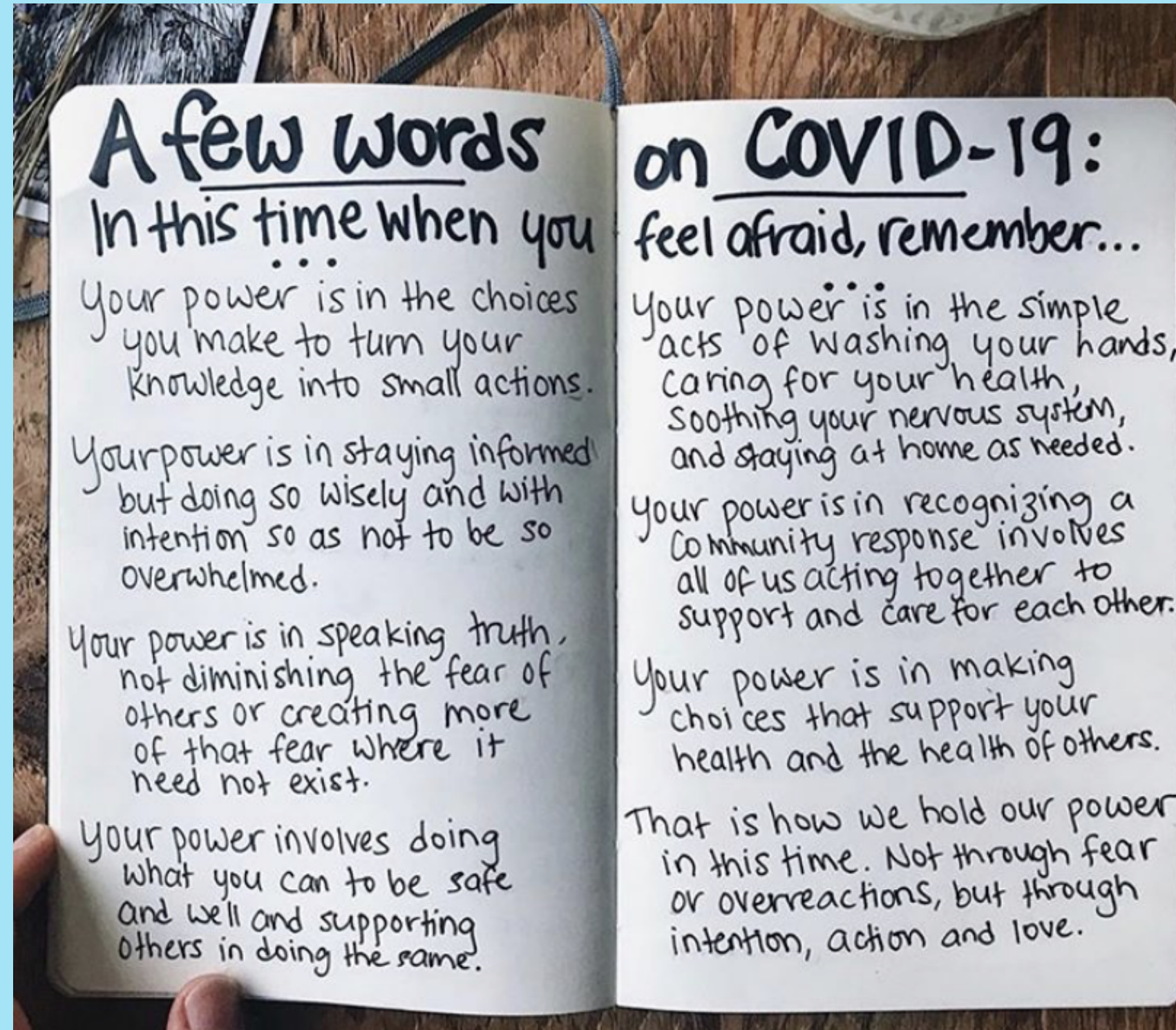
"These are times where connecting with friends and family can be really isolating – this hangout can be a space to connect and do activities together! We are centering young people of color ages 13-25."

To register, copy and paste this link into your browser:
tinyurl.com/virtualhangsrsvp

API Chaya is an organization that empowers survivors of gender-based violence and human trafficking, specifically South Asian, Asian, Pacific Islander, and all immigrant communities, to gain safety, connection and wellness.



Counseling Services



OFFICE CLOSURE

In alignment with King County Public Health's recommendations + care for our communities, our staff will be working remotely.

Advocates can still be reached by calling **206.568.7777**, or emailing info@nwnetwork.org. If no one answers your call, **please leave a voicemail with a callback number** and an advocate will get back to you soon. 1:1 advocacy will still be happening via phone, however groups and community events are postponed.



**Take care of yourselves.
Take care of each other.**



The NW Network: Advocacy Counseling

Youth programming provides one-on-one advocacy-based counseling. They can help navigate complicated systems or offer support to youth going through a hard time. This support is free and confidential. Centering on youth empowerment and self-determination, they work with queer and trans youth to develop healthy relationship skills and stronger support networks.

The NW Network works to end violence and abuse by building loving and equitable relationships in our community and across the country.



ASK A

You Grow Girl!

THERAPIST

JOIN US VIRTUALLY @ 12:00PM

TELEHEALTH THURSDAYS

[@yougrowgirl206](https://www.instagram.com/yougrowgirl206)

You Grow Girl!: Telehealth Thursdays

TELEHEALTH THURSDAYS is a free weekly virtual telehealth group powered by Zoom. Groups are open to girls ages, 11 to 18 years old. Sessions offer behavioral health psychoeducation and coping skills to tackle the fears, stress, and anxiety amplified by the COVID-19 pandemic.

Every week a new topic and password. Contact them today at (206) 417-9904 or jamila@yougrowgirl.org for this week's password.

You Grow Girl! is a is a nonprofit organization serving girls* and families throughout Washington.

*those who identify or socialize as a girl

Youth Eastside Services: BGLAD

BGLAD is a free, open, weekly drop-in support group for youth ages 13 to 19, focused on being a welcoming and affirming space for people exploring or seeking support for their identities. If you're looking to meet new people who also identify as LGBTQ+, want to learn more about local resources, or just generally want something structured to do with other teens, check them out!

Youth Eastside Services (YES) is the leading behavioral health services provider for children and youth, ages birth to 22, and their families in East King County.

YES' LGBTQ+ youth support group will continue to meet weekly Thursdays at 5pm using Zoom.

If you are wanting to join BGLAD group for the first time, we will need to be able to set up an initial Zoom meeting with you to go over requirements, demographic questions, ground rules, and to troubleshoot the use of Zoom prior to joining the group.

If you are an existing group member (have attended the group in the past 6 months) and would like to get the information for joining BGLAD over Zoom you will also need to contact us.

Please contact BGLAD group coordinator **Justin Daigneault at 425-586-2338** and leave a voicemail with your name, number, and best times to reach you back, keeping in mind you will likely get a call back from a blocked number since we are working from home.

Health Digital Tools



@[theriveterco](#)

The Trevor Project: Online Community



TrevorLifeline has trained counselors to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call now at **1-866-488-7386**.

TrevorText is a confidential and secure resource that provides live help for LGBTQ youth with a trained specialist, over text messages. Text **START** to **678678**.

TrevorChat is a free, confidential and secure instant messaging service that provides live help to LGBTQ youth.

TrevorSpace is an affirming international community for LGBTQ young people ages 13-24.

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25



Additional Apps

Trans Lifeline: a peer support hotline for and by trans people / 1-877-565-8860

LGBT National Help Center: offers a national hotline for both youths and seniors, as well as online peer support chat rooms and a weekly youth chatroom for queer kids age 19 or younger

Amaze: an online platform that provides medically accurate, affirming sex education for young people in 196 different countries

Care4Today: a health monitoring app to help patients manage medication administration and track other health and wellness goals

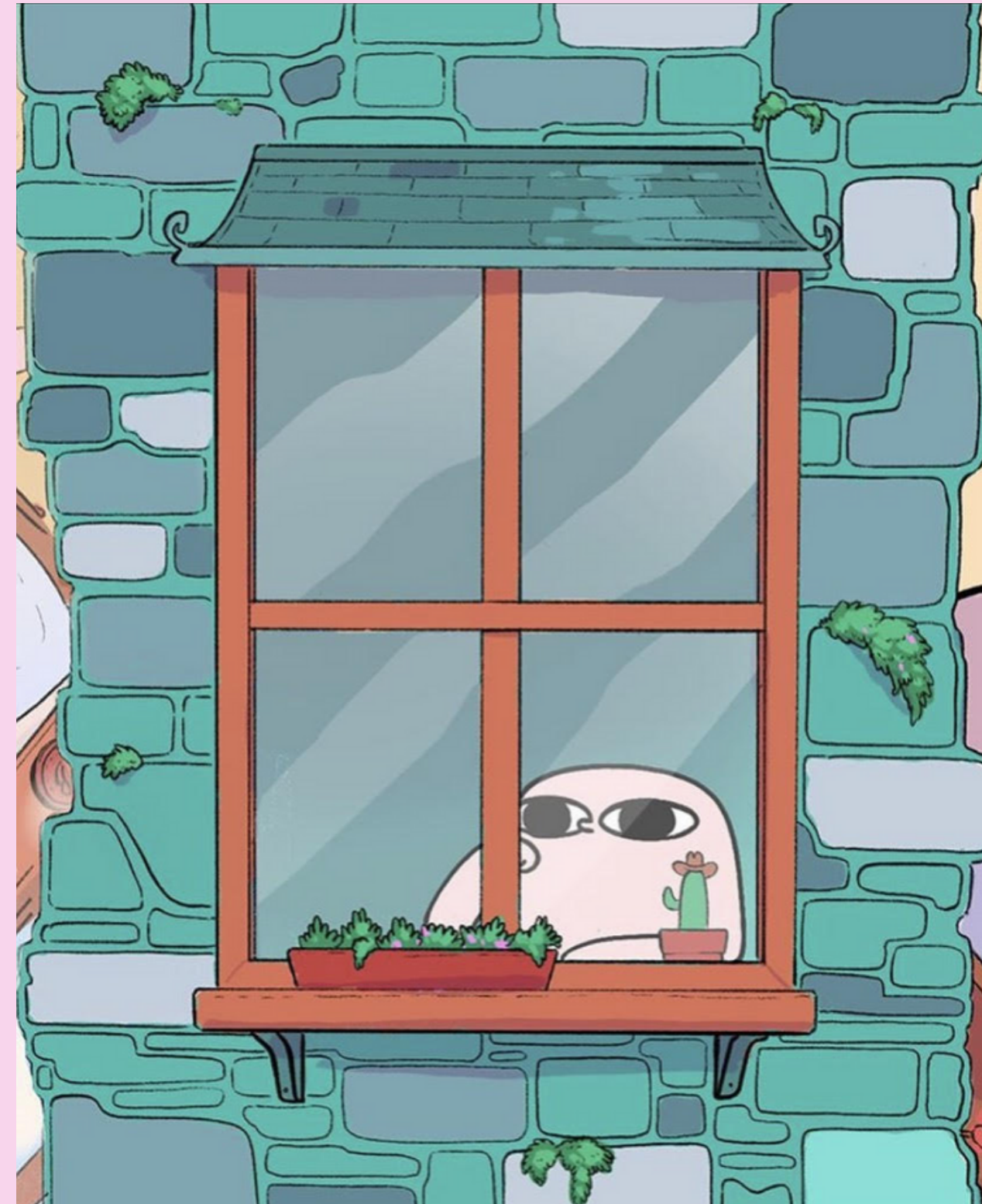
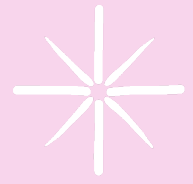
QueerMed: a medical practice for trans patients of all ages which offers telemedicine services

Ample: a review app dedicated to helping plus-size trans, disabled or chronically ill folks, as well as people of color, informing them about the accessibility and inclusivity of doctors's offices, and also businesses and other establishments

Shine: an online platform with resources for anxiety and your mental health in a global climate of uncertainty

Validation Station: is a text messaging service that sends daily affirming text messages for transgender and non-binary people

Social Media & Internet Things





Point of Pride

Has this Instagram post with a great graphic giving information on chest binding and Covid-19. Follow them for more updates.

The Center for Anti-Violence Education

Has this Instagram post on racism, xenophobia and Covid-19. Follow them for more updates.

Instagram Accounts to Follow

- I WEIGH (@i_weigh)
- them (@them)
- Recipes for Self Love (@recipesforselflove)
- Self Care is for Everyone (@selfcareisforeveryone)
- D-Nice (@dnice)

Things to Do at Home

Just a reminder - the people posting their daily home workouts, gourmet meals, and extreme productivity are not morally better than those watching netflix and doing nothing.

CELEBRATE YOUR WINS!



@catscafe comics

Reads

[11 Self-Care Tips, According to Expert Queer Healers](#)

[How LGBTQ Youth Can Cope With Anxiety and Stress During COVID-19](#)

[9 Strategies for Quarantining in a Non-LGBTQ+ Affirming Environment](#)

[Community Care During COVID-19: A Message To and From AAPIs](#)

[Queer Stars to Unite for Two Big Virtual Concerts This Week](#)

[A Trauma Specialist's Open Letter Outlines Some Essential Truths About our Lives Right Now](#)

[Keep Calm and Draw Together](#)

Activities

[Seattle Public Library](#) has online resources including ebooks, audiobooks, magazines, newspapers, podcasts, movies, music, and more. Even better, if you don't have a library card yet, you can get an ecard and get access to the online collection right away

[15 Stress-Busting LGBTQ+ Films and Shows to Watch During Coronavirus](#): whether you need inspiration and hope or just something to binge-watch, we have you covered.

[Things You Can Do at Home](#) is a compilation of HUNDREDS of free social, educational, and recreational online activities and resources. This list has been put together by LGBTQ youth organizations from around the country

SMALL JOYS
in a time of uncertainty

 **sunshine**
 **gratitude lists**
 **painting**
 **music**
 **dancing**
 **Netflix**

@youaregoldcoaching

SMALL JOYS
in a time of uncertainty

 **hot tea**
 **texting friends**
 **reading**
 **stretching**
 **good food**
 **long naps**

@youaregoldcoaching

SMALL JOYS
in a time of uncertainty

 **to-do lists**
 **digital detox**
 **smile more**
 **fluffy socks**
 **indoor plants**
 **scented candles**

@youaregoldcoaching

SMALL JOYS
in a time of uncertainty

 **video calls**
 **new books**
 **view from the window**
 **sweet treats**
 **a TED Talk**
 **watering plants**

@youaregoldcoaching