

Relaxation & Mental Health Resources for LGBTQ+ Youth During COVID-19 and Post Pandemic

LGBTQ+ youth are among those experiencing some of the strongest effects of the consequences related to COVID-19 itself and the safety measures that have been put into place - especially in the realm of mental health and well-being. Reaching out to LGBTQ+ students regularly is essential, whether through text, apps, online platforms or phone calls. A crucial component to buffer the impact of stigma on depression and suicidality is connecting students to both you and one another. **To help mediate some of the pressures that our LGBTQ+ students are undergoing as they navigate today's isolating pandemic environment and the already challenging trials and tribulations of adolescence, we have compiled a list of resources focused on enjoyment, relaxation, and self-care.** Please share with your student support professionals, to then share with LGBTQ+ students.

Mental Health/Support Group Resources

- [Free Meditation Through Calm.com](#)
- [Mindful Leader](#) - Free live & online daily group meditation, 24 hours a day, 5 days a week
- [100 Smart Ways to Calm your Anxious Mind](#)
- [A Little Happier Podcast](#) - A Lesson from Dr. Seuss
- [50 Ways to Take a Break](#)
- [PsychCentral.com: Anxiety Relief](#) - Here are three activities by PsychCentral that guides parents and professionals in techniques they can use to help children with managing their anxiety.

LGBTQ COVID-19 Information and Resources

- [COVID-19 and the Transgender Community](#)
- [Navigating Covid-19 and Chest Binding](#) (Metcalfe and Arnold)
- [Meals being provided at schools](#) (Fresh from Florida-Department of Consumer Affairs)
 - Find schools in your area: [SummerBreakSpot.Fresh FromFlorida.com](#)

School Counselor Resources

- [School Counseling During COVID-19](#) - Access resources from the American School Counselor Association, such as lesson plans, curriculum guides, toolkits, webinars, programs, events, and more that will aid in supporting LGBTQ+ students via online platforms.
- [Suggestions from an LGBTQ Young Person: How School Counselors can Support LGBTQ Youth](#) - "When a counselor has had training on LGBTQ inclusion and is LGBTQ-affirming in their daily practice, it can make a world of difference for LGBTQ students." This article from the Human Rights Campaign delineates some of the most pressing needs of LGBTQ+ youth and the ways in which school counselors can best provide support.

"To address the potential negative social impacts of physical distancing, efforts must be made to ensure that LGBTQ youth know that they are not alone and feel encouraged to seek support and social connections through means that do not rely on physical proximity." - [Trevor Project](#)



LGBTQ Youth Online Support Groups/Discussion Groups

- [Q Chat Space](#) (structured, facilitated conversations (10 weekly))
- [Trevor Space](#) (for youth, social networking site)
- [The Lounge](#) (Gender Spectrum - for non-cis youth, has "channels" for youth, parents, and professionals)
- [AVEN](#) - Asexual Visibility and Education Network (forum for ace folks - not just youth)
- [SMYAL](#) - Supporting and Mentoring Youth Advocates and Leaders for LGBTQ youth

Gender Spectrum Groups

Use the links below to find the schedules and registration forms for our upcoming groups for youth.

- [Online Pre-Teen Group](#)
- [Online Teen Group](#)

"Given the known benefits of activity involvement, schools should identify and promote activities that may provide similar benefits without jeopardizing physical distancing. LGBTQ youth should be encouraged to seek and take advantage of opportunities that allow them to connect with others in shared activities outside of the walls of their schools." - [Trevor Project](#)

Fun/Entertainment

- [94 Different Animal Webcams from around the world](#)
- [San Diego Zoo Webcams](#) (Baboons, penguins, pandas, koalas, apes, polar bears, giraffes, owls, elephants, condors and tigers)
- [Georgia Aquarium](#) (Jellyfish, penguins, belugas, sea lions, sea otters, puffins)
- [Kitten Cam](#)
- Making Gay History Podcast: [Listen here.](#)
- [Free classic books](#)
- [Stories read out loud](#)
- [Online art](#)
- [Toy Theater - Online Games for Elementary Students](#)
- [Children's Authors Livestreams](#)
- [Learn basic sewing skills](#)--pdf files on how to do almost anything
- [How to build a house of cards](#)
- [Learn how to do origami!](#) Here's a PDF of an entire origami book
- Youtube Channel: [The ASMR Prince.](#) ASMR Channel specifically for queer, trans, questioning people, and trauma survivors
- [Games You Can Play For Free While Stuck At Home](#)
- [Board Game Arena](#)

QUESTIONS? REACH OUT TO US AT:

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