

MENTAL HEALTH MATTERS

Tips for Staying Grounded for the LGBTQ+ Community During COVID-19 Crisis



CREATE A DAILY ROUTINE

Creating a sense of normalcy can help reduce stress and anxiety. Create a daily routine you can stick with that helps you stay grounded and positive. Try making your bed every day, maintaining your key hygiene habits, and trying to keep a regular meal schedule.

MAKE A PLAN

If you have concerns about your finances, look into what resources are available for members of the LGBTQ+ community, in addition to filing for unemployment (if applicable), and looking at WSU specific support.

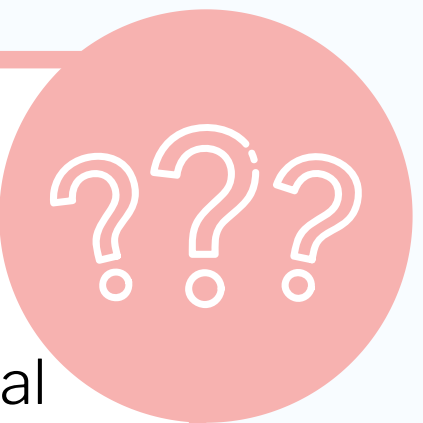
Create a plan with your family in case someone (or you) falls ill.



ASK FOR HELP

WSU's Counseling and Psychological Services (CAPS) is offering virtual services. If you are experiencing a mental health emergency, you can contact the CAPS After Hours Crisis Line at 313-577-9982. Or visit this webpage for additional contact numbers.

Alternatively, check out the Trevor Project for additional 24/7 talk and text support.



SET UP A STUDY ZONE

If possible, try to set up a comfortable, well-lit area and designate it for studying.

Avoid working from the couch or bed - when it is time to relax your brain might find it hard to shut off work thoughts.



CHECK IN ON YOUR CHOSEN FAMILY

If you're able, make appointments to check-in on your friends and chosen family. Whether it's virtual, a phone call, or a group chat, it's critical for us to maintain connections with those care about.

If you'd like to make new friends, check out TrevorSpace. TrevorSpace is an affirming international community for LGBTQ young people ages 13-24. Sign up and start a conversation now.



SIGN UP FOR MESSAGES

The Validation Station is the new free text service created from non-binary radio presenter Jacob Edward, queer, trans woman Kes and Grace Hayhurst. Sign up to receive a daily reminder of not only how great you are, but how valid your identity is during this time we are home.

