

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:

- Youth Advocates Coalition - lalgbyac.org
- 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 - treavorspace.org
- Q-Chat Space - qchatspace.org
- 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-health-during-covid-19
- Healthychildren.org - Information for Parents of LGBT Teens - healthychildren.org/English/ages-stages/teen/dating-sex/Pages/Four-Stages-of-Coming-Out.aspx
- NCTSN Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 - nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019
- Healthychildren.org - Parenting in a Pandemic - healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19_10-Tips.aspx
- CDC - Mental Health and Coping During COVID-19 - cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html

