

TIPS & RESOURCES FOR LGBTQ ADULTS DURING THE COVID-19 PANDEMIC



As physical distancing orders can increase isolation for many, LGBTQ community members may benefit from seeking supports and using the following strategies to improve mental health.

- **Stay connected to supportive people.** Schedule video chats with friends you cannot see in person to increase positive social interactions on a regular basis.
- **Connect to LGBTQ online spaces and media if you are feeling isolated.** Check out LGBTQ-specific content on Tumblr, discussion groups, books, movies, and/or TV shows. Staying connected to supportive content and online spaces can help remind you that you are not alone.
- **Delay talking about difficult topics with your family right now.** You may want to have these talks when people feel less stressed. Take breaks away from unsupportive people in the home.
- **Practice being kind to yourself.** Recognize your strengths and turn down the negative self-talk.
- **Try to focus on the things you can control or influence.** For example, choose to stick to a sleep routine, do something kind for another, practice a hobby.
- **Practice safe sex with consideration of physical distancing recommendations.** Your safest sex partner right now is yourself. Call your local community clinic (e.g. APLA Health, Planned Parenthood, LA LGBT Center) to arrange STI testing.
- **Take medications as prescribed.** For example, PrEP and birth control must be taken DAILY to be effective. Ask your doctor/clinic for refills when you need them. Talk to your doctor/clinic about Telehealth (video) appointments.
- **Ask your doctor about safe binding practices if you are ill.** It is important to listen to your body, especially if you have respiratory symptoms such as a cough or shortness of breath.

Maintain healthy habits. Routines help reduce anxiety and stress. Keep them simple and stick to them!

- Move your body once a day
- Get fresh air
- Keep a regular eating schedule
- Avoid screen time in the evenings
- Stick to a regular sleep schedule
- Schedule pleasant activities each evening that do not require a phone, tablet, or computer screen

