



COPING WITH COVID-19

A RESOURCE FOR TRANS AND NON-BINARY YOUTH

Coping during COVID-19 as a trans or non-binary youth

Coping with the COVID-19 pandemic can be challenging for everyone. It may be even more challenging for trans, non-binary and genderqueer youth. For example:

- You may be isolated with people who do not respect your name and pronouns, or to whom you aren't out yet. Being misgendered can be incredibly painful. Your identity is valid even if those around you struggle to support you.
- You may be anxious about still being able to access your trans-affirming health care.

Your pain, stress and anxiety are understandable.

Some tips to help during these hard times

Do you have friends, family or other supports in your life who respect your gender identity and pronouns?

- Try and schedule a video or phone chat with them!
- If you are comfortable and they are able to listen, turn to them for support.
- You could start the conversation with, "It's really hard being at home right now because"

Are you out in online spaces like Twitter, Instagram or Snapchat? Try spending some time in these spaces where people respect you and your identity. Try following some trans-friendly hashtags like:

- #TransIsBeautiful
- #LoveWins
- #TransRightsAreHumanRights

Resources for more support

The Trevor Project:

24/7 online, text and phone counselling
www.thetrevorproject.org

Trans Life Line:

for people who identify as trans or gender non-conforming
1 877 330-6366
www.translifeline.org

Gerstein Crisis Centre

416 929-5200
<http://gersteincentre.org/>

Kids Help Phone

1 800 668-6868
<https://kidshelpphone.ca/>
Crisis Text Line
text 686868

This information sheet is not intended to be a resource for people who require screening for COVID-19 or who are experiencing a mental health crisis. If you are experiencing a mental health crisis, please call 911 immediately or go to your nearest emergency department.

For more information, visit www.camh.ca/covid19.

This resource was developed by young people on CAMH's Youth Engagement Initiative and National Youth Action Council.