

Transgender Health During COVID-19

Below we have compiled information concerning physical and mental health from the National Center for TransEquality (NCTE) and our partners at the SPOT. If you wish to read the NCTE's full document there is a QR code at the bottom of the page that will take you to the document. If you have any further questions about your care at the Transgender Center please refer to our FAQ document or call **(314) 273-8251**. We appreciate your patience with us during this time.

Risk factors to be aware of:

- HIV and cancer are known to compromise the immune system. According to the WHO and other health organizations COVID-19 is showing increased severity and higher rates of death among individuals with compromised immune systems.
- People who smoke (tobacco, marijuana, e-cigs or vapes) use recreational drugs or other forms of substance abuse should be aware of an increased risk for a more severe case of COVID-19.

What happens with surgery?

Many trans people are hurting during this public health crisis and have had gender affirming surgeries postponed. It's not a reflection of medical necessity and we know it's a hardship, especially if you lose or change coverage in the meantime. If you have trouble with your coverage, please visit the health coverage guide that NCTE has created: <https://transequality.org/health-coverage-guide>

Crisis Hotlines

- Trans Lifeline provides a peer support hotline and microgrants for trans people in need. You can call their hotline at 877-565-8860.
- For LGBTQ youth, Trevor Project provides access to counselors by phone call (1-866-488-7386), online chat, or text (text START to 678678). They also provide an online community for LGBTQ youth ages 13-24: www.trevorspace.org
- LGBT National Help Center Hotlines and Talklines, including ones for youth and seniors 50+: glbtnationalhelpcenter.org
- National Suicide Prevention Lifeline: (800)273-8255 or chat online: www.suicidepreventionlifeline.org
- Stronghearts Native Helpline: 1-844-762-8483
- Disaster Distress Helpline: 1-800-659-2955

Social Support

- Fenway Health runs an LGBT Helpline and a Peer Listening Line, which people can call from across the country. Call 800.399.PEER for under age 25, 888.340.4528 for adults 25+
- Online Resources for the LGBTQ community amid COVID-19: www.them.us/story/online-resources-lgbtq-coronavirus
- 20 Ways to Support the Queer Community During Coronavirus: www.them.us/story/20-ways-financial-support-queer-community-coronavirus
- Q Chat Space for LGBTQ+ teens ages 13 to 19: www.qchatspace.org/Upcoming-Groups
- Alcoholics Anonymous Online LGBT Support Groups: aa-intergroup.org/directory_glbtphp
- In the Rooms - Global Recovery Community: www.intherooms.com/home



COPING WITH COVID-19

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UNPLUG

There is a lot of information available about COVID-19. Try limiting the number of times you are tuning into social media to 1-3 times per day & limit time watching the news to 1 hour per day. For the most accurate information about COVID-19 check out <https://www.cdc.gov/coronavirus/2019-ncov/prepare/>



**IN NEED OF
RESOURCES?
CONTACT 211**

EMOTIONS

It is normal to feel scared, anxious, sad, lonely, angry, or confused during a crisis or times of uncertainty. Talking with people you love and trust about your feelings can help. Consider using video chat or phone calls to stay connected.



ENGAGE IN PLEASURABLE ACTIVITIES

Make a list of the activities you most enjoy doing & schedule time each day to do them. Consider creating art, reading, listening to music, having a corona-free convo with a friend, or going for a walk (maintaining 6-foot distance from others).

MAINTAIN A ROUTINE

It can be easy to lose track of time when you are in one place for long periods of time. Establish a daily routine by waking up & going to sleep at the same time each day, fueling your body with regular meals, showering & getting dressed, & setting time aside for different activities

PRACTICE RELAXATION & MINDFULNESS

Tune in to your five senses - sight, smell, listen, taste, touch, practice deep breathing, or try a guided meditation. A few apps to help: Headspace, Stop, Breathe & Think, Insight Timer & Smiling Mind.



NEED MENTAL HEALTH SUPPORT?

CONTACT BHR @ 844-985-8282 OR TEXT "BHEARD" TO 31658