# 10 TIPS

## for Taking Care in Light of COVID-19 for the LGBTQIA+ Community

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The coronavirus (COVID-19) pandemic has impacted our lives in different ways. It may be common to feel:

- Sad or depressed
- Despair or hopelessness
- Angry or frustrated
- Anxious or worried
- Harmed by racism, xenophobia, and/or other types of oppression
- Distressed about lack of access to proper housing, finances, health care and LGBTQIA+ affirming resources

For LGBTQIA+ communities (who may also be people of color), COVID-19 may be yet another layer of trauma that is impacting mental health and wellbeing. We understand that trauma is cultural, systemic, intergenerational and collective. BHS actively works toward providing culturally relevant resources to San Francisco's LGBTQIA+ communities.

**Learn More**

For more information and additional resources, please visit www.HealSanFrancisco.org/resources

**HEALSF**

San Francisco Health Network
Behavioral Health Services

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## Recognition of Wellness Needs

**1** **Take care of basic needs**

**2** **Acknowledge symptoms of stress**

**3** **Decrease stressful triggers**

## Wellness Management

**4** **Manage stress and symptoms**

**5** **Engage in self-care and community care**
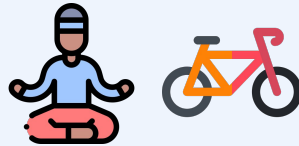
**6** **Increase social support during physical isolation**
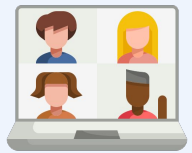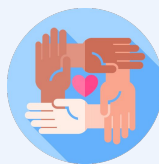
**7** **Have your legal decisions and documents in order**

## Wellness Support and Needs

**8** **Community is healing and resilient**

**9** **Honor intersectionality**

**10** **Reach out for mental health and substance use support**