

# Show Up for Yourself



**Practicing self-care** (taking part in activities that lower stress while boosting health and happiness) can help you get and stay well.

**Check in with yourself** regularly to see if you need to take action for your mental health.

**Use self-care** and other support options to give your mind and body the break they need to recharge.

**Understand** when it's time to seek professional support.

## Some more ways to show up for yourself as a member of your 2SLGBTQIA+\* community:

- Talk openly with someone you trust about challenges you're experiencing
- Stay in touch with people who care about you
- Connect with others facing similar challenges — for example, by finding a support group
- Seek help from an understanding mental health professional, doctor, counselor, or faith leader
- Even with a busy schedule, try to prioritize getting the help you need

\*2S recognizes Indigenous two-spirit people. We put it first to acknowledge the ancestral, traditional, and contemporary Native lands on which we now live.

**If you're in crisis, connect to a counselor 24/7.**

**Dial 988 for the 988 Suicide & Crisis Lifeline**

**Call the Trevor Project at 1-866-488-7386**

**Call Trans Lifeline at 877-565-8860**



# Show Up For Your Community & Support 2SLGBTQIA+\* Mental Health

**Check in** with your family, friends, and peers to see if they could use some support for their mental health.

**Let them know you're there for them** if they want to talk. It'll make a big difference.

**Help them get support** from other sources if they need it.

## Some more ways to support your 2SLGBTQIA+ community:

- Affirm gender identity and expression, and sexual orientation
- Respect gender pronouns and chosen names
- Learn about and respect boundaries (physical, emotional, sexual)
- If you're in a relationship, give your partner space to hang out with friends and family
- Don't share private information about someone else's identity

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**Visit [TakeAction4MH.com](https://www.TakeAction4MH.com)**



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).