

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).