



COVID-19 Resources for the LGBTQIA Community

Last updated on: 4/1/20



For those who identify as LGBTQIA

The Coronavirus (COVID-19): What Trans People Need to Know

We want trans people and their families to stay safe—both from the virus and from any unique problems we may face with this new virus. It is important for trans people to be prepared for obstacles if an outbreak happens in their communities. The National for Transgender Equality (NCTE) urges everyone to put together a plan of action that not only takes into account basic health needs, but also your specific needs as a trans person. Click [here](#).

Queer Under Coronavirus

We're documenting the experiences of LGBTQ+ people whose lives are upended by COVID-19. Here's how to tell us your story. Click [here](#).

9 Strategies for Quarantining in a Non-LGBTQ+ Affirming Environment

With help from queer therapists and experts from The Trevor Project, here's how to endure isolation with those who might not accept your identity. Click [here](#).

Trans and Gender Diverse People and COVID-19

Adapted with permission from transequality.org/covid19 and by Cianán Russell, Senior Policy Officer at ILGA-Europe. Huge thanks to community members Jack Metcalfe and Amelia Arnold for developing the wonderful 'Navigating COVID-19 and Chest Binding' resource. Click [here](#).

11 Self-Care Tips, According to Expert Queer Healers

Through interviews with over a dozen expert queer healers — including traditional psychologists, sex therapists, personal trainers, reiki masters and hypnotists — we've compiled a guide for self-care during these scary times. Click [here](#).

How LGBTQ+ People Can Get Help and Resources During Coronavirus

As LGBTQ+ health and community centers are shutting down nationwide, these virtual resource kits, phone hotlines, live streams, and webinars are vital for getting information and support. Click [here](#).



For those who identify as LGBTQIA



Remaining Home in Faith: LGBTQ Strength & COVID-19

The Human Rights Campaign (HRC) hosted an interfaith service on perseverance among the LGBTQ community during the COVID-19 outbreak. Watch [here](#).



For those who identify as Allies



COVID-19 (Coronavirus) Info & Resources

A letter from the Executive Director of Mass Equality, Tanya Neslusan: "Further, we ask all institutions to remember that our community is an at-risk population, due to our higher rates of tobacco use and compromised immune systems (often caused by HIV and cancer). Additionally, the discrimination faced by our population can create barriers to accessing stable housing, secure employment, and healthcare – all of which are critical risk factors as social determinants of health." Click [here](#).



GLSEN is With You During the COVID-19 Crisis

A letter from the Executive Director of GLSEN, Eliza Byard: "The COVID-19 epidemic is causing uncertainty in every aspect of our lives, but there is one thing I am still certain about from nearly two decades of leading GLSEN: During times of crisis, our sense of community is what will help us prevail." Click [here](#).



"Under the Blacklight: The Intersectional Pathogens that COVID Lays Bare"

To cope with the tragedies of the virus, we must not only confront the intersectional failures that constitute the preexisting conditions of its possibility, but also redouble our commitment to intersectional justice. These conversations, featuring a range of essential voices, will be publicly available on Zoom in the coming weeks. Click [here](#).

For more resources like these, please visit www.ymcabostonteam.org.

For answers to any questions that you may have, please reach out to the employee email at: employeehotline@ymcaboston.org

For potential exposures and symptoms, please contact us at: coronavirusresponse@ymcaboston.org



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