



Information adapted from the Weiland Health Initiative.

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FREE



Mindfulness



Mental Health Resources



# LGBTQ+ Resources for the Holidays

## HELLO!

The Holidays can be an exciting, stressful, painful, confusing, fun, and difficult time, especially if you identify as LGBTQIA+. We hope this brochure provides some support, resources, and tips to help cope with some of the experiences LGBTQIA+ people may have over the holidays.

## REMEMBER

Family dynamics are different for everyone. Some people may have completely supportive families. For others, it is okay to spend time with chosen family or friends. It is also okay to not celebrate at all. Being "out" may look different around different people. There is no one way to "do the holidays."

### Quick checklist:

- I have support people identified.
- I have mental health resources if needed.
- I have personal boundaries set.
- I know my worth. I will be okay.
- I have a plan if something upsets me.

MC Student Health Center



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# PREPARE

## Gather information:

Consider who might be coming, what they know about your gender/sexuality, and what questions are okay or not okay to ask this year.

## Plan Communication:

Make a list of people who will be around -- allied adults (former teachers, or important adult relatives, etc.), friends, or other folks nearby who can help. Think about what each person knows, and what you want them to know. Do you have people you can go to if you need to vent or destress?

## Set Boundaries:

You do not have to compromise yourself and who you are to make others happy. Before heading home, think (or write down!) about what you're willing to do and what you're not willing to do. Are there people who you don't want to tell about your identity? Are there people you are willing to not tell? Do you want everyone to know?

## Find your Allies:

Let your support network know you might be checking in before, during, and/or after family-heavy events. Make time to celebrate the holidays with your chosen family too.

# RESOURCES

Check out the Moorpark College SAFEZONE website for links to Queer content and LGBTQ+ stories that can help you feel connected to the LGBTQIA+ community. You are not alone!



## RESOURCES TO SAVE

**988 Suicide and Crisis Hotline**

**Crisis Text Line: Text  
"Courage" to 741741**

**Trevor Project: 1-866-488-7386  
Text: "start" to 678-678**

**GLBT National Youth Line (up to 25):  
(800) 246-7743**

**Trans Lifeline US: (877) 565-8860**

**Rainbow Umbrella:  
<https://www.diversitycollectivevc.org/rainbow-umbrella/>**

**You are... Loved. Worthy. Brave.  
Unique. Strong. Valued.  
Important.**

# Coping Tips

## Internal Coping Strategies:

- Deep breathing, muscle relaxation, and self-soothing strategies
- Positive self-talk ("How can I take care of myself right now?")
- Validate difficult emotions ("It is valid to feel angry/hurt/embarrassed/sad right now.")

## External Coping Strategies:

- Confrontation/care-frontation (make others aware of how you have been impacted)
- Distraction (either yourself or others)
- Distance (remove yourself from the situation)
- Social support (texting or calling friends)
- Journaling (what was difficult, and what do you need now?)
- Exercise (use physical movement to relieve tension in your body)
- Try some mindfulness techniques (like mindful coloring)



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