

# Supporting LGBTQIA+ youth through the Coronavirus/COVID-19 pandemic.

## Part One

18th March 2020

*Dear Rainbow Network Community.*

*The public health crisis we are currently facing and which is unfolding each day will be causing anxiety and uncertainty for people of all ages and identities. Many of you work directly with LGBTQIA+ young people who are already at a greater risk of anxiety and depression and will be looking for ways to support them through unprecedented challenges.*

*The social distancing and self isolation which is needed to slow the spread of the virus will be placing many LGBTQIA+ young people in situations with families who don't support them and isolating them from their support networks. It may cause strain on otherwise functional relationships as well as loneliness and boredom.*

*It will also be making it harder for you to do your job. You are not alone. This is a time when we need to call on each other for support, advice and company and find new ways to work with each other. I put a call out for resources to share with you, the Rainbow Network community, and have compiled them below. This will be an ongoing process, the list below is a work in progress.*

*Check in with LGBTQIA+ young people and with each other and if you have anything you'd like to share, please send it to me: [J.Tucker@latrobe.edu.au](mailto:J.Tucker@latrobe.edu.au)*

*Thank you for supporting our young people.*

Headspace have put together an online resource aimed at young people, on how to cope with stress related to Coronavirus. [Read more ...](#)

Beyond Blue has some suggestions on how to look after your mental health during the Coronavirus outbreak. [Read more ...](#)

The Youth Affairs Council of Victoria (YACVIC) have put together a post with some suggestions on staying healthy, minimising transmission and sharing information and services. They have also included links to further information. [Read more ...](#)

This is a podcast I found very inspiring, 'Coronavirus: Wisdom from a Social Justice Lens', which draws on the wisdom of people who are living with chronic illness. There are also further resources in this link. [Read more and listen ...](#)