



SELF-CARE AT HOME



SELF-CARE AT SCHOOL



SELF-CARE IN PUBLIC



Call the
TrevorLifeline at
866-488-7386



Write down 5 things
you're grateful for



Text "Trevor" to
202-304-1200
Mon-Fri 3pm-10pm
EST / Noon-7pm
PST

Connect with a safe,
supportive
community of
LGBTQ folks on
TrevorSpace.org



Reach out to a
counselor or adult
you admire



Spend time next
to nature



Login to
TrevorChat.org
3pm-10pm EST /
Noon-7pm PST



Identify your
feelings; journal
what you're going
through



Pick up 2 or 3
natural materials
and feel them
between your
fingers

Do an activity
that soothes you



Share
trvr.org/lifeguard
with an adult you
trust



Practice repeating
kind words to
yourself



Make an
appointment with
a therapist



If you're in class,
breathe in and out
slowly



Ask for a glass of
water and sip it
slowly

Create a self-care
box; collect items
that relax you



Observe what's
positive around
you



Snack on
something
mindfully

