



SELF-CARE AT HOME



If you need to talk to someone, call the TrevorLifeline at 866-488-7386

Connect with a safe, supportive community of young people on TrevorSpace.org



Chat with a trained counselor at TrevorChat.org

Do an activity that soothes you



Make an appointment with a therapist

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



SELF-CARE AT SCHOOL



Write down 5 things you're grateful for

Reach out to a counselor or adult you admire

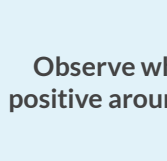


Identify your feelings; journal what you're going through

Share trvr.org/lifeguard with an adult you trust



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



Observe what's positive around you



SELF-CARE IN PUBLIC



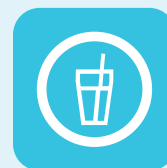
If you need to reach a crisis counselor, text START to 678-678

Spend time next to nature

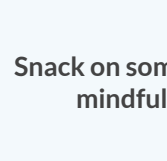


Pick up 2 or 3 natural materials and feel them between your fingers

Practice repeating kind words to yourself



Ask for a glass of water and sip it slowly



Snack on something mindfully