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LGBTQ TA CENTER

Equity News

March 2020

*The **Equity Newsflash** is a monthly announcement featuring news and upcoming events related to supporting the health and wellness of diverse LGBTQ Californians.*

**Talking about coronavirus
and mental health**



[Taking Care of Your Behavioral Health During an Infectious Disease Outbreak: Tips for Social Distancing, Quarantine, and Isolation](#)



This SAMHSA fact sheet describes typical emotional reactions to these situations; potential complications for people with mental and behavioral health challenges; and healthy ways to support yourself during this time.

[Taking Care of Your Mental Health in the Face of Uncertainty](#)

This blog post from the American Foundation for Suicide Prevention outlines specific steps to support your mental health during the COVID-19 outbreak, such as staying present and recognizing what is or isn't under your control.

[COVID-19 Lockdown Guide: How to Manage Anxiety and Isolation During Quarantine](#)

This post from the Anxiety and Depression Association of America (ADAA) provides six concrete tips for establishing and maintaining healthy routines, thoughts, and behaviors while in quarantine or self-isolation.

[Interim Guidance: Get Your Community- and Faith-Based Organizations Ready for Coronavirus Disease 2019](#)

The CDC created this detailed guidance document to help CBOs and FBOs work effectively before, during, and after outbreak of COVID-19.

[Coronavirus Sanity Guide](#)

These free resources from Ten Percent Happier include meditations, blog posts, podcasts and talks to help build resilience and calm anxieties.

[For Providers and Community Leaders: Helping People Manage Stress Associated with the COVID-19 Virus Outbreak](#)

The National Center for PTSD created this brief, 3-page guide for health, community, and government leaders to support and lead their communities through the coronavirus outbreak.

Coronavirus risk may be higher for LGBTQ people, groups say

More than 100 organizations signed a joint letter calling on health care providers to recognize and be sensitive to the factors that may put LGBTQ communities at higher risk of coronavirus, including higher rates of smoking, prevalence of cancer and HIV, and stigma-related health care avoidance.

Click the link below to learn more about their statement and recommendations, and also check out Opportunity Agenda's post on a similar topic: [Talking About COVID-19: Call for Racial, Economic, and Health Equity](#).

[Learn More](#)

March is Women's History Month

Learn more about revolutionary queer women's history in this article from [GLAAD Amp about nonviolence](#) and this list of [20 accomplished women from Advocate](#).

And be sure to check out the National LGBT Health Education Center's great new resource on [Supporting the Health of Sexual Minority Women](#).

Upcoming Events

Events in California and beyond

Note: All events are current as of this newsletter release date. Please check with conference organizers for information about cancellations.

9th Annual LGBTQ Healthcare Conference: Let's Get Better Together AZ

June 25-26 | Phoenix, AZ

[Register](#)

Join the LGBTQ Behavioral Health Coalition of Southern Arizona and the Queer Resource Collective for Let's Get Better Together Arizona. This year, the summit will focus on eliminating barriers for LGBTQ+ health equity.

Request for Proposals: Gender Spectrum Conference and Professionals' Symposium

July 17-19 | Oakland, CA

[Learn More and Submit a Proposal](#)

Gender Spectrum, a CRDP IPP, is accepting proposals for 90-minute workshops at this summer's conference and symposium. Conference participants are primarily parents, caregivers, and family members of gender-expansive youth, while the symposium is designed for professionals who work with these youth and their families. ***The deadline for submitting proposals is Monday, April 13.***

Save the Date - 38th Annual GLMA Annual Conference on LGBTQ Health

September 23-26 | Fort Lauderdale, FL

[Register](#)

The GLMA Annual Conference on LGBTQ Health features innovative healthcare breakthroughs, interventions, and research. The conference is open to healthcare providers of all disciplines, researchers, academics, health administrators, policy experts, advocates, and all LGBTQ health supporters.



Contact the LGBTQ TA Center:

<http://lgbtq-ta-center.org/contact-us/>
1-877-568-4227

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