

Counseling and Psychological Services

COVID-19 & Queer Students



Unique Challenges to Consider

- Adjusting to being back at home in an environment that may not be safe or supportive of your identity: You may have spent this past school year (or these school years) getting to know and learning to love and accept yourself for who you are. Depending on family history background someone who is LGBTQ may not come from an environment that has been supportive of their gender identity or sexual orientation.
- Loss of affirming support system developed at school: Whether a student has or has not come out to their family many LGBTQ students are able to develop crucially supportive and affirming circles of support while on campus. The sudden loss of not having an easily accessible support network can be impactful on a person's mental and emotional well-being.
- Debating on whether to come out to family during this period of social distancing/social isolation: Many students may have come out prior to college, but many have made the decision to come out while in college (or even discovered themselves in college). Suddenly transitioning back to staying with family in close quarters during this crisis some students may be wondering if this is the time when they should come out to their families.

Tips for Adjusting

- Keep a daily routine to help manage anxiety and depression: Oftentimes, the first thing to go when adjusting to a less structured time are our daily habits like sleeping, bathing, exercising. Find ways to maintain some of your daily activities to keep that sense of normalcy and to help ground you while still dealing with a very difficult situation.
- Make space for mindful moments and consider meditation and/or deep breathing, or use that space to engage in activities that affirm you such as art, poetry, writing, coding, etc.
- Stay connected with friendships and support networks virtually (video chat, message boards, and phone calls or through text messages and email if it's not safe to engage virtually.)
- Assess the safety of your situation and consider holding off on the coming out process (if you're not already out). There's no shame if your current situation does not safely allow you to express yourself fully.
- If able and necessary identify a nearby emergency back-up person that it is safe for you to stay with.
- Remember to Breathe and take it one day at a time.

Additional Online Resources

- [Know Your Rights Guide for T&GNC Students](#)
- [The Trevor Project](#)
- [The Center](#)
- [LGBTQ+ Youth & Schools](#)

COUNSELING AND PSYCHOLOGICAL SERVICES

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