



PRIDE FILLED HEARTS & MINDS

CCYSB YOUTH SUICIDE PREVENTION

• JUNE 2023 •



THE TREVOR PROJECT

We've highlighted the amazing work done by The Trevor Project in past issues and wanted to put the spotlight on them again to showcase all of the awesome resources they provide for LGBTQIA+ youths around the country (and around the world- they just launched in Mexico!).

The Trevor Project (thetrevorproject.org) is the world's largest suicide prevention and crisis intervention organization for LGBTQ young people. They provide important services to youths who may be struggling with thoughts of suicide through their 24/7 crisis hotline and chat services. They also gather data each year about mental health and suicide risk and how it relates specifically to youth who identify as LGBTQ+. With this data, they are able to continue advocating for these youths and targeting the most at-risk individuals with the necessary resources and support.

- **TrevorSpace** (thetrevorproject.org/visit-trevorspace/)
 - TrevorSpace is an affirming, online community for LGBTQ young people between the ages of 13-24 years old. With over 400,000 members across the globe, you can explore your identity, get advice, find support, and make friends in a moderated community intentionally designed for you.
- **24/7 Hotline**
 - Trained counselors understand the challenges LGBTQ young people face. They will listen without judgment. All of your conversations are confidential, and you can share as much or as little as you'd like.
 - 1-866-488-7386
- **24/7 Text Line**
 - text 678-678
- **Trevor Chat**
 - <https://www.thetrevorproject.org/get-help/>
- **The Coming Out Handbook**
 - Explore what coming out means to you with tools and guiding questions.
 - <https://www.thetrevorproject.org/resources/guide/the-coming-out-handbook/>

Not ready to talk? The Trevor Project has other resources & activities to help you feel more calm. Check them out:

<https://www.thetrevorproject.org/get-help/> and
<https://www.thetrevorproject.org/resources/>

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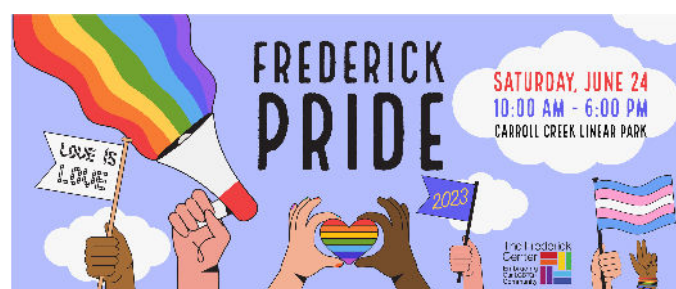
The Gender Unicorn



Westminster Pride

July 8, 2023

12-6pm



SPRING CLEANING & MENTAL HEALTH

With spring officially here and summer just around the corner, it's time to think about spring cleaning! Spring cleaning can not only make your home look good, but can also provide a boost for your mental health. Cleaning can help you feel less stressed, fight back depression, and put you in mind of fresh starts and new beginnings. Here's how throwing out that clutter and old junk can make you feel better!

1. **Define Your Goals:** Just as you want to make a plan on where to first start in cleaning, make a plan on what you want to improve with your mental health. Planning can cut down on anxiety, help you stay positive, and will keep you going until you finish.
2. **Start Small:** If you try and take on everything, you'll likely burn out fast. Focus on accomplishing small goals and appreciate the work you were able to do.
3. **Plan Ahead:** Make sure you have a plan you want to accomplish—using a calendar to mark the dates you want to focus on will keep you motivated, focused, and keep anxiety down.
4. **Fighting Depression:** A study in 2010 showed that people who feel their homes are cluttered or messy are going to feel more depressed. By taking control of that clutter, and planning and organizing how to clean it, can keep you focused and improve your mood.
5. **It Gets You Moving:** Cleaning is a good way to exercise your body, which helps make your mind feel good!
6. **Cleaning Can Knock Out Stress:** Some people use cleaning as a way to soothe stress, take control of their environment, feelings, and lessens feelings of being overwhelmed.
7. **Brings a Sense of Peace:** When your home is clean and at peace, so are you. This can bring feelings of accomplishment, as well as feeling that you are in control because you know where everything is, and everything's in its place. Also, having a nice, clean, and inviting home to return to makes you feel that much better.
8. **Feeling Accomplished:** When your living room looks the way you want it, you feel good, right? Cleaning is a tangible thing which you can see and feel, which makes the brain feel good, and reduces tension.



988 IS EXPANDING!!

988, the Suicide and Crisis Hotline, is expanding the services of its LGBTQ+ pilot program by offering 27/7 text and chat services! "We are thrilled that the 988 Lifeline LGBTQ+ pilot line will be expanding services across all modalities," said Dr. Tia Dole, the chief lifeline officer at Vibrant Emotional Health, which administers this service. Dr. Dole added, "We know that LGBTQIA youth are one of the most at-risk communities for suicide. Vibrant, SAMHSA, and 988 want to be there to change that through affirming care. Expanding this service is a major step forward in strengthening 988, the mental health safety net for all people in America."

988's LGBTQ+ pilot program launched last September with a chat and text feature, but it was only available during select hours. Since the implementation of this program, 11% of chats and texts that have come through have been from the LGBTQ+ population, along with 6% of calls, which is about 138,000 contacts.

It can be difficult to reach out for help. Here are some pre-written suggestions you could send to a friend or loved one to get the conversation started.

When you get a chance can you contact me? I feel really alone and suicidal, and could use some support.

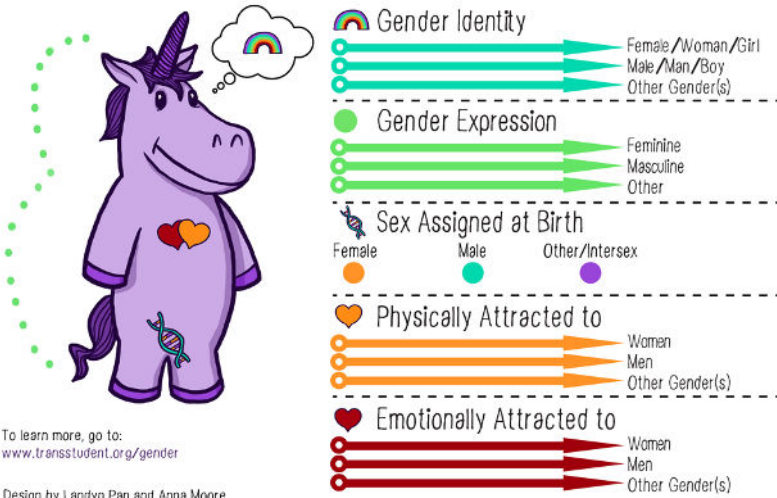
I don't want to die, but I don't know how to live. Talking with you may help me feel safe. Are you free to talk?

This is really hard for me to say but I'm having painful thoughts and it might help to talk. Are you free?

I'm struggling right now and just need to talk to someone — can we chat?

The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources



The Gender Unicorn was created by Trans Student Educational Resources to be a teaching tool that revolutionized how people think about gender.

Trans Student Educational Resources is a youth-led organization dedicated to transforming the educational environment for trans and gender nonconforming students through advocacy and empowerment. To learn more or get involved, visit them at: <https://transstudent.org/>

PFLAG Events for Youth!

YT Fridays is a SAFE SPACE especially for gay, lesbian, bisexual, asexual, pansexual, and transgender youth and their allies. All youth attending school - including college - are welcome at YT Fridays.

- 1st Friday - High School (Grades 9-12)
- 2nd Friday - Post High School
- 3rd Friday - Middle School (Grades 6-9)

17 Bond Street, Westminster, MD
6:30 pm - 10:00 pm

<https://www.pflagwcc.org/yt-fridays>

Crisis Resources

National Suicide & Crisis Lifeline:
9-8-8 (Call or Text)
Chat: <https://988lifeline.org/chat>

Crisis Text Line: 741-741

The Trevor Project
thetrevorproject.org
1-866-488-7386
text 678-678

Maryland Helpline:
Dial 2-1-1, press 1
Text zip code to 898-211
or visit 211MD.org

Carroll County Mobile Crisis:
410-952-9552

To access assessment and treatment services at CCYSB call 410-848-2500 x 1



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@ccysbyouthsuicideprevention

Color and Display Your Artwork to Promote Inclusion and Safe Spaces!

