

Looking after your mental health and wellbeing in difficult times

A guide for trans people, from a trans coach and a trans therapist

Right now, many trans people are carrying a heavy load: hostile headlines, debates about our rights, and the constant sense of being watched or talked about. If you feel isolated, anxious or low, **that is a human response to an unfair situation, not a personal failing**. We are trans ourselves, and these are the things that help us and the people we work with.

Try what feels right and be gentle with yourself.

1. NAME WHAT YOU FEEL

Anxiety, anger, grief and exhaustion are understandable responses to hostile headlines and policies. Nothing is wrong with you. Saying it out loud, or writing it down, helps it feel smaller.



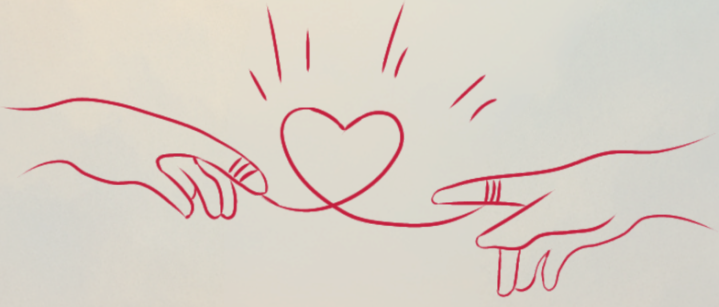
2. LIMIT THE NEWS, NOT YOUR LIFE



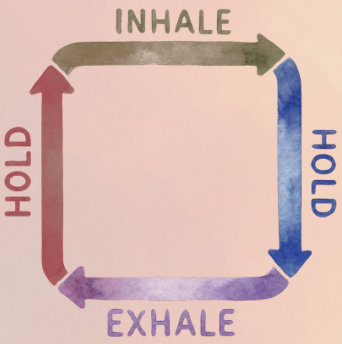
Choose set times to catch up rather than scrolling all day. Mute words, unfollow accounts that spike your stress, and switch off notifications before bed.

3. FIND YOUR PEOPLE

Even one safe person makes a difference. Reach out to trans groups, online or in person. You don't have to be strong to join; just turn up as you are.



4. CARE FOR YOUR BODY



Try breathing in for 4 and out for 6, a short walk, a glass of water, a proper meal, a regular bedtime. Small and gentle counts.



5. MAKE SPACE FOR GENDER JOY

Music that feels like you, clothes you love, your name said warmly, a trans film or book. Put one joyful thing in every day, on purpose.

6. ACT IN WAYS YOU CAN SUSTAIN

Signing a petition, donating, volunteering or simply checking in on a friend all matter.

Rest is not giving up. It's how we keep going.



7. SET KIND BOUNDARIES

You don't have to debate your existence or educate anyone. It is fine to leave a conversation, a group chat or a family meal that leaves you drained.

HEALTHY® BOUNDARIES
HEALTHY SPACE®



8. ASK FOR SUPPORT

A trans-affirming therapist or coach can offer a space where you don't have to explain yourself. Ask them upfront about their experience with trans clients.

NATIONAL TRANS CHARITIES & SERVICES (UK)

GENDERED INTELLIGENCE:

Trans-led charity. Free, confidential support line (17.5+) by phone, WhatsApp or email: 0800 640 8046.

genderedintelligence.co.uk

MERMAIDS:

Support for trans and gender-diverse young people (up to 25) and their families. Helpline: 0808 801 0400.

mermaidsuk.org.uk

MindLine Trans:

Emotional support run by trans volunteers: 0300 330 5468. Evening opening hours, so check mindinsomerset.org.uk first.

TRUK Listens:

A listening helpline for trans people: 0800 009 6640.

Please check opening times before you call.

GALOP:

LGBT+ anti-abuse charity, supporting anyone facing hate crime, abuse or violence. Helpline: 0800 999 5428.

galop.org.uk

TRANS ACTUAL:

Trans-led advocacy and information, including rights guidance and lists of support services.

transactual.org.uk

COMING SOON

Waiting Well, a National Trans Waiting List Support Service

LGBT Foundation and Gendered Intelligence are creating trans-led support, such as peer groups and workshops, for trans and non-binary people waiting for NHS gender identity healthcare. It is piloting now in the South West of England, with plans to go national.

Waiting Well phone line: 0330 355 9678 (Tuesdays and Thursdays; please check times on the website)

Watch for the launch:

lgbt.foundation/waiting-well

genderedintelligence.co.uk

Instagram - @lgbtfoundation and @genderedintelligence

WORDS TO HOLD ON TO

> My existence is valid.

> I can rest and still belong.

> I don’t have to be okay all the time.

> There are people who see me and are glad I’m here.

You are part of a long, brave and joyful history.
Trans people have always found ways to look after each other, and you are very welcome in this community.

If things feel heavier than you can carry, please reach out today. You deserve support, and asking for it is a sign of strength.

Samaritans: **116 123** (free, 24/7)
Shout: text SHOUT to **85258**
Switchboard LGBT+: 0800 0119 100
Emergency: 999

queerwell

Your Community-led LGBTQIA+ Mental Health and Wellbeing Charity

Registered Charity Number: **1210152**

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