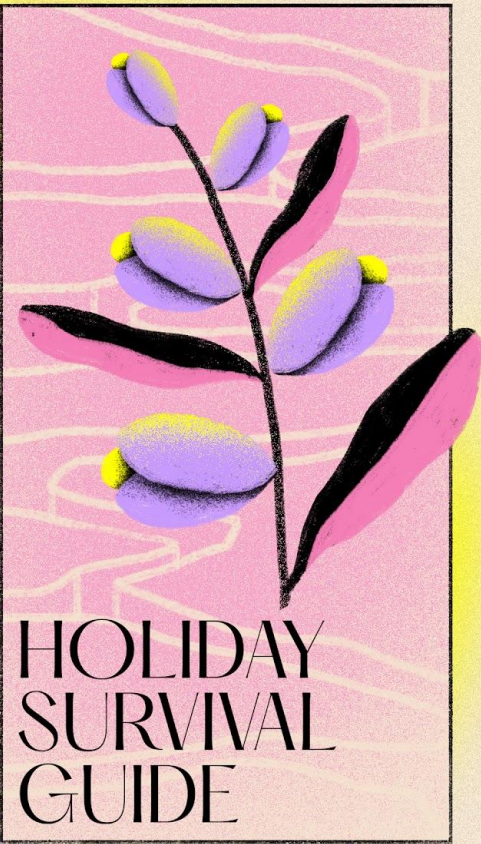
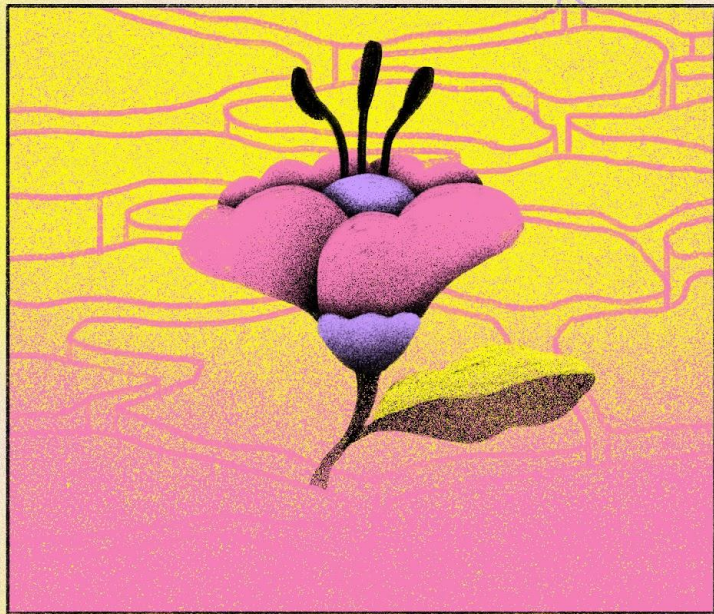


# FOLX



HOLIDAY  
SURVIVAL  
GUIDE



# A NOTE FROM FOLX

We know that the holidays can bring up a mix of emotions for our community. We created this holiday guide to help you navigate the waters of the holiday season, no matter if you're spending it with your mom and auntie, your besties, by yourself or \*praying for you\* with the whole extended fam.

With a curated selection of QTBIPOC businesses to buy from, hotline numbers (*just in case*), and a few mindfulness exercises and mantras to repeat over and over when the going gets tough. This holiday guide can keep your head above water until we all reach that queer New Year.

Let's take it one day at a time, **we got this.**





# EMERGENCY RESOURCES

The holidays aren't all Christmas lights and music. We know that this time of year can be really dark for so many of us. It's important to know that you are never alone, even if it feels like it.

If you need to talk to someone, please contact one of the support lines listed on the right.

## **Remember, take a breath.**

This won't last forever. You can make it through another holiday season. You've made it this far. There are people out there who care about you, who value, love, and celebrate the beauty of your life, your gender, and your sexuality.



### **Trevor Project Lifeline**

(866)-488-7386 FREE and available  
24 hours a day, 7 days a week

**TrevorText** - Text the word "Trevor" to  
1-202-304-1200. Available on Thursdays  
and Fridays (4:00 p.m. - 8:00 p.m. ET / 1:00  
p.m. - 5:00 p.m. PT). Standard text  
messaging rates apply.

### **TrevorChat** -

<http://www.thetrevorproject.org/>  
Available 7 days a week (3:00 p.m. - 9:00  
p.m. ET / 12:00 p.m. - 6:00 p.m. PT). Online  
instant messaging with a counselor.



### **Trans Lifeline Support Hotline**

(877) 565-8860  
<https://translifeline.org/hotline/>  
(Availability posted online)



### **The GLBT National Youth Talkline**

(800) 246-7743  
Both provide telephone, online private  
one-to-one chat and email peer-support, as  
well as factual information and local resources  
for cities and towns across the United States.

# EMERGENCY RESOURCES

## **The National Runaway Safeline**

800-RUNAWAY (800-786-2929)

Provides advice and assistance to runaways, including resources, shelter, transportation, assistance in finding counseling, and transitioning back to home life. NRS frontline staff will also act as advocates and mediators if/as needed.

[http://www.1800runaway.org/youth/nrs\\_can\\_help/](http://www.1800runaway.org/youth/nrs_can_help/)

## **The True Colors United**

(212) 461-4401

The True Colors Fund is working to end homelessness among lesbian, gay, bisexual, transgender, queer, and questioning youth, creating a world in which all young people can be their true selves. True Colors United runs a [database of service providers](#).

<https://www.truecolorsunited.org>

## **Self Abuse Finally Ends (S.A.F.E.)**

Addresses individuals coping with non-suicidal self-injury, including locally-based information, support and therapy referrals.

<http://www.selfinjury.com/>

## **National Suicide Prevention Lifeline**

(800) 273-8255 (online chat available)

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

<https://suicidepreventionlifeline.org/>

## **Crisis Text Line**

Text START to 741-741

Crisis Text Line is free, 24/7 support for those in crisis. Text from anywhere in the USA to text with a trained Crisis Counselor.

<http://www.crisistextline.org/>







Spending time with your chosen family can be one of the best and healthiest ways to spend the holidays. Scientifically speaking, social interaction helps the brain to reduce overall stress levels, fight depression, and build memory, which basically makes hanging out with your besties the equivalent of a gym session and post-workout green juice for your brain.

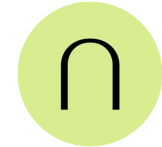
If your friends and family are spread across different geographic locations, a digital hang-out, while not the same as an IRL, can also be a good way to make you feel connected and supported. Even just a few back-to-back Facetimes can help lift your spirits. If you've got people around you, watch a gay movie together, play games like our favorite **Cards Against Humanity** (which just launched a downloadable version) or Esther Perel's **Where Should We Begin**, or have an arts and crafts night.

Attending a family gathering but don't want to go alone? Bring a friend. The buddy system is a great way to survive the holiday family gathering. Especially for those ***"can I get a witness"*** moments. Your friend can back you up if things get uncomfortable or you both can take a walk if you need an excuse to leave the house for a bit.

While we love (and hate) Instagram, there are other online platforms where you can connect with people who have the same interests or identity. **Ethel's Club** is a BIPOC wellness platform where you can learn from health experts and creatives and connect with others. One of our favorite new streaming platforms is **Newness**. It's like Twitch but for makeup, skincare, and everything beauty. Learn how to do a perfect cat-eye or hear what top skincare experts have to say about their holy-grail products. Then there's **Serif**, a new LGBTQ+ social club with digital and IRL events in LA, NY, and the SF Bay Area.



[www.ethelsclub.com](http://www.ethelsclub.com)



[www.newness.com](http://www.newness.com)



[www.serif.space](http://www.serif.space)







# WHAT WE'RE CONSCIOUSLY CONSUMING

Is it just us or does the holiday season make us all extra hungry? Famished for gay media? Starved for gender-affirming clothes and accessories? Or are you actually just ravenous for good home-cooked meal with loved ones?

We're going to be consuming a lot this holiday season. Food, TV shows, movies, podcasts, not to mention all the consumerism. We know it's hard to avoid shopping in this day and age, but if you're going to be spending your money somewhere, it might as well be putting coin back into queer and trans businesses.

***Vive la LGBTQ+ revolution!***

1. [Ponyboy](#) 2. [Like A Virgin](#) 3. [Stealth Bros Jr. Dopp](#) 4. [Telfar x UGG medium shopper bag](#)  
5. [KimChi Chic Beauty A Really Good Foundation](#) 6. [Scandal Beauty Nails](#) 7. [BoySmells LES Candle](#) 8. [Beyond the Gender Binary](#) by Alok Vaid-Menon 9. [Urbody Bikini Brief](#)





# IT'S GIVING BACK

If giving is your love language, consider giving back to these community-oriented nonprofits to give queer and trans people the support they need this season and beyond.



## TransLatin@ Coalition

Nonprofit organization formed by trans latin@ leaders to advocate and support trans latin@ immigrants and sex workers.



## Trans Santa

Deliver gifts to trans youth in need, safely and anonymously.



## Black Trans Femme Arts Collective

Organization that builds community and supports Black trans femme artists.



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## For The Gworts

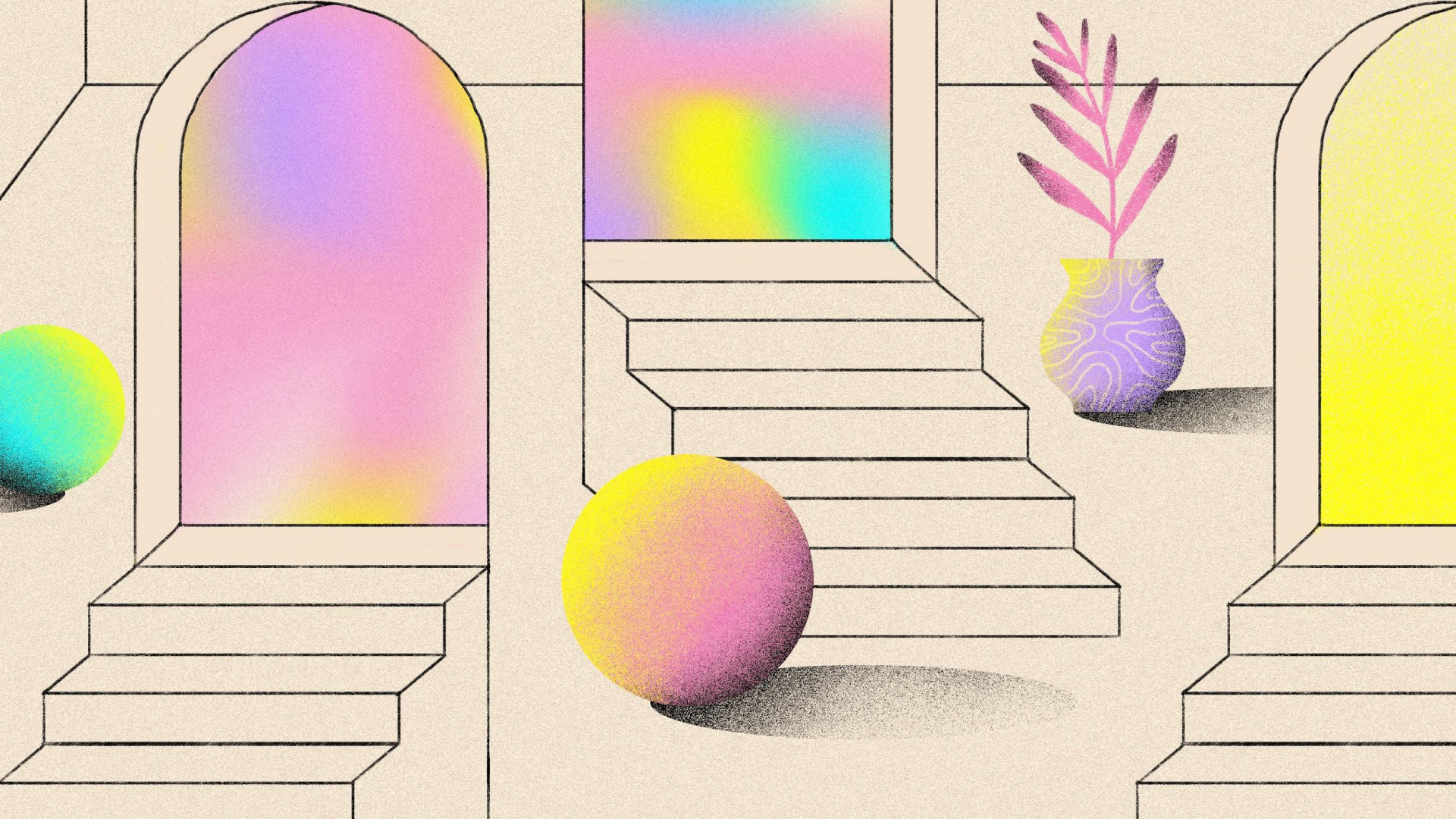
A Black, trans-led collective that hosts parties to raise money to help Black transgender people pay for their rent, gender-affirming surgeries, smaller co-pays for medicines/doctor's visits, and travel assistance.



## Black Transmen Inc

The first national nonprofit social advocacy organization with a specific focus on empowering African American transgender men.







# SPENDING THE HOLIDAYS STRESS FREE

Not every action requires a reaction. And not every sentence requires a response. We can't control other people, as much as we would like to. One thing that we can control is how we respond to other people and the situations we find ourselves in. Don't let things become bigger than they need to be. Really consider what is an important fight to fight, and what you can let go of. Use past years as an indicator of what you might be able to expect from this year.

Don't assume that things will be different this time, when nothing has changed. Go into this holiday season willing to protect your energy, capacity, and heart.



You might not be able to change other people's minds, but you can change the way it affects you. Don't sign over your self-worth and walk away when needed.

Consider downloading a mindfulness app, such as **Headspace** or **Calm** for a quick breathwork exercise or guided meditation when things get especially unbearable.



# FOLX HEALTH

@FOLXHealth  
FOLXHEALTH.COM