



A Monthly Insight of Practical Tools to Help Your Family

Wellness Today

For Parents & Families

LGBTQ and Mental Health

According to a survey done by the [Trevor Project](#), during the past year, more than 80 percent of LGBTQ youth reported that Covid-19 made their living situation more stressful; 48 percent reported they wanted mental health help but were unable to get it; and 42 percent seriously considered attempting suicide.

Even with some Covid-19 effects slowing down, these individuals need support. Whether your own children identify as LGBTQ or you know children who do, there are things you can do to be their ally.

- Tell them they have your unconditional love.
- Let them know they can talk to you, that you are there for them.
- Listen without judgment and with respect.
- Be a role model of including and supporting others through kindness.
- Stay informed and use correct LGBTQ-related terminology. Ask them how they would like to be called (such as when using pronouns).

How to Make Sure Your Children's Mental Health Doesn't Take a Summer Break

The end of school has either happened or is in sight, and summer vacation is on your doorstep. In general, most children look forward to summer break. However, some children, especially those who live with a mental illness such as anxiety or depression, may dread summer. Whatever category your children fall into, there are steps you can take to help your children's mental health during summer break.

Summer Mental Health Tips

- **Create some structure and routine.** Sit down with your children and write out a general routine. This can be a bedtime/morning routine, a set screen time, meals and snacks schedule, etc. Whatever you decide, try to keep to that routine, even if you're on vacation.
- **Set bedtimes and wake-up times.** Help your children get the sleep they need by setting certain times they need to be in bed at night and awake in the morning.

- **Plan socializing.** As much as you are comfortable doing as Covid-19 restrictions slowly lift, arrange some times during the summer for your children to be social, whether that be play dates, summer camps, or something else. For older teenagers, socialization could be found in a part-time job, which will also give them structure.
- **Encourage movement.** Going on hikes, doing yoga, going swimming, going on family bike rides, and everything in between is great for mental health. Any activities outside are especially helpful.
- **Change the scenery.** Going to a new state park or on a weekend getaway can help refresh and reset if your children are feeling stuck in a rut.
- **Find ways to serve.** Helping others can help your children's mental health by making them feel needed, important, and happy.
- **Try something new.** Ask your children something new they'd like to try. They may discover a new talent or hobby!