

WEILAND HEALTH INITIATIVE'S



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# First Aid Kit for Queer Family Holidays

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Sponsored by Weiland Health Initiative  
<https://weiland.stanford.edu/>

*Dear Family,*

*For all the excitement around “going home” over break, the end of the quarter can also be an incredibly lonely, stressful, and painful time for LGBTQ+ and queer-identifying folks as gender, sexuality, and identity overlap with family dynamics and the observance of holidays that celebrate colonization. As queer people who have been through our share of difficult winters, we want you to know that it’s okay to feel sad or anxious or nervous about navigating the upcoming break. It’s okay to not want to “go home.” It’s okay to spend this time with friends or chosen family. It’s okay to not celebrate at all.*

*In this first aid kit, you’ll find advice, numbers for shelters and hotlines, links to affirming holiday messages from queer content creators, and step-by-step guides for administering emotional self-care. Whether it’s your first queer holiday at Stanford or your last, know that you’re not alone -- reach out if you want or need to talk anytime.*

*We’re listening.*  
*With radical love, Jay Liu (they/them/theirs) & Vianna Vo (she/her/hers)*  
[Weiland Health Associates](#) 2019-2020

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## **1. Preparation**

### Gather Information

Reflecting on previous family holidays and identifying what has or has not felt good might help you prepare for upcoming gatherings. Consider who might be coming, what they know about your gender/sexuality, and what questions are okay or not okay to ask this year. Try reaching out to friends to practice how you might answer a question.

### Create Your Communication Plan

Make a list of people who will also be home at the same time -- allied adults (former teachers, or important adult relatives, etc.), friends, or other folks nearby who can help. Think about what each person knows, and what you want them to know. Communication plans are not one size fits all -- you do not have to share the same amount of information (or any at all) with every



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person, even if they are family. Assess your allies -- can anyone help you communicate information to certain people?

## Set Boundaries

You do not have to compromise yourself and who you are to make others happy. Before heading home, think (or write down!) about what you're willing to do and what you're not willing to do. Ask a friend or close family member to check-in with you about your boundaries. When we find ourselves in difficult situations, it can be hard to stick with what we want. Choosing when to come out, who to come out to, and the conditions for how you come out are all your decisions. Do not let fear push your boundaries: you have the right to say what you need and you have the right to say no to requests that do not make you happy.

## Identify Your Support Network

It's okay to feel not great during this time, and it's okay to want to call other people or ask for company/support/advice. Reach out to your support networks even if you're physically far. Reach out ahead of time to let them know you might be calling. Let your support network know you might be checking in before, during, and/or after family-heavy events. Make time to celebrate the holidays with your chosen family too.

Check out these [Tips for Healthy Boundaries](#) and [Assertive Bill of Rights](#).

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## **2. Resources**

### Weiland Health Initiative

The [Weiland Health Initiative](#) is an on-campus resource dedicated to supporting the mental and wellness of the queer community at Stanford and beyond. Staffed by a team of clinicians, Weiland can be a safe space for you to work with someone to strategize about how to find support, navigate, and/or process pre- and post- holiday interactions. To schedule an appointment, visit the [Vaden Patient Portal](#) and select Weiland.

### Shelters and Alternate Housing Options

Reach out to friends and chosen family if you need company/housing, especially if you think you will be emotionally, psychologically, or physically unsafe over break. You deserve to be safe and cared for, and there are people here who want to create that space for you. For help finding emergency alternate housing that takes walk-ins, check out this list of [Emergency Shelters](#). Stanford also takes requests for [alternate housing over Winter break](#) (**application due November 25, 5pm**).



## Hotlines/Chatlines on Campus

Here are some folks you can reach out to if and when you want someone to talk to on campus. In addition to these hotlines, you can visit community centers to talk to professional and student staff about the intersections between queerness, culture, and family. Check out QSpot (Queer Student Resources, 2nd Floor Firetruck House), The Markaz, The Black Community Services Center, The Native American Cultural Center, El Centro Chicano y Latino, The Women's Community Center, and The Asian American Activities Center.

The Bridge	(650) 723-3392
Counseling and Psychological Services	650-723-3785
Confidential Support Team (non-urgent)	650-736-6933
Confidential Support Team (urgent, 24/7)	650-725-9955
Office of Sexual Assault and Relationship Abuse	800-572-2782

## Hotlines/Chatlines off Campus

Here are some other folks you can reach out to if and when you want someone to talk to. You don't need to disclose your identity or any specifics about your situation. You can call these numbers to ask for help, support, advice, or just someone to listen and to talk to. Most of these lines are staffed 24/7. To learn more about this resource, check out these articles: [Here's What Happens When You Call a Suicide Hotline](#)

Trans Lifeline	877-565-8860
GLBT National Hotline	888-843-4564
National Coalition of Anti-Violence Programs	212-714-1141
DeHQ: LGBTQ Helpline for South Asians	908-367-3374
The Trevor Project: Suicide Hotline	866-488-7386
StarVista Crisis Line	650-579-0350
Relationship Abuse and Domestic Violence Hotline	800-300-1080
HIV/AIDS Hotline	800-367-2437
HIV/AIDS Textline	415-200-2920
Alcohol and Drug Hotline	650-579-0356
Eating Disorder Helpline	800-931-2237
Self-Harm Hotline	800-366-8388
Rape and Sexual Assault Hotline	800-656-4673



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## 3. Love

### Love from the Queer Community <3

This section contains some of our favorite affirming queer media! Reading about other people's experiences through poetry, videos, essays, comics, and articles helps us feel less alone and reminds us that we are not the only ones going through this experience.

- Holidays When You're LGBTQ: YOU WILL GET THROUGH TODAY  
<https://www.youtube.com/watch?v=q8o0fevbE5o>
- It's (NOT) Just a Phase - The Experiences on Nonbinary Folks 30-70 Years of Age  
<https://www.youtube.com/watch?v=Bo2FgrTfubw&feature=youtu.be>
- THANKSGIVING SURVIVAL KIT  
<https://www.youtube.com/watch?v=9gsDNsXg8PM>
- To Survive on this Shore: Photographs and Interviews with Transgender and Gender Nonconforming Older Adults  
<https://www.tosurviveonthisshore.com/>
- space email: What would you say if you didn't know anyone was listening?  
<https://space.galaxybuster.net/>
- Connor Franta "Coming Out"  
<https://www.youtube.com/watch?v=WYodBfRxKWI>
- In a Heartbeat  
<https://www.youtube.com/watch?v=2REkk9SCRn0>
- Les Normaux  
[https://www.webtoons.com/en/challenge/les-normaux-/list?title\\_no=129451&page=1](https://www.webtoons.com/en/challenge/les-normaux-/list?title_no=129451&page=1)
- Mere Abrams: On All Things Gender  
<https://www.meretheir.com/>

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## 4. Emotional First-Aid

### Notes of Affirmation

It is so important to make time to acknowledge how strong and incredible you are. Adopt a mindset that will empower you to be on your own team rather than criticize, isolate, or devalue yourself. Affirmations are positive statements -- even if you don't believe them at first, science tells us that we can slowly reprogram our minds :). Here is the recipe for creating your own notes of affirmation:



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- Step 1. Begin your note with “I...” or “I am...”.
- Step 2. Write a positive statement in the present tense.
- Step 3. Save your note in a place that’s accessible to you.

Examples:

- I am worthy of the time it takes to do the things that heal my heart.
- I give myself permission to do what is right for me.

Read more about how affirmations work here:

<https://www.psychologytoday.com/us/blog/smart-relationships/201403/affirmations-the-why-what-how-and-what-if>

## Preparedness Kit

Here are some ideas for things to put in your safety kit before heading into the break.

1. Contact list of friends and chosen family.
2. Prearranged check-in times, places, and dates with your support network.
3. The number for a shelter (or friend) in case you need an alternate place to stay.
4. The number for a hotline (or friend) in case you need someone to talk to.
5. “If, then” plans for situations you anticipate running into.

## What To Do In An Emergency

Sometimes the decision to remain safe is taken from us either intentionally or unintentionally. Speaking up or fighting back is not always what will keep us safe in the moment -- you don’t need to feel ashamed, guilty, or regretful of taking action to protect yourself. Here are some strategies for coping with difficult situation in the moment. Try to make a reasonable plan for yourself and practice executing your plan so you’ll know what to do in a difficult situation.

### Internal Coping Strategies:

- Deep breathing, muscle relaxation, and self-soothing strategies
- Positive self-talk (“How can I take care of myself right now?”)
- Validate difficult emotions (“It is valid to feel angry/hurt/embarrassed/sad right now.”)

### External Coping Strategies:

- Confrontation/care-frontation (make others aware of how you have been impacted)
- Distraction (either yourself or others)
- Distance (remove yourself from the situation)
- Social support (texting or calling friends)
- Journalling (what was difficult, and what do you need now?)
- Exercise (use physical movement to relieve tension in your body)

### For Help Dealing With the Aftermath:



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- 24/7 Hotlines
  - On-campus resources ([CAPS](#), [Weiland](#), [QSR](#), [The Bridge](#), [GIS](#))
  - Off-campus resources
  - Online Resources