



### **Self-Care resources**

[Self-care & social distance Scarleteen](#)

[Grounding techniques](#)

[5 Self-holds](#)

[The year ahead compass zine](#)

[Emotional self-care during covid 19](#) (in multiple languages)

[Surviving the apocalypse podcast](#)

[LGBT Youth Line](#)

### **Community/collective care resources**

[Let's talk mutual aid](#)

[Community accountability](#)

[Decolonizing community care](#)

[11 ways to care for your community during this pandemic](#)