

TRANS AND STRONG PLAIN TEXT VERSION

Trans and Strong

Remember, who you are is not up for debate. Your gender is valid and beautiful. You are loved.

- Trans people have always existed and are an important part of human diversity.
- **HELP IS ALWAYS HERE** - You may feel down because the noise is loud and constant. Reach out if you need to. There are many services and groups, including trans services. Help is at hand.
- **CHANNEL YOUR ENERGY** - Our community being put through the wringer once again is upsetting. Putting energy into causes that matter to you can help you stay positive. If you're passionate about an issue, get involved and volunteer, help a mate's project or connect with your local trans community group.
- **TAKE A BREAK** - A stroll in the park or around your neighbourhood can do wonders. Find out what helps soothe your mind, heart and spirit. Engage your senses.
- **ACKNOWLEDGE YOUR FEELINGS** - When we acknowledge that something has made us upset, it can be helpful to talk about it with mates or a counsellor. Learning the difference between acknowledging pain and acting out destructively can take some practice and help but anger and frustration are really valid emotions.
- **LOG OFF** - It is likely that the transphobic noise will continue in the media and online. Consider filtering distressing content and unfollowing negative commentators. If you need a break from social media, take it. Remember, it's ok to step away.
- **LOOK OUT FOR EACHOTHER** - It has been a distressing time for trans people. Check in with your trans mates and mob. Let them know you're there if they need you. Look after each other.
- **SELF-CARE** - It's a good idea to make sure you're getting enough sleep, drinking enough water, eating regularly, moving your body and connecting with your mates and mob. Do what works best for you. If you're on hormones don't skip regular check-ups, making sure your hormones are in a good place can go a long way to improving mood.
- **WE ARE MANY** - You are a member of a big and global community, many are fighting for your health and rights. You aren't alone and we need you.
- **qlife.org.au** - For trans-inclusive phone/webchat counselling support contact QLife from 3pm - midnight every day.
- **TRANS IS BEAUTIFUL** - We LOVE trans people and communities and will stand with you, always.



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Below are logos from the following organisations who have signed on to this statement to show their support of all trans people.

- ACON NSW, AFAO, Anwernekenhe National HIV Alliance, ASHM, AusPATH, Bisexual+ Community Perth WA, Diverse Voices QLD, Equality Australia, Equinox Gender Diverse Health Centre VIC, Thorne Harbour Health VIC, Meridian ACT, Minus 18, National LGBTI Health Alliance, NTAHC NT, Q Life, Queensland Council For LGBTI Health, Rainbow Families, Scarlet Alliance, Shine SA, South Australian Rainbow Advocacy Alliance, Switchboard, TasCAHRD TAS, Transgender Victoria, The Gender Centre NSW, TransFolk of WA, Trans Health Research, Trans Masc SA, Tropical Fruits NSW, Twenty 10 NSW, Victorian Gay & Lesbian Rights Lobby, WA AIDS Council, Working it Out TAS and Your Community Health VIC

non-binary woman genderqueer
no labels
genderfluid man binary

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When we say trans, we mean anyone (binary and/or non-binary) whose gender is different to what was presumed for them at birth.

