

Trans and Strong

non-binary woman genderqueer
no labels genderfluid man binary



TRANSHUB.ORG.AU

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.

STAND BY YOUR TRANS PEOPLE

Allies play an important role in the health of trans people. Reach out to the trans people in your life, check in and let them know you're there for them.



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.



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.



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.



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.

LOOK OUT FOR EACH OTHER

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.



PROTECT YOUR GENDER EUPHORIA

If you have the energy to engage in constructive online discourse, don't forget to pick your battles and be discerning. You are so important, and you are allowed to ask allies to step up on your behalf, if you need it.

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.



TRANS IS BEAUTIFUL

We LOVE trans people and communities and will stand with you, always.



qlife.org.au

For trans-inclusive phone/webchat counselling support contact QLife from 3pm - midnight every day.

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

