

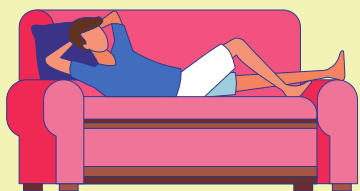
QUARANTINING IN UNSUPPORTIVE ENVIRONMENTS



College students nationwide have experienced sudden changes and disruptions to their living environments. Many students have returned home but homes are not always safe havens of love and acceptance. Some tips:

ACKNOWLEDGE THAT THE ENVIRONMENT IS NOT SUPPORTIVE

It can be hard when you realize your home environment may not be the best for your well-being. Be gentle with yourself and take time to determine what this means for you.



SET BOUNDARIES

This can be tricky but, think through ways to set boundaries with your family to get some space. Ex. If you know that family dinner time is stressful let your family know that you have a class, meeting, or other activity.



SEEK OUT SAFE SPACE

Social distancing measures make it hard to leave home. Find spaces in the house, yard, or nearby where you feel safe. Ex. Organize your room to be a source of comfort, listen to music in the car, or take walks outside



PRACTICE SELF CARE

Be mindful of your capacities and try to think of ways to be gentle with yourself and bring relief from your home environment. Ex. Meditate, stretch, take a bubble bath, limit news intake, or follow a daily routine



SEEK OUT ALLIES IN THE HOME OR ELSEWHERE TO SUPPORT YOU

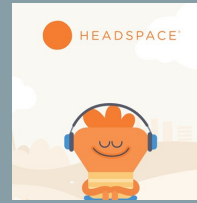
Look for people who can support you.

Ex. sibling who likes to spend time with you, an online support group for people who are a part of your identity group, reach out to your school's counseling center for telehealth services or local referrals.



HELPFUL APPS

Below are some mental health apps that you may find helpful:



LGBTQ+ IN NON-AFFIRMING ENVIRONMENTS



Know (and use) your resources. Stay connected to queer friends and allies. Stay away from negative social media and make use of affirming online spaces such as Trevor Project, queer Tiktok. Reach out to LGBTQ+ Support Organizations, University Ministry, Breaking Bread & the Binary, and the Cultural Center for support.

HOUSING/FOOD INSECURITY

Snap

USFCA Basic Needs

USFCA Food Pantry

SF Food Pantries

SF Food Bank Response to COVID-19

Immediate Housing Needs Preventing

Homelessness

Know Your Rights

Off-Campus Housing



UNIVERSITY OF SAN FRANCISCO