



The IATSE Pride Committee wishes everyone a safe and happy holiday season. We also acknowledge that the holidays are not an easy time for many, especially those of us in the LGBTQ+ community. Therefore, we've compiled some helpful resources to help you navigate what can be a tricky period at the best of times. If you have any other resources that you think should be added, feel free to send them to us at [iatsepride@iatse.net](mailto:iatsepride@iatse.net).

Please take care of yourself so that we can all connect safe, happy and healthy in the new year!

- The IATSE Pride Committee

### **Holiday-Specific Resources:**

#### **PFLAG: Going Home For The Holidays...Or Any Days**

PFLAG, the first and largest organization for LGBTQ+ people, their parents and families, and allies, has released tips for both members of the community and their families about navigating the holiday season.

<https://pflag.org/blog/pflagstipsholidays>

#### **LGBTQ Nation: 8 Tips for LGBT People to Lower Holiday Stress**

*LGBTQ Nation* is an online news magazine, reporting on issues relevant to the lesbian, gay, bisexual, transgender, queer community. They've compiled a list of ways for LGBTQ+ people to lower their stress during the holidays.

[http://bilerico.lgbtqnation.com/2009/12/tis\\_the\\_season\\_for\\_depression.php](http://bilerico.lgbtqnation.com/2009/12/tis_the_season_for_depression.php)

#### **CAMH: Holiday Stress Resources**

The Centre for Addiction and Mental Health (CAMH) has compiled an online library of resources for parents and caregivers during the holidays.

<https://www.camh.ca/en/camh-news-and-stories/camh-library-holiday-stress-resources-for-parents-and-caregivers>

## **Non-Holiday Specific Resources:**

### **LGBT National Help Center**

The Lesbian, Gay, Bisexual and Transgender (LGBT) National Help Center is a non-profit, organization that provides vital peer-support, community connections and resource information to people with questions regarding sexual orientation and/or gender identity

<https://www.glbthotline.org/>

### **Lesbian, Gay, Bisexual and Transgender (LGBT) National Hotline:**

1-888-843-4564

### **LGBT National Youth Talkline:**

1-800-246-PRIDE (1-800-246-7743)

### **LGBT National Senior Talkline:**

1-888-234-7243

### **Trans lifeline**

Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.

[www.translifeline.org](http://www.translifeline.org)

1-877-330-6366

## **U.S.-based:**

### **The Trevor Project**

Their trained counselors are there to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk they offer phone calls, texts and chat.

<https://www.thetrevorproject.org/>

1-866-488-7386

## **Canada-based:**

### **LGBT Youth Line**

Youth Line offers confidential and non-judgemental peer support through our telephone, text and chat services. Get in touch with a peer support volunteer from Sunday to Friday, 4:00PM to 9:30 PM.

<https://www.youthline.ca/>

## **IATSE-specific:**

### **IATSE C.A.R.E.S.**

IATSE C.A.R.E.S. is a program setup to assist those who need assistance picking up groceries/medication due to factors such as age, health, etc. It also offers ways to connect with a buddy for check-ins and chats.

<https://iatsecares.org/>

## **CHARITIES:**

If you're looking for a charity to donate to this holiday season, here are a few suggestions that are relevant to either our industry, the LGBTQ+ community, or both.

### **The Actors' Fund**

The Actors Fund fosters stability and resiliency, and provides a safety net for performing arts and entertainment professionals over their lifespan.

<https://actorsfund.org/>

### **The Actors' Fund of Canada**

The AFC is the lifeline for Canada's entertainment industry. Through compassionate support, they help Canadian entertainment professionals maintain their health, dignity and ability to work.

<https://afchelps.ca/>

### **Behind the Scenes Charity**

Providing financial assistance to entertainment technology professionals in need due to serious illness or injury.

<https://wp.behindthescenescharity.org/>

### **PAL Canada**

Their vision is to enable senior members of Canada's arts and entertainment community to thrive.

<https://palcanada.org/>

### **Broadway Cares**

Broadway Cares is one of the nation's leading industry-based HIV/AIDS fundraising and grant-making organizations.

<https://broadwaycares.org/>

### **LGBTQ Charities**

Canadahelps.org has a list of LGBTQ charities. The list may include a charity that you can make use of locally.

<https://www.canadahelps.org/en/explore/charities/category/social-services/sub-category/lesbian-gay-bi-trans-queer/>

**Please note that most of the resources on the first two pages also accept charitable donations.**