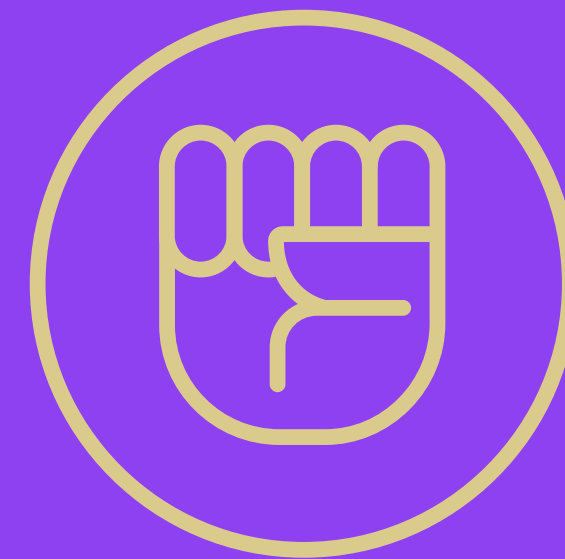
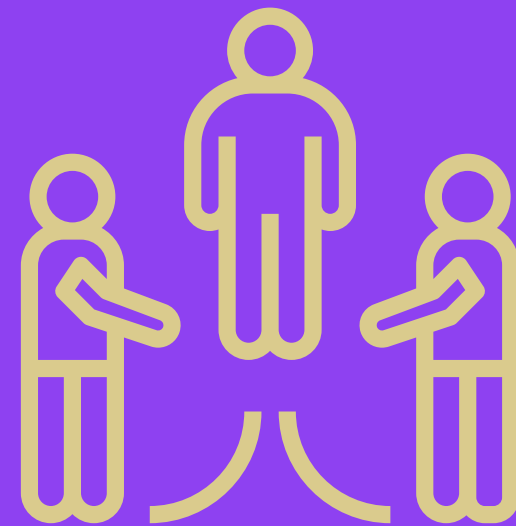


Mad Queer Organizing Strategies

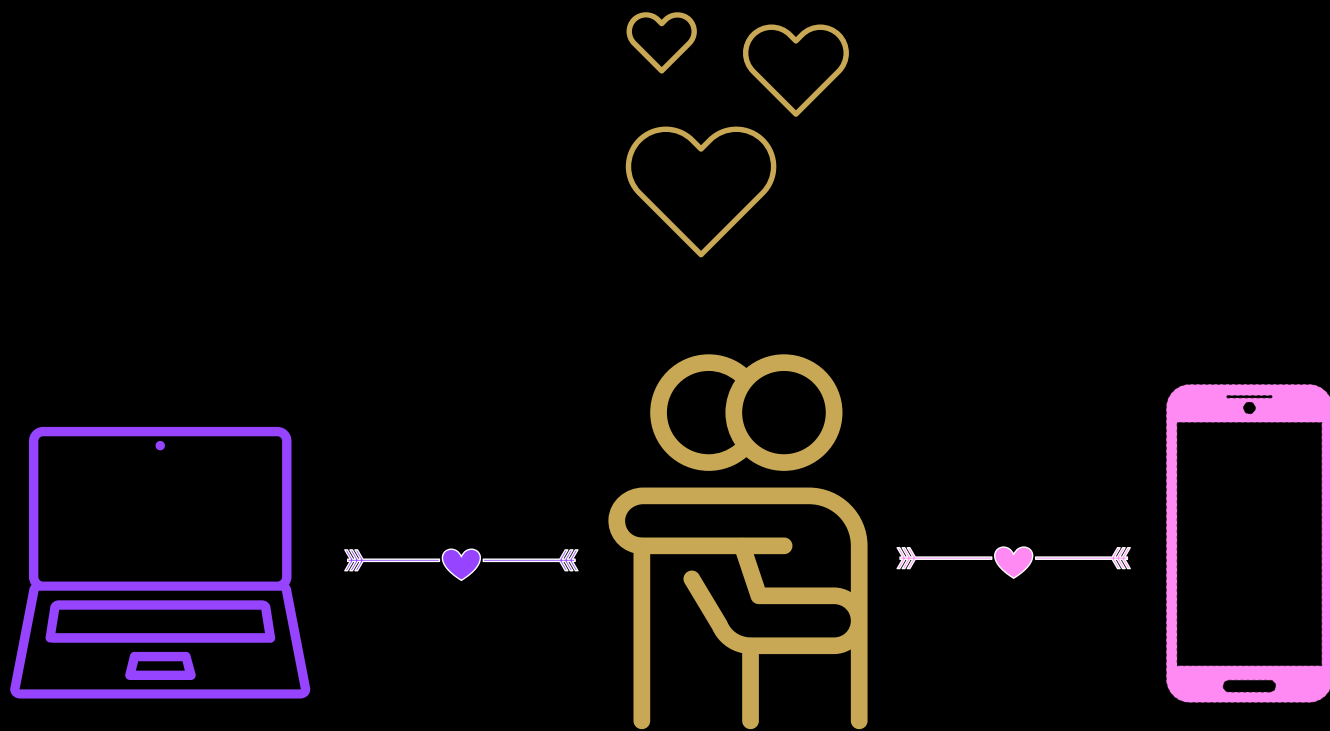
Surviving the Apocalypse Together!



A Mutual Aid Safety and Wellness Planning Workbook for COVID-19

If You are Experiencing a Crisis

**You are not alone
Your feelings are real
I'm sorry this hurts so bad
You deserve care and support.**



Trans Life Line

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

The Trevor Project

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

The Icarus Project

<https://theicarusproject.net/>

The National Queer and Trans Therapist of Color Network

<https://www.nqttn.com/>

Strong Hearts Native Helpline

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

Asian American Suicide Prevention -

Hotline available in Cantonese, Mandarin, Japanese, Korean, and Fujianese

<http://www.aaspe.net/>

Ayuda en Espanol

<https://suicidepreventionlifeline.org/help-yourself/en-espanol/>

Deaf Emergency Services

<https://www.deafcounseling.com/deaf-emergency-services/>

Mutual Aid Disaster Relief

<http://mutualaiddisastorrelief.org>

www.madqueer.org

Table of Contents

Emotional Crises Hotlines and Tools - 1

Table of Contents - 2

Taking Care of Ourselves - 3

We Need Each Other More Than Ever - 4

Inspirations and Models - 5

What is a Wellness, Safety or Care Team/Pod? - 6

Let's Start With the Basics - 7 - 8

Stressors, Traumas and Triggers, Oh My! - 9 -10

Care, Support and Affirmation Practices - 11 - 12

Ask for the Pod - 13

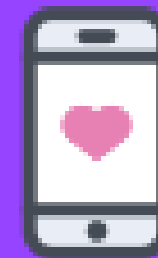
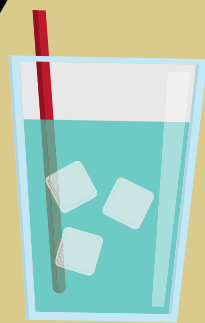
My Current Living Situation and Pod Members - 14 - 16

Our Emergency Plans and Contact Sheets - 17 - 24

Taking Care of Ourselves

Deep Breaths

Reach Out



Stay Hydrated

Body Scan/Movement

Loving Patience

"Your Survival Gives Me Hope"

We Need Each Other More Than Ever

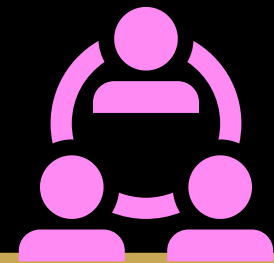
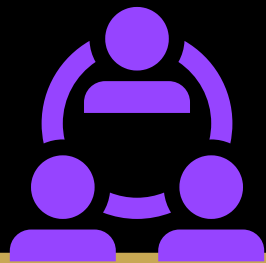
Part of our survival under the rapidly changing conditions we are facing under the COVID-19 Pandemic will involve asking for, receiving, and offering up love, care and resources.

We have a responsibility to build the alternatives we deserve and avoid repeating our ancestors mistakes. Pandemics, fear, hatred, broken economies and political theater have led to disastrous results throughout our shared histories globally. It's time to heal and build the critical connections that will enable our shared survival, and eventual thriving.

This means looking at our spirals, patterns, internalized oppression and privilege, triggers and trauma with compassion and empathy, and working to dig up the roots of our shame around asking for what we need and offering what we have. It's planning for worst, setting aside pride and ego, and unlearning all the things we are "supposed" to be or do, so we can finally just be and do us.

Your well being and your community's well being are critical to my own. My survival depends on your survival, my wellness on your wellness, my ability to thrive on your ability to thrive. That's always been true, even if we have a hard time taking ownership of the fact that we can, and do, have an impact with our choices.

Let's do the work to heal, be accountable, transform and thrive. Turn your visions into action. Stay building, stay loving and stay together. I believe in us!



The organizations and collectives that have inspired, influenced and shaped how I move in the world

Disability Justice Collective

The Audre Lorde Project

Sins Invalid

The Icarus Project

Communities United for Police Reform

Vision Change Win

Justice Committee

Picture The Homeless

Critical Resistance

Just Practice

Creative Interventions

APIENC

INCITE! Women of Color Against Violence

The Miss Major Jay Toole Building for Social Justice

The Black Panther Party

Detroit Summer

The Brown Berets

The Red Guard Party

The Young Lords

Queers for Economic Justice

Street Transvestite Action Revolutionaries

American Indian Movement

Harm Reduction Coalition

TGIJP

St. James Infirmary

Theater of the Oppressed

Peacock Rebellion

GenderJustice LA

Reach One, Teach One Planned Parenthood

ACT UP

Mirror Memoirs

Trans Youth Support Network

Generation 5

Mad Pride Movement

Young Women Empowerment Project

Bay Area Transformative Justice Collective

CAAAY: Organizing Asian Communities

GABRIELA USA

Kindred Southern Healing Justice

Ubuntu

Autistic Hoya

CUAV

API Chaya

BYP 100

#Asians4BlackLives

#FatLibInk

Disability Justice Culture Club

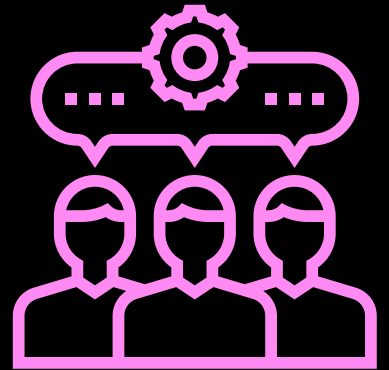
Challenging Male Supremacy Project

Who inspires and influences you towards your best self?

What is a Safety, Wellness or Care Team/Pod?

A group of people...

- Creating and participating in a process of mutual aid, grounded in agency and consent with the aim to support one another and prevent harm to ourselves and each other during crises, episodes, and emotional states.
- Who are in alignment about communication, decision making, conflict resolution strategies, resource and wealth redistribution, and their roles during times of support and crisis.
- Who are willing to try different strategies in order to minimize impact to someone who is in crisis, and minimize burn out for people who are in supportive roles, including strategies that do not rely on state, police, psychiatric or medical intervention when possible
- Who are willing to practice being accountable to and for themselves, and to each other through feedback, vulnerability, and transparency about our experiences, feelings and triggers and ways we harm ourselves and others
- Who are willing to practice resource sharing and/or wealth re-distribution as a tactic to disrupt oppressive power dynamics within their relationships and communities and offer reparations to folks who have survived
- Who are practicing care, production, resource sharing and support through a Disability Justice framework





Let's start with the basics



Who are you? Please Describe yourself as you see yourself, your dreams, passions and include experiences or identities that shape who you are (video and art works too!)

A large, empty white rectangular area intended for users to provide their responses to the prompt above.



Let's start with the basics

Ways That I Experience My Emotions - What are the Stressors, Triggers and Traumas I want to name to my people that are impacting how I move through the world?

Stressors

Triggers

Traumas and Lived Experiences



Let's start with the basics

Ways That I Experience My Emotions - What are the Stressors, Triggers and Traumas I want to name to my people that are impacting how I move through the world?

Stressors

Triggers

Traumas and Lived Experiences



Let's start with the basics

Ways That I like to receive care, support and my resilience practices - No one can read our minds! Let us know the ways you like to receive care, the ways folks can show up for you, and some of the ways you cope and self soothe and ground

Physical/Emotional Care

Logistical and Living Support

Resilience Practices



Let's start with the basics

Ways That I like to receive care, support and my resilience practices - No one can read our minds! Let us know the ways you like to receive care, the ways folks can show up for you, and some of the ways you cope and self soothe and ground

Physical/Emotional Care

Logistical and Living Support

Resilience Practices

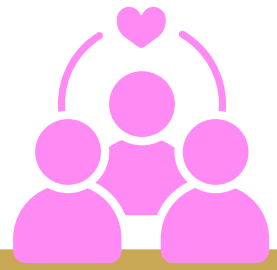


Asks For Our Safety/Wellness/Care Team

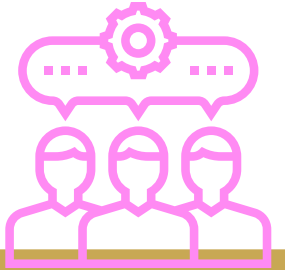


Now that we have the basics, let's think about some asks we might have when we ask for support from the people we love. If part of your work is finding skills to manage anxiety, that can be a goal. Or help locating and paying for a new therapist, or a social distance karaoke crew, finding medical supplies, being held accountable for harmful patterns.

Anything that moves you closer to healing and alignment with your best, most grounded self.

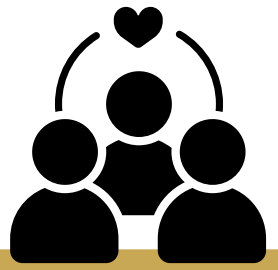


My Current Living Situation and My Pod Members

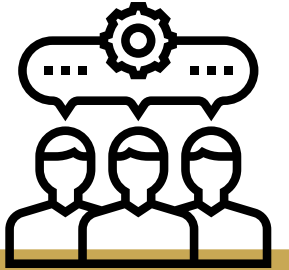


A Checking in Checklist for Housemates and/or Podmates

- The Money Conversation** - Millions of people have lost their incomes, have you talked about how this will impact your crew? How much money are folks making? Is their room for folks with income to provide support to those without? What will we do if one of us can't make rent? Do we have enough to give to others?
- The Mental Health Conversation** - We are living through an unprecedented time of stress, anxiety and uncertainty. How is this impacting you? Your people? Are you experiencing more depression, anxiety, overwhelm, anger or dissociation? What can folks do to support you? What are boundaries you need to feel well?
- The Physical Health Conversation** - Are you aware of any conditions you or your house/podmates might have that could be impacted by COVID-19? Including access to medications, regular treatments, etc.? What will you do if someone gets COVID to keep each other safe? Do folks in your pod have keys if you live alone?
- The Boundaries Conversation** - Everyone has different needs, triggers, traumas and personalities, have you all stated your boundaries and needs around space and communication that may have shifted since Shelter-In-Place? Are we being intentional about time together? Do folks need more space? More connection?
- The Safety Conversation** -How are you keeping yourselves and each other safe from COVID-19? Hate Violence? Domestic Violence? Intimate Partner Violence? Do you know when you would dial 911 vs. call a friend or family member? Do you know your neighbors or have friends nearby? Are we all stably housed?
- The Resources Conversation** - Is everyone getting enough to eat? Do you have enough soap and sanitizer? Does everyone have masks and gloves? Do folks have what they need to work from home or on the frontlines? Who has a working vehicle or a spare room in their home?
- The Crisis Conversation** - Do we know who to call for each other in crisis? Do we know birthdates and government names? Do we know each other's evacuation strategies, or if we have histories with ICE or Police or 5150's? Do we know each other's boundaries, triggers and care needs? Do we know where documents live?



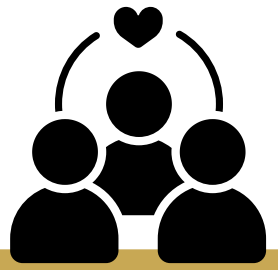
My Current Living Situation and My Pod Members



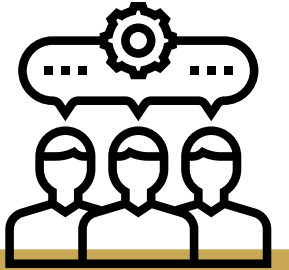
I am sheltering in place at the following location and if I am working, I work at this location:

I am in a pod (living with or seeing) these folks and their contact information:

I have the following resources available to me:



My Current Living Situation and My Pod Members



I need the following resources to be well:

We are practicing these safety precautions:

In Case of Financial Emergency

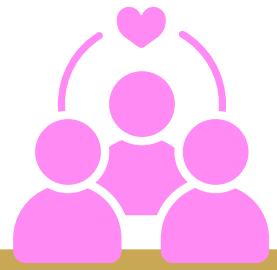
I consent to the following in the event that I enter a Financial Crisis

- The team can mobilize a public fundraising campaign, including using online fundraising platforms, emails, and social media
- The team can mobilize a fundraiser via email or text, but not use public fundraising platforms or social media
- I am willing to accept mutual aid from my friends and community without expectation of repayment
- I am willing to accept mutual aid in the form of financial planning and budgeting support
- The team can forward me potential jobs or gigs that are aligned with my needs and abilities
- The team can support me in applying for grants, loans, residencies and other economic opportunities
- I am willing to barter, trade or participate in other forms of resource sharing

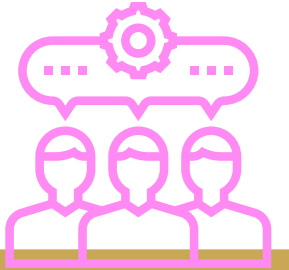
In Case of Financial Emergency

As someone with access to middle or owning class privilege in this pod, I can offer

- To pay a portion of, or all of one or more of my Podmates rent who do not have income
- Any vacant or unused property, unused vehicles, unused tech or other resources during this crisis with proper safety measures
- To take on portions, or all of the bills in our pod including car notes, credit card, student loan, legal and medical debt
- To regularly purchase groceries, medicine, toiletries and safety supplies for one or more of my pod members
- To offer emergency funds when needed
- To give or pay for childcare
- Other options as agreed upon by the pod



My Current Living Situation and My Pod Members



In the event that one of us is in a financial crisis we agree to the following course of action:

A large, empty rectangular box with a thick pink border, intended for writing the course of action.

In Case of Medical Emergency

My name and pronouns are:

The name and gender marker on my ID say:

My date of birth is:

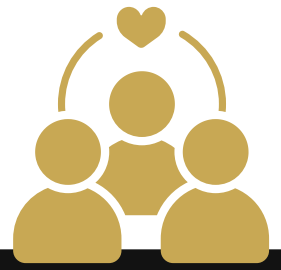
Meds - Where are they? Any other health info we need?

If there is a medical emergency, please contact:

I prefer the following ER, doctor, or treatment facility:

If I am insured, the insurance information is in:

Diagnosies or relevent medical history:



My Current Living Situation and My Pod Members



In the event that one of us has a medical emergency we agree on the following course of action:

A large, empty rectangular box with a gold border, intended for writing the course of action in the event of a medical emergency.

In Case of an Emotional Crisis

My name and pronouns are:

The name and gender marker on my ID say:

My date of birth is:

Meds - Where are they? Any other health info we need?

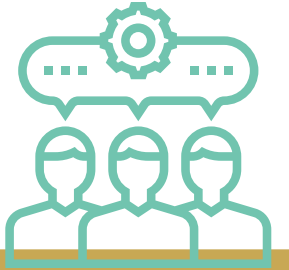
If I am in an emotional crisis, please call:

I consent to being taken to the following places for care:

These are things that help when I am in Crisis:



My Current Living Situation and My Pod Members



In the event that one of us has an emotional crisis we agree on the following course of action:

A large, empty rectangular box with a teal border, intended for writing the course of action.

In Case of Detention or Arrest

My name and pronouns are:

The name and gender marker on my ID say:

My date and country of birth are:

Meds - Where are they? Any other health info we need?

If I am detained or arrested, please contact:

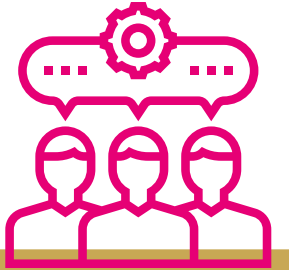
If I have a lawyer, they can be contacted here:

My paperwork/documents/ids can be found:

History the team should know when advocating for me:



My Current Living Situation and My Pod Members



In the event that ICE or the Police come to our door we agree on the following course of action:

A large, empty rectangular box with a thick pink border, intended for writing the agreed-upon course of action.

We Are Worth Fighting For

“Movements are born of critical connections rather than critical mass.”



— Grace Lee Boggs, *The Next American Revolution: Sustainable Activism for the Twenty-First Century*
