

Trans Army Field Guide: Mental Health & Safe-Care (2025 Edition)

Why This Matters

Survival is more than staying alive, it's staying *human*. In a collapsing world filled with violence, isolation, and burnout, caring for our minds, bodies, and each other is radical. This guide is about building a sustainable internal resistance. Because we deserve care without permission. And we keep each other alive.

Mental Health Under Fascism

Systemic Pressures

- Weaponization of psychiatric institutions against trans and disabled people
- Overmedicalization and denial of trauma-informed care
- Collapse of community mental health resources

Emotional Fallout

- Chronic burnout, CPTSD, eco-anxiety, grief cycles
- Rage fatigue: emotional exhaustion from constant injustice
- Crisis stacking: Compounded stress from identity, class, and political instability

Safe-Care vs Self-Care

Self-care is what capitalism sells: bubble baths and shopping. **Safe-care** is what we *build* when systems fail.

Safe-Care Principles

- Accessible, trauma-informed, and non-performative
- Centered in boundaries, not productivity
- Focused on interdependence, not independence

Core Practices

Daily Routines

- Anchor your day: rituals like tea, walks, prayer, art, or checking in with a pod
- Set digital boundaries: app limits, screen breaks, focused check-ins
- Regulate: breathwork, stretching, hydration, food that nourishes your needs

Crisis Tools

- Create a “crisis card” with signs, needs, contacts
- Build sensory kits (textures, smells, stim objects, calming images)
- Make a WRAP (Wellness Recovery Action Plan) or crisis zine
- Identify safe spaces (quiet zones, pod contacts, online sanctuaries)

Mutual Mental Aid

- Form peer pods: small groups that regularly check on each other
- Host rage rooms, scream circles, or vent threads with ground rules
- Learn peer support skills: reflective listening, validation, non-coercive crisis help

Mental Health Go-Kit

- Grounding objects: crystals, clay, worry stones, favorite fabric
- Emergency media: affirmations, memes, playlists, voice notes from friends
- Health info: med lists, allergies, trauma history, emergency plan
- Distraction & joy: books, zines, puzzles, small creative tools

Resources

- **Apps:** Insight Timer, Finch, Rootd, Moodpath, Daylio
- **Books:** “Care Work” (Leah Lakshmi), “Burnout” (Nagoski sisters), “Undoing Drugs” (Maia Szalavitz), “No Bad Parts” (IFS)
- **Communities:** Mad Pride, peer respite networks, Icarus Project, Trans Lifeline

Conclusion

You are not too much. You are not too broken. Your rage is holy. Your grief is valid. Your joy is survival.

Rest is not surrender. Crying is not weakness. Checking out is sometimes *checking in* with yourself.

We hold each other through collapse. We don’t just heal, we haunt.

Rest. Resist. Repeat.