

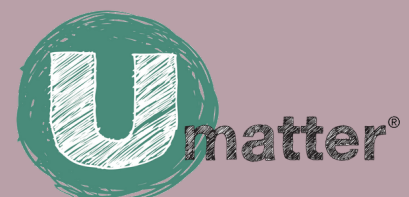
Mental Health Resource Guide

FOR THE HOLIDAY SEASON

STRATEGIES FOR SUPPORTING YOUR MENTAL HEALTH

- Pay attention to **your feelings**
 - Remember that it is okay to feel unhappy during the holidays. Recognizing your feelings is the first step to addressing and nurturing them.
 - Develop a plan for when you are feeling stressed, sad, or lonely
 - This plan may include calling a friend or family member, going for a walk, engaging in an activity that brings joy, or watching a favorite movie. Having a plan ahead of time can help ensure the difficult moments are more manageable.
- Practice **self-care**
 - It is important to schedule time for yourself and activities that **recharge your mind and body**. This may include reading a good book, working out, spending time in nature, and practicing stress management skills, such as deep breathing, meditation, and mindfulness. It is also important to remember to prioritize necessities, including eating a balanced diet, getting plenty of sleep, and finding time for exercise.
- **Connect with community**
 - If you can't be near loved ones during the holidays, finding a **supportive community** through clubs, support groups, community centers, local meetups, and faith communities can help reduce feelings of loneliness and isolation.
 - Consider scheduling a regular phone call with family and friends as well.
- **Support others**
 - During this time of year feelings of grief and loss can amplify. Check in on loved ones who may be alone or struggling during the holiday season. Helping a friend or neighbor not only gives joy to others, but it can improve your own happiness and well-being.
- Recognize **seasonal mood changes**
 - Seasonal Affective Disorder (SAD) is a condition in which people experience symptoms of depression that are triggered by the change in seasons as the days get shorter. While this form of depression often improves in the spring and summer, it is important to talk with your health care provider if you feel you are experiencing these symptoms. **Treatment is effective** and may include light therapy, antidepressant medication, and/or talk therapy.
- **Avoid alcohol and drugs**
 - For people in recovery, the holiday season presents **challenges that can trigger the use of alcohol and drugs**. Having a plan for **navigating social events and feelings of loneliness**, can reduce the risk of substance use. For family and friends, it is important to check in on those who may be struggling with substance use over the holidays.
- Know when to **seek help**
 - If you feel that your **mental health struggles** are becoming **overwhelming and difficult to handle**, it is important to **seek help and know that treatment is available**. Below are free and confidential resources that can connect you with effective treatment and support.

SOURCE: SAMHSA, <https://www.samhsa.gov/blog/supporting-your-mental-health-during-holiday-season>



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You are not alone. Here's how to seek help.

HELP IS AVAILABLE.

The **988 Suicide & Crisis Lifeline** provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. At the prompt - **Dial 1** for Veterans Crisis Line - **Dial 2** for Spanish Speaking - **Dial 3** for LGBTQ Crisis Line. For the Disaster Distress Helpline - Call or Text 1-800-985-5990

If you or someone you know needs support now, you can contact the 988 Suicide and Crisis Lifeline. Simply call or text 988 or chat 988lifeline.org.

SAMHSA's National Helpline — 1-800-662-HELP (4357) - A confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

FindSupport.gov — An online guide that helps people navigate through common questions when they are at the start of their journey to better behavioral health.

FindTreatment.gov — A confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health problems.

Coping Tips

- **Take care of your body**
 - Get enough sleep
 - Spend time outside
 - Exercise/ play sports
 - Stay hydrated
- **Take care of your mind**
 - Write down/ draw your feelings
 - Take a few deep breaths
 - Take a break from social media
 - Explore your interests and hobbies
 - Keep a regular schedule
- **Connect with people for support**
 - If you need support or help, seek it
 - Find support in a group or community
 - Talk to trusted friends and family
 - If you have a safe relationship, talk openly with your partner
 - Join a team, activity or organization that you feel connected to
 - Volunteer for a cause that you care about

SOURCE: SAMHSA, <https://www.samhsa.gov/find-support/how-to-cope>



Suicide
Prevention
Center

