

## Mental Wellness during the Holidays

The Holidays are approaching and as you know this can be a time of celebration for some and can also be a struggle for others. The holidays bring a mix of emotions that can sometimes lead to feeling stressed, overwhelmed, anxious, or depressed. The holidays can also bring more awareness to loved ones lost or bring awareness to our own loneliness and family dynamics.

If you are experiencing any of these feelings know that you are NOT alone. There are many people who care about you and want to support you. Think of at least one friend/ family member or support person you can reach out to share your feelings with. Also know that these strong feelings will not last forever even though they often feel like they will. In these moments it often helps to think of what you would tell someone you love that was experiencing the same strong emotions. There are resources to help and people ready to support you.

- Many hot lines provide 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.
- Reach out to a support person that you trust to talk about your strong feelings.
- If someone has shared suicidal ideation with you, you MUST report this information to an adult or the local police- You have a voice in helping your loved ones. The loss is too great to not act when someone shares this information with us.



### Additional Resources and Support

- Oregon Youth Line at 1-877-968-8491.
- You can text teen2teen to 839863 to get support through texting the Oregon Youth Line.
- The National Suicide Prevention Lifeline is 1-800-273-TALK.