

# Mental Health *Awareness*

*“Love One Another”*

*Do everything in love.*

1 Corinthians 16:14



## **Additional Resources**

- Georgia Crisis Line  
1 (800) 715-4225
- Suicide Hotline  
1 (800) 273-8255
- Addiction Hotline  
1 (877) 226-3111
- Eating Disorder Hotline  
1 (844) 228-2962
- Self-Harm Hotline  
1 (877) 455-0628
- Depression Hotline  
1 (888) 640-5174

## **10 Ways to Deal With The Holiday Blues**

1. Acknowledge your feelings
2. Open up to others, seek therapy if needed.
3. Meditate and pray in quiet the thoughts that torment you.
4. Start a new holiday tradition instead of focusing on what once was.
5. Excessive drinking will increase feelings of depression.
6. Make a gift. Creativity can be therapeutic.
7. Get moving. Exercise boosts endorphins.
8. Get outside even if it's cold. Nature heals.
9. Treat yourself. A little self-care can go a long way.
10. Give to someone in need and get a helper's high.

*Remember, you are always loved...*