



Mental Health

HOLIDAY EDITION



**Written by: Colby Myers, Prevention Coordinator,
High Point Treatment Center & Brockton Area
Prevention Collaborative**

Brockton Area Prevention Collaborative is made up of five local community coalitions including the Brockton Mayor's Opioid Overdose Prevention Coalition, Bridging LIVES, EB Hope, Rockland CARES and Whitman Hanson WILL. The Brockton Area Prevention Collaborative is a regional group working together to address substance use prevention in the communities it serves.



When talking about the holiday season it is also important to acknowledge that for some, it is not the most wonderful time of the year. During this time of year, there also comes a sense of detachment, loneliness, seasonal depression and grief for many. Although these topics can be difficult to talk about, by being more aware of this, it allows us to do our part of fostering connectedness and offering support to one another. By recognizing how we can be affected by this, we can gain the understanding of how to not only help one another, but also help ourselves in a healthy, adaptive way.

A study by NAMI found that 64% of individuals who live with a mental illness, identified the holiday season as the time when their conditions worsen. Because mental health concerns are not always something that are physically visible, it is important that we check in on our loved ones and look out for one another.

Have you ever heard the saying "everyone you meet is fighting a battle you know nothing about. Be kind. Always"? By helping out friends and looking out for our neighbors, small acts of kindness can make a huge difference in someone's day whether you realize it or not. We challenge you to do your best to be kind, patient, respectful, and understanding this holiday season. Recognizing that our experience may be different from others can assist in being that light in someone else's life.

During the holidays there are many ways we can help to feel connected.

- Reach out to friends and family and try to see each other whether that is in person or virtual.
- Spend time focusing on things that bring you joy and happiness to fill your day.
- Make plans with others and spend time connecting yourself within your community like at holiday events.
- Look at your coping skills and having ones that work for you ready in scenarios where you need to use them. Some examples of good positive coping skills are going for a walk, journaling, exercise, baking, reading, and talking to a friend.

The most important thing to remember is that we all experience every minute of the day in our own way, through our own perspective and in our own mindset. By recognizing these differences, aiming to support, listen and help one another, we can work on creating a healthy and safe environment for everyone in the community.



@OD_PREVENTIONIST

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PREVENTION
COLLABORATIVE

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MENTAL HEALTH CONTINUED

you are not alone.

Crisis Text Line: Text HELLO to 741-741

National Helpline Substance Use & Mental Health: 1-800-662-4357

National Suicide Prevention Lifeline: 988

Mobile Crisis Intervention: 1-877-382-1609

adaptive coping skills

- Exercise
- Drawing
- Yoga
- Listen to music
- Coloring
- Journaling
- Go shopping
- Spend time with a pet
- Punch a punching bag
- Let yourself cry
- Sing
- Bake/cook
- Dancing
- Going for a walk
- Deep breathing
- Hugging a pillow
- Talking with a friend
- Clean your room
- Take a shower

