

The background is a dark blue gradient with numerous white and gold snowflakes of various sizes scattered throughout. There are also soft, out-of-focus blue and white circular bokeh lights, particularly concentrated in the lower half of the image. A thin, light blue horizontal line is positioned above the main title.

WINTER 2023

HOLIDAY MENTAL HEALTH SOCIAL MEDIA TOOLKIT



Social media posts for promoting positive mental health practices, mindfulness, self-care, and resources during the holiday season.

The background continues with the same dark blue gradient, white and gold snowflakes, and bokeh lights. A thin, light blue horizontal line is positioned above the website name.

FacingSuicideVT.com

HOLIDAY MENTAL HEALTH SOCIAL MEDIA TOOLKIT

This toolkit is available for download thanks to the collaborative effort of The Vermont Department of Health, The Department of Mental Health, and The Center for Health and Learning.

For any questions about the toolkit or if you would like to learn more, **please contact Lynette Davis at Lynn.Davis@partner.vermont.gov**

For questions about **FacingSuicideVT** email facingsuicidevt@vermont.gov

SOCIAL MEDIA POSTS

Graphics can be downloaded individually or as an [all-inclusive zip file](#).



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.

You can also Text VT to 741741 to connect with a volunteer Crisis Counselor.

How to Support Yourself During the Holiday Season

THEME: 988 LIFELINE

[LINK TO GRAPHIC](#)



COPY AND PASTE

Want this holiday season to be stress-free and joyous? You're not alone! Family gatherings around the holidays can bring a mix of emotions, but don't worry, here are some tips from 988 to help you plan ahead for peace of mind.

<https://988helpline.org/holidays/>



THEME: WINTER BLUES

[LINK TO GRAPHIC](#)

COPY AND PASTE

Have a case of the "winter blues"? Seasonal depression or seasonal affective disorder (SAD) comes around when the seasons change, especially during the fall and winter. If you think you may be experiencing SAD, reach out to a mental health professional. Here are five other ways to COPE WITH SAD:

1. Light Therapy
2. Exercise
3. Meditation
4. Spending more time outside
5. Stress management techniques

Learn more at:

<https://mhanational.org/conditions/seasonal-affective-disorder-sad>






Getting Emotional Support During the Holiday Season

THEME: GRIEF AND LOSS

[LINK TO GRAPHIC](#)



Dealing with Grief and Loss During the Holidays

COPY AND PASTE

Grief can be complicated during the holidays. As friends and family gather in joy and love, we can be reminded of those we have lost. Here are some ways to make it through the celebratory season.

- > Make a plan that includes minimizing anxiety: some traditions can be too much, too soon, and it may make sense to try something new like travel, instead of staying home.
- > Honor the loss with creative memorials: These can include crafting a unique decorative piece or volunteering for a cause a loved one supported in their memory.

Learn more about coping with grief and loss:

<https://www.apa.org/topics/grief/holiday-season-coping>

THEME: COMPASSION FATIGUE AND BURNOUT

[LINK TO GRAPHIC](#)

COPY AND PASTE

Are you a caregiver feeling exhausted or burnt out? You're not alone. As a caregiver, you show compassion and empathy to others during their tough times, which can lead to compassion fatigue. The first step is recognizing that you are struggling so you can find support. Remember, taking care of yourself is as important as caring for others.

Learn about recognizing and managing compassion fatigue:

<https://mhanational.org/compassion-fatigue-empathy-burnout-health-care-workers-which-it>



Supporting Others During the Holiday Season

THEME: CHECK IN ON YOUR LOVED ONES

LINK TO GRAPHIC



COPY AND PASTE

The holiday season is about more than decorations and gifts. It's a time to strengthen connections and spread kindness. Someone you know may be feeling alone during this time, so reach out to loved ones — it might make a world of difference in their life. Learn about other ways to help someone who may be struggling:

<https://facingsuicidevt.com/give-help/>

THEME: SUPPORTING LGBTQIA+ YOUTH

LINK TO GRAPHIC

COPY AND PASTE

For LGBTQIA+ youth, being in spaces that aren't affirming and inclusive can be harmful. During the holidays and every single day, we must support LGBTQIA+ youth, especially at home. Learn more through these self-care tips and resources from:

<https://outrightvt.org/blog/holiday-survival-guide>

[TAG @OutrightVT]

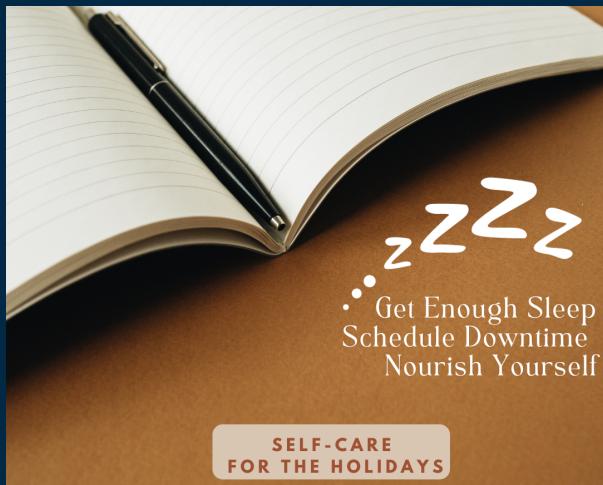




Additional Support Resources for the Holiday Season

THEME: SELF-CARE

[LINK TO GRAPHIC](#)



COPY AND PASTE

Do you need a handy list to check twice and see if you've been nice to yourself? Here are some ways to take care of yourself during the holiday season.

- >Get Enough Sleep
- >Schedule Downtime
- >Nourish Yourself
- >Take a Break From Social Media
- >Set Realistic Expectations
- >Slow Down and Breathe

Read the rest here: <https://jedfoundation.org/resource/self-care-for-the-holidays/>

THEME: FOOD ASSISTANCE

[LINK TO GRAPHIC](#)

COPY AND PASTE

The holiday season is almost here! Many celebrations revolve around big meals, but not everyone has access to food. If you or someone you know is facing food insecurity and needs assistance, call 211 or your local food bank for support: vtfoodbank.org/agency-locator. Please spread the word so everyone has the nourishment they need!

