



HOLIDAY MENTAL HEALTH SOCIAL MEDIA TOOLKIT



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

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.

988helpline.org/holidays



THEME: WINTER BLUES

[LINK TO GRAPHIC](#)

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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:

Mhanational.org/conditions/seasonal-affective-disorder-sad





Getting Emotional Support During the Holiday Season

THEME: GRIEF AND LOSS

[LINK TO GRAPHIC](#)



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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: [Apa.org/topics/grief/holiday-season-coping](https://www.apa.org/topics/grief/holiday-season-coping)

THEME: COMPASSION FATIGUE AND BURNOUT

[LINK TO GRAPHIC](#)

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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: [Mhanational.org/compassion-fatigue-empathy-burnout-health-care-workers-which-it](https://www.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](#)



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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: FacingSuicideVT.com/give-help/

THEME: SUPPORTING LGBTQIA+ YOUTH

[LINK TO GRAPHIC](#)

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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: OutrightVT.org/blog/holiday-survival-guide

[TAG @OutrightVT]



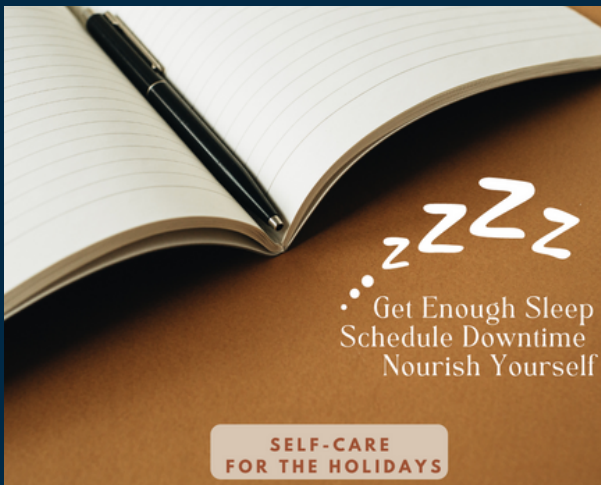


Additional Support Resources for the Holiday Season

THEME: SELF-CARE

[LINK TO GRAPHIC](#)

Share



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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: jedfoundation.org/resource/self-care-for-the-holidays

THEME: FOOD ASSISTANCE

[LINK TO GRAPHIC](#)

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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!



Additional Support Resources for the Holiday Season

THEME: 24/7 SUPPORT



[LINK TO GRAPHIC](#)



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We understand that the holidays can be a challenging time, both emotionally and financially. We want to remind you that there are resources available online 24/7. Whether you are experiencing loss or feeling lonely, support is just a click away at FacingSuicideVT.com.

THEME: YOU'RE NOT ALONE

[LINK TO GRAPHIC](#)

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The fall and winter seasons can be hard on some of us. We often feel alone in our struggles and may find it difficult to express why we're not experiencing the holiday cheer. Listen to relatable stories of hope and recovery from fellow Vermonters, and discover your own story of hope through their experiences.

FacingSuicideVT.com/real-stories

Real Stories



WATCH NOW

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