



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



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](#)

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:

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



**5 WAYS TO
COPE WITH THE
WINTER BLUES**

Supporting Others During the Holiday Season

THEME: GIVE HELP FOR THE HOLIDAYS

[LINK TO GRAPHIC](#)



COPY AND PASTE

The holidays can be a stressful time for many people. Being an advocate for suicide prevention is a meaningful way to make a difference. There are numerous ways to offer support, such as reaching out to someone you haven't heard from in a while or connecting them with community resources and peer support. Discover more ways to give help during the holiday season.

FacingSuicideVT.com/give-help

THEME: VOLUNTEERING MAKES A DIFFERENCE

[LINK TO GRAPHIC](#)

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Spread hope and kindness for the holiday season. Consider volunteering with local organizations that work for better mental health and suicide prevention. Your time can make a difference in someone's life and remind them that they are not alone. Get involved today:
FacingSuicideVT.com/get-involved



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]



Getting Emotional Support During the Holiday Season

THEME: GRIEF AND LOSS

[LINK TO GRAPHIC](#)



Dealing with Grief and Loss During the Holidays

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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: SIGNS AND WAYS TO RECOVER FROM BURNOUT

[LINK TO GRAPHIC](#)

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Are you a caregiver experiencing burnout? You are not alone in this struggle. Caregiving requires emotional and physical energy, and it's not unusual to feel overwhelmed or exhausted by the demands placed on you. Recognizing the signs of burnout is essential for seeking the support you need. Remember, prioritizing your well-being is just as important as the care you provide to others. Taking time for yourself helps you maintain your ability to support those you love.

Learn about recognizing and managing burnout:
[Mhanational.org/resources/burnout-signs-causes-recover](https://mhanational.org/resources/burnout-signs-causes-recover)



What to Do When You Start to Feel Burned Out

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Additional Support Resources for the Holiday Season

THEME: SELF-CARE

[LINK TO GRAPHIC](#)



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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](https://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

