Beating the Holiday Blues

For many individuals experiencing mental illness, the holiday season is often a time when symptoms are heightened.

What are the Holiday Blues?
The holiday blues are temporary feelings of anxiety and/or depression during the holidays that can be associated with extra stress, unrealistic expectations, or memories that accompany the season.

Tips for Avoiding the Holiday Blues
Create new traditions with friends & family ✴ Spend time virtually with supportive people
Don't overwork yourself ✴ Eat & drink in moderation
Make a to-do list or goals for the New Year ✴ Social distance & wear a mask at gatherings

Resources

IF YOU ARE IN CRISIS OR NEED IMMEDIATE ASSISTANCE
Call 9-1-1 (ask for a CIT officer) or the National Suicide Prevention Lifeline at (800) 273-8255. Text HOPELINE to 741741 to talk by text.

Need Someone to Talk To?
The following organizations are available to provide emotional support for those with mental health or substance abuse issues. You do not need to live near a respite house to get over the phone support.

Solstice House
Madison
(608) 244-5077

Iris Place
Appleton
(920) 815-3217

Monarch House
Menomonie
(715) 505-5641

Trevor Lifeline
LGBTQ+
(866) 488-7386

Warmline Inc.
Nation-wide
(414) 777-4729

Info & Referral
Do you need information or a referral for assistance with utility, food, rent, mental health, or substance abuse issues? Call 2-1-1 from anywhere in the state to reach United Way’s free information and referral line. Someone is available to connect with you 24/7.

NAMI Affiliates
NAMI Wisconsin and our 28 local affiliates are here for you! Though our hours may vary over the holidays, refer to our website for contact information, support groups, and classes being offered around the state. Please visit www.namiwisconsin.org.

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