Navigating the Holidays

We know that the holidays aren't happy for everyone. The Beaufort County Alcohol and Drug Abuse Prevention Team want to encourage you to stay connected during the Holidays. Social Support can be a powerful and beneficial force.

Social Support can provide:

- a sense of belongingness and inclusion
- a sense of safety and security
- reduced stress, decreased isolation and loneliness
- an enhanced sense of meaning and purpose
- hope and optimism about the future
- the opportunity to escape the narrow world of one's own concerns social support can counteract shame, isolation, and secrecy

Tips to get through the holiday season:

- Plan ahead by identifying who your social supports are and what they are doing over the holidays.
- Check out the local community halls & places of worship as they have events where you can find fellowship.
- Be proactive, if you know someone who is alone, invite them for a get together. Don't be alone if you don't want to be.
- Instead of focusing on the familiar, try to create a new tradition.

In the case of an emergency, please call 9-1-1

Suicide Prevention Hotline 1800-273-TALK (8255) www.Suicidepreventionhotline.org

South Carolina Department of Mental Health and Crisis Response 843-364-2274

SAMSHA National Helpline 1800-662-HELP (4357) www.samhsa.gov/find-help/national-helpline

Veterans Crisis- 1-800-273-8255 or text 838255

United Way of the Lowcountry Helpline 843-524-HELP (4357)

Hispanic Outreach of South Carolina 1-803-419-5112 http://www.schispanicoutreach.org/

Sincerely,

The Beaufort County Alcohol and Drug Abuse Department