

HOLIDAY MENTAL HEALTH RESOURCES

Help is Available to Cope with the Holiday's Most Unwanted Guests: Stress, Anxiety, Depression



Many people look forward to the holidays as a time for festivities with friends and family. For others, this time of year might bring on stress, loneliness, and depression.

Different factors might contribute to the anxiety caused by the holiday season. Some people experience increased financial burden due to travel, gifts, and holiday meals. Others may feel overwhelmed by a packed calendar of parties, family obligations, and traveling that can be difficult to balance with the responsibilities of everyday life. Some experience loneliness due to the loss of a loved one or simply not being able to physically be with family and friends,

especially as we continue to face the challenges of the COVID-19 pandemic.

All Pennsylvanians should take extra care to be mindful of their mental health this time of year.

Check in with yourself, be honest about how you are feeling and your support network, and if you need someone to talk to or a little extra support, help is available. If you are experiencing any of these challenges, here are some suggestions on coping tips you can use to manage your increased levels of anxiety and stress:

- [Stress, Depression and the Holidays: Tips for Coping \[Mayo Clinic\]](#)
- [Avoiding Holiday Stressors: Tips for a Stress-Free Season \[NAMI\]](#)
- [Maintaining Mental Health During the Holiday Season \(and a Pandemic\)\[NAMI\]](#)

No matter what you are feeling this year, please know that you do not have to endure it alone. Talk to your loved ones, talk to your support network, and don't be afraid to make a call to resources that exist to help. The Wolf Administration offers the following resources for anyone who is struggling:



- **PA Support & Referral Hotline**
 - **Call: 1-855-284-2494 (TTY: 724-631-5600)**
DHS' mental health support and referral helpline is available 24/7 and is a free resource staffed by skilled and compassionate caseworkers available to counsel Pennsylvanians struggling with anxiety and other

challenging emotions.

- **National Suicide Prevention Lifeline**

- **Call: 800-273-8255 (Español: 888-628-9454)**
- [A chat function is also available](#)

If you or someone you care about is experiencing thoughts of suicide, please call the Lifeline.

- **Crisis Text Line**

- **Text "PA" to 741741 to start the conversation 24/7.**

- **PA Crisis Hotlines**

- [Find a crisis line in your county](#)



- **SOLO: Strengthening Older Lives Online**

- **View interactive guide: Available in [English](#) and [Spanish](#)**

The Pennsylvania Department of Aging's Council on Aging (PCoA) released an interactive guide with information and resources to help older adults cultivate a healthy mind, body, and spirit amidst the challenges of the COVID-19 pandemic.

FAMILY ASSISTANCE



- **KinConnector**

- **Connect with free resources: 1-800-490-8505**

- [Find available family services by county](#)

PA KinConnector provides resources, information, support and education (RISE) for kinship caregivers — including grandparents, aunts or uncles, siblings, cousins, or non-blood “relatives” — who take on the traditional parenting responsibilities when biological parents cannot.

SUBSTANCE USE



Get Help Now Helpline

- **Call: 1-800-662-HELP (4357)**

A toll-free helpline maintained through the Department of Drug and Alcohol Programs (DDAP) that connects callers looking for treatment options for themselves or a loved one to resources in their community. Calls are anonymous and available 24/7.

- **Find Treatment Near You**

- [Department of Drug & Alcohol Programs Treatment Search](#)

The Department of Drug and Alcohol Programs' (DDAP) search engine allows you to search by ZIP code, county, or statewide for

programs that could help you.

- **Naloxone Standing Order**

Naloxone is still available to all Pennsylvanians through a standing order signed by Acting Physician General Dr. Denise Johnson. Carrying naloxone on-hand at all times can be a life-saving action.



- **ChildLine**

- **Suspect abuse? Report it! Call 1-800-932-0313.**
- [Mandatory reporters can report electronically](#)

ChildLine is part of a mandated statewide child protective services program designed to accept child abuse referrals and general child well-being concerns, and transmit the information quickly to the appropriate investigating agency. ChildLine is responsible for receiving verbal and electronic referrals 24 hours a day, seven days a week.

- **Adult Protective Services (APS)**

- **Report abuse by calling 1-800-490-8505.**
- APS laws establish a program of protective services in order to detect, prevent, reduce and eliminate abuse, neglect, exploitation and abandonment of these adults in need..*

- **Pennsylvania Coalition Against Rape (PCAR)**

- **Pennsylvania Sexual Assault Helpline: 1-888-772-7227**

- [Find a Sexual Assault Center near you](#)
 - **Pennsylvania Coalition Against Domestic Violence (PCADV)**
 - **24-hour national hotline: 1-800-799-SAFE**
 - [Find your local domestic violence program](#)
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Don't Get Left Out in the Cold!

Struggling with home bills? Apply for assistance now!

- **EMERGENCY RENTAL ASSISTANCE PROGRAM (ERAP)**

[Find where to apply for assistance in your county](#)

ERAP is available in each of Pennsylvania's 67 counties to help eligible tenants cover the cost of overdue or upcoming rent and utilities payments.

Pennsylvanians who are responsible for paying rent or utilities on a residential property, and have one or more people within the household who has experienced financial hardship during the COVID-19 pandemic that puts them at risk of homelessness or a utility shutoff, could be eligible for up to 18 months of ERAP assistance.

- **LOW-INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)**

[Apply for Benefits: www.compass.state.pa.us](http://www.compass.state.pa.us)

LIHEAP helps families living on low incomes pay their heating bills in the form of a cash grant. Households in immediate danger of being without heat can also qualify for crisis grants. The cash grant is a one-time payment sent directly to the utility company/fuel provider to be credited on your bill. These grants range from \$500 to \$1,500 based on household size, income, and fuel type. Remember: This is a grant and does not have to be repaid.
