

TAKING CARE OF OUR MENTAL HEALTH DURING THE HOLIDAYS AND BEYOND

DEPRESSION IS ONE OF THE MOST DIAGNOSED MENTAL HEALTH DISORDERS.

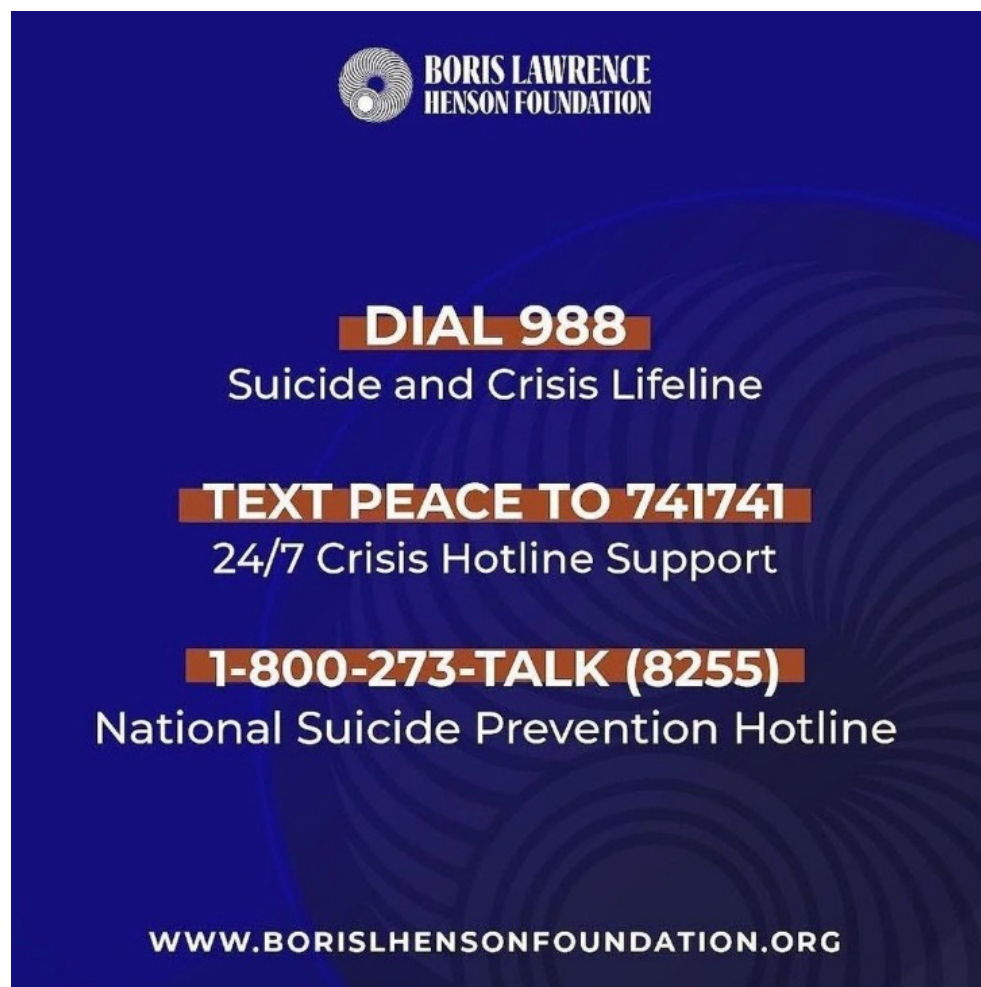
It increases significantly during the change of seasons, the holidays, and transitions.


Below, you find the link to a CNN article that discusses suicide prevention—signs, risk factors and how to help.

Suicide prevention: Signs, risk factors and how to help | CNN

<https://www.cnn.com/2022/12/14/health/suicide-risk-factors-prevention-warning-signs-wellness/index.html>

The Boris Lawrence Henson Foundation recently launched their free mental therapy campaign. Their foundation's website and other mental health resources are listed in the flyer below. Feel free to share.



 **BORIS LAWRENCE
HENSON FOUNDATION**

DIAL 988
Suicide and Crisis Lifeline

TEXT PEACE TO 741741
24/7 Crisis Hotline Support

1-800-273-TALK (8255)
National Suicide Prevention Hotline

WWW.BORISLHENSONFOUNDATION.ORG