

CHECK IN AND REACH OUT

Winter blues and added holiday stress increase the risk of mental health symptoms and relapse during the end-of-year season. Check in with others who may be quietly suffering and reach out for help if you find yourself struggling.



WHAT TO SAY

- ✓ You didn't do anything wrong.
- ✓ I can only imagine how this situation could make you feel.
- ✓ I'm here for you. You're not alone.
- ✓ Whenever you feel comfortable, I'm here to listen.



WHAT NOT TO SAY

- ✗ You just need to try harder and you'll feel better.
- ✗ You're being really dramatic right now.
- ✗ I'm kind of scared for you.
- ✗ You shouldn't feel that way.