

# LACDMH Mental Wellness Series

## Holiday Blues

### What is holiday blues?

It's when you feel sad and lonely during the winter holiday period or other cultural holidays.

### What are the symptoms of holiday blues?

Feelings of:

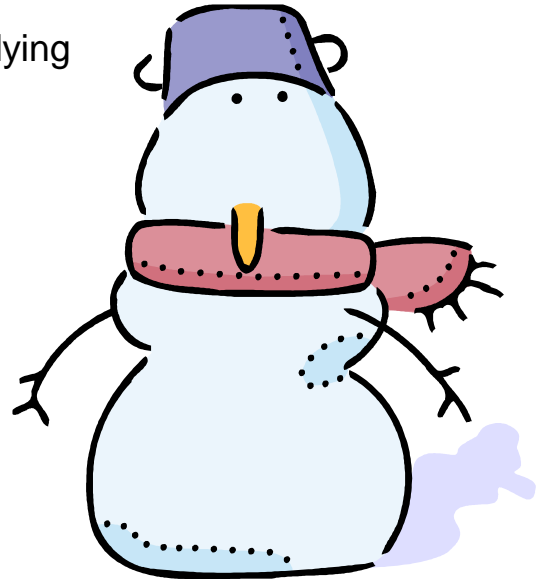
- Sadness
- Anxiety
- Guilt
- Irritability
- Anger
- Mood swings
- Feeling stressed out.

Thoughts of:

- Missing family members and friends
- Loneliness, like "I'm alone."  
Or "Nobody wants to be with me."
- Remembering negative experiences during past holidays
- Thoughts of dying

Other symptoms may include:

- Loss of interest in personal appearance
- Crying spells
- Avoiding holiday festivities
- Loss of motivation or energy
- Change in sleep habits
- Change in appetite
- Use of drugs and alcohol



### What should you do if holiday blues continue past the holidays?

Get support from:

- Family and friends
- Religious leaders
- Medical and mental health professionals

Avoid:

- Drinking too much alcohol
- Isolating from friends and family
- Overeating
- Dwelling on the past
- Focusing on what you don't have
- Spending money you don't have
- Putting too much pressure on yourself

It will be helpful to:

- Try to enjoy yourself
- Put aside differences between friends and family members
- Let others know of your obligations and plans
- Keep a positive attitude
- Have realistic expectations of the holidays
- Celebrate those that are meaningful in your life
- Appreciate your current life and your role
- Spend time with those who you care about and who care about you
- Volunteer your time to help others



### Helpful Contacts

**Los Angeles County Department of Mental Health (LACDMH)**

**Help Line – (800) 854-7771** (Press “2” for Emotional Support Line),  
9 a.m. to 9 p.m., 7 days a week, available in multiple languages.

**Additional resources available at:** <http://dmh.lacounty.gov/resources>

**LACDMH GENESIS – (213) 351-7284.** GENESIS provides field-capable mental health services to adults age 60 and over.

**Los Angeles County Information Line – 211**

Available 24/7 in multiple languages.

**Adult Protective Services (APS) Elder Abuse Hotline: (877) 477-3646**

**L.A. Warmline – (855) 952-9276**

10 p.m. to 6 a.m., 7 days a week, available in English and Spanish

**For scheduling, please contact:**

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