

ATTENTION VETERANS!

Tips for Coping this Holiday Season



The holidays can be a time of sadness and isolation for many, including Veterans.

To help, the Delco Suicide Awareness and Prevention Task Force and the Delaware County Department of Military and Veteran's Affairs have collaborated to provide some tips for coping during the holiday season.

- * Both positive and negative feelings can be felt around the holidays, this is normal!
- * Getting out and around others can help put you in a positive mood.
- * Consider volunteering for a non-profit organization, an animal shelter, or visiting a nursing home to remember the spirit of giving.
- * Re-connect with someone you have lost touch with.
- * Maintain a balanced healthy diet. Everything in moderation.
- * Get plenty of rest and exercise regularly.
- * Go outdoors. Be active!
- * Set priorities and budgets before the holidays. Create a calendar or "To Do List" for shopping, baking, visiting, and other events.
- * Give gifts that can't be bought, such as time and the sharing of memories

For more tips for coping this holiday season, or for additional resources of interest to Veterans, please visit the Delaware County Department of Military and Veterans Affairs website at DelcoPA.Gov/VetAffairs, or scan the QR Code.



ARE YOU A VETERAN IN NEED OF PEER SUPPORT?

Contact the Delaware County Critical Incident Stress Management Team at (610) 565-8719 — or through any 911 dispatcher.

Veterans can also call the Delaware County Mobile Crisis Team at (855) 889-7827 or dial 988 (Ext. 1).

IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING SUICIDAL THOUGHTS, PLEASE DIAL 911.