

NEWS BY YOU

Mental issues don't take a holiday

Submitted by Paul Galdys, senior director of adult services for Magellan Health Services of Arizona, and Suzanne Rabideau, CEO for the Crisis Response Network Inc.

The holiday season is a time for joyous family gatherings, parties and festivities. However, the holidays can be stressful for many people. The high expectations for social gatherings, financial strain, and even having to spend time with family/relatives with whom there might be lingering issues can test our patience, our pocketbooks and our self-control.

Additionally, many people find that the holidays bring on sadness as they reflect on holidays past, friends and family that have passed away or thoughts of those who are troubled or suffering. These feelings of sadness might grow into feelings of isolation and even evolve into emotional problems.

Still others might experience a post-holiday letdown after the new year begins that can result from the loss of potential and disappointments from the previous year, together with the fatigue

of having endured the holiday rush.

You, or someone you know, might reach the point of a behavioral-health crisis this holiday season.

There is help in these situations.

The Crisis Response Network, a provider for Magellan Health Services of Arizona, receives calls during this time of year for help from those overcome by holiday-based stress, anxiety and depression and those seeking to help people with a behavioral-health crisis.

Services offered include:

» Reaching out to people on a one-time basis over the phone with coping advice for the holidays.

» Engaging crisis navigators to assist people in a behavioral-health crisis.

» Sending out mobile crisis-response teams to help people in crisis in their own home.

The stress of the holidays can become overwhelming and if you begin to feel anxious, deeply saddened, or reach a point of crisis or encounter someone who is, we will make sure you get the help you need, where you need it.

Call the 24/7 toll-free crisis line at 800-631-1314 or 602-222-9444.



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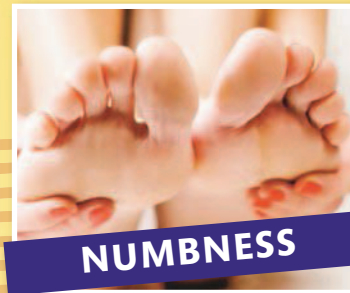
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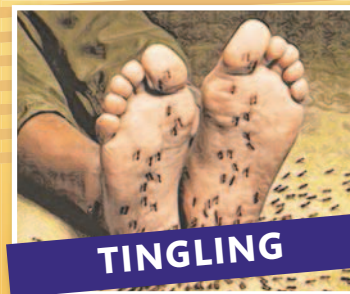
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