

Do's & Don'ts

for Beating the "Holiday Blues"

- Do **reach out for support**. Call at least one old friend or family member per night or call one of the agencies listed here to keep the blues away.
- Do **go outside and enjoy some sunlight** as a natural mood-elevator.
- Do **go for a walk or get some exercise**.
- Do **help yourself by helping others**. Helping someone else can give you a new view of your own situation.
- Do **focus on the positives** in your life.
- Do **take care of yourself** with moderation in eating, drinking, spending and resting.

- Don't think you have to deal with it alone.
- Don't try to solve old family disputes at the holidays.
- Don't expect the holidays to be perfect.
- Don't ignore signs of depression or illness.
- Don't harm yourself or anyone else.



Victims' Services
2025 E. Jackson Road
Carrollton, Texas 75006

Phone: 972-466-3158
Fax: 972-466-3549

pamela.dickinson-noris@cityofcarrollton.com

cityofcarrollton.com/police



Preventing the
**HOLIDAY
BLUES**

Carrollton Police Department

9-1-1 for Emergencies or
972-466-3333 for Non-emergencies

It's the holiday season...

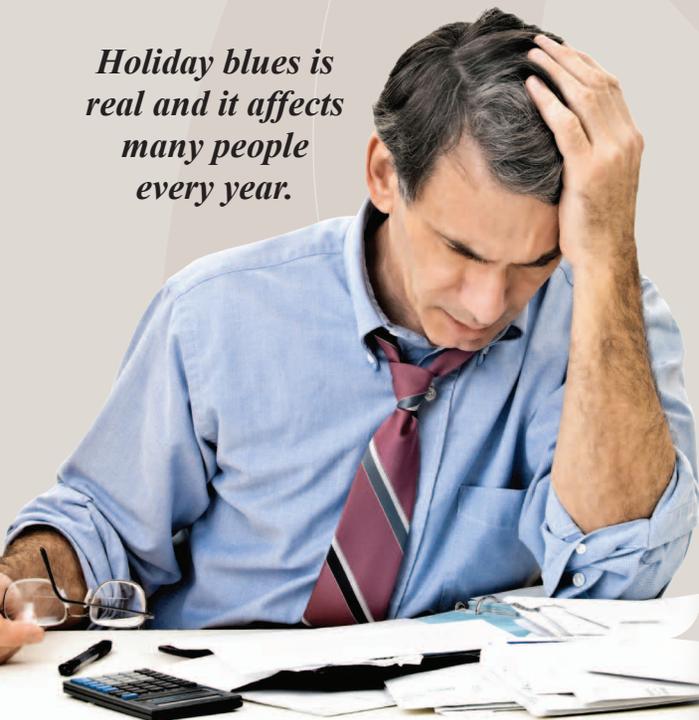
Why do I feel so stressed?

Though the holiday season can be wonderfully joyful, not everyone sees it the same way. Many people feel a let-down during and after the holidays while others find the results of the holidays very stressful. It's not unusual to feel the "Holiday Blues" due to a variety of sources.

Money worries –

You will feel better about your financial position when the bills from the holidays arrive, if you know what your card balances are and what you need to do to bring them current and have a plan. But if your finances are out of control, you might give **Consumer Credit Counseling Service** a call at **800-249-2227** or visit their website at **cccs.net**. They have branch offices around the Greater Dallas area.

Holiday blues is real and it affects many people every year.



Family difficulties –

Painful memories or current challenges and conflicts may cause you to need someone to talk to in order to discuss the stress you are experiencing. Contact **Crisis Line, 972-233-2233**, provides daily 24-hour, one-on-one telephone crisis intervention. The trained volunteers can help with information and referrals. The **Suicide and Crisis Center** also offers counseling on their 24-hour line at **214-828-1000**. If you and your family need a longer-term counseling service, The **Child and Family Guidance Center, 214-351-3490**, and The **Pastoral Counseling Center, 214-526-4525**, provide family and individual counseling services.

Health problems –

Due to aging, substance abuse, chronic illness or depression:

- For information for elderly persons, dial **2-1-1**. This hotline can provide information and referral to seniors in Dallas, Rockwall, Hunt, Collin, Navarro, Denton, Kaufman and Ellis Counties. If you are in the Carrollton, Addison or Farmers Branch area, you can call **Senior Adult Services (SAS) at 972-242-4464**. SAS can provide case management, information and referral, as well as help with food and transportation for citizens over the age of 65.
- For help with substance abuse, the **Greater Dallas Council on Alcohol and Drug Abuse at 214-522-8600** can provide referrals for treatment, evaluation and assessment.
- For help with mental health problems, consider calling the **National Alliance for the Mentally Ill (NAMI) at 214-341-7133**.

The holidays can be especially challenging for families. When the family gathers, old problems (or new stressors) can erupt into conflict and even violence. These organizations can assist with counseling and shelter if needed.

DOMESTIC VIOLENCE RESOURCES

Family Place (Metrocrest)	972-243-1611
Family Place (Main Line/Shelter)	214-941-1991
Friends of the Family (Denton and Lewisville)	800-572-4031
Hope's Door	972-422-7233
Brighter Tomorrows	972-262-8383
New Beginning Center	972-276-0057
Mosaic	214-823-4434
Genesis	214-946-HELP
National Domestic Violence Hotline	800-799-SAFE

HOMELESS SHELTERS

Salvation Army—Dallas	
Women	214-424-7112
Men	214-424-7076
Dallas Life Foundation	214-421-1380