

Legislation Text

File #: 171085, **Version:** 0

Recognizing December 15th as Mind Your Holidays Day.

WHEREAS, Studies show that many people tend to feel sad, lonely, depressed, or anxious during the holiday season. Many factors contribute to this feeling, including increased financial pressure, unrealistic expectations of the season, family conflict, obligations to attend multiple events, memories of previous holidays, exhaustion, change in routine, and more; and

WHEREAS, Certain circumstances put individuals at higher risk of feeling depressed at the holidays, including the cold, darkness of winter, a death in the family, financial setbacks, separation from friends and family, and other major losses or changes in one's life; and

WHEREAS, The joyous and festive time marked by family togetherness and hopefulness for the new year during the holidays can be extremely difficult to witness as an individual struggling with depression or grief; and

WHEREAS, One of the best solutions to coping with depression or grief during the holidays is to embrace friends and family for support, as well as to seek professional help, such as speaking to a therapist; and

WHEREAS, Beginning on November 20th, the Department of Behavioral Health and Intellectual disAbility Services' Health Promotion Unit launched a new awareness campaign called *Mind Your Holidays*, which will encourage individuals to check in with those around them who may be facing difficulties during the holiday season; and

WHEREAS, On Friday, December 15th, the Department of Behavioral Health and Intellectual disAbility Services' will host its first *Mind Your Holidays* Event - *Pledge to Check In* - in Jefferson Station from 8:30 a.m. to 12:30 p.m., offering free online behavioral health screenings and resources, as well as access to professionals to discuss mental health; and

WHEREAS, The Department of Behavioral Health and Intellectual disAbility Services (DBHIDS), led by Commissioner David T. Jones has developed the Health Promotion Unit, directed by Chief Medical Officer, Dr. Lawrence Real, to oversee two initiatives: Healthy Minds Philly and the Philadelphia Suicide Prevention Task Force; and

WHEREAS, Healthy Minds Philly is a public health initiative designed to increase mental health literacy, reduce stigma, and provide resources to people, especially those who may be experiencing challenges. The initiative hosts mental health first aid trainings, provides online and community mental health screenings, a resources page, and an online community calendar; now, therefore, be it

RESOLVED, BY THE COUNCIL OF THE CITY OF PHILADELPHIA, That we hereby recognize December 15th as Mind Your Holidays Day.

