

12/22/23

Mental Health First Aid

A FREE Toolkit to Help Manage Mental Health During The Holidays

From family gatherings to financial pressures, the holiday season can sometimes take a toll on a person's mental health. To support people on their journey of mental wellbeing, Mental Health First Aid (MHFA) created a free toolkit with tips to help navigate the holidays and prioritize mental wellbeing.

The toolkit provides information and resources on:

- Understanding Holiday Stress
- Prioritizing Self-care
- Setting Realistic Expectations
- Managing Time and Finances
- Focusing on Physical Health and Nutrition
- Coping with Loneliness and Grief
- Embracing Joy and Gratitude
- Seeking Support when Needed
- Giving Back

Download the [Mental Health First Aid Holiday Toolkit](#).