

Other ways to help kick the “Holiday Blues” and raise awareness about depression at your company during the month of December:

- Put up flyers encouraging patients, colleagues and guests to make an appointment with their primary care physician or, for colleagues, your Company's Employee Assistance Program (EAP), if they have a persistent sad mood that lasts for more than two weeks.
- Help spread news about events sponsored by community partners like the National Alliance on Mental Illness or the National Council for Community Behavioral Healthcare. Both agencies, and others like them, work to raise awareness and fight stigmas to help those who live with mental illnesses and their loved ones.
- Provide promotional items (funded by your company) featuring information about your EAP at any events your company is sponsoring this month.
- Offer seminars or lunch and learn events at your location that address holiday depression and what can be done to help make the season brighter.