



Kevin Humphries MP

Minister for Mental Health

Minister for Healthy Lifestyles

Minister for Western NSW

MEDIA RELEASE

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LOOK AFTER YOUR MENTAL HEALTH THIS FESTIVE SEASON

Minister for Mental Health, Kevin Humphries, is reminding people to look after their mental health this festive season and to remember friends and family who may be sad, stressed or spending the holidays alone.

Mr Humphries said Christmas and New Years can be a very lonely and stressful time for some people.

“We all lead very busy lives and with so much happening over the holiday season it can be easy to forget about those who might not be coping,” Mr Humphries said.

“It’s important to look after your own and other’s mental health and wellbeing at this time of year.”

The festive period can make existing problems seem even bigger and many people find it hard to cope with the demands of the season.

Mr Humphries said social pressure, financial stress, raised holiday expectations, increased feelings of loneliness and family interaction top the list as catalysts for holiday-related stress and anxiety.

“Some people grapple with family and relationship issues, others may be privately struggling with feelings of loneliness, depression or mental illness. Christmas time can also remind people of the loss of a loved one,” Mr Humphries said.

People can reduce holiday stress and maintain good mental health by following these simple tips:

- Asking for help – don’t be afraid to ask for help or accept it;
- Being active – physical activity helps to maintain mental well-being;
- Being with people - keep communicating and interacting, and consider talking to those you trust about how you are feeling;
- Try to relax – balance responsibilities and work with recreation and leisure activities;
- Drink in moderation.

“At this time of year, as throughout all of the year, I encourage everyone to show support and awareness of friends, loved ones and those in your community who may be stressed, lonely, depressed or suffering a mental illness,” Mr Humphries said.

“If you know someone who’ll be alone over Christmas, give them a call and let them know you’re thinking about them.

“If you’re alone yourself, think about who else you might know who’ll be spending Christmas by themselves and get in touch.”

Those needing support are encouraged to contact Lifeline’s 24 hour crisis telephone line on 13 11 14.