

## Holiday Season Suicide and Substance Abuse Resources

The holidays can be a stressful time of year. According to statistics, the rates of suicide and substance abuse increase significantly during the holiday season. They often go hand in hand. In fact, depression and substance abuse are attributed to the majority of suicides.

It can be hard to have difficult conversations with loved ones about their problems because nobody wants to ruin the holiday season by bringing it up and making things worse. Talking to someone about suicide is not going to increase the risk of it happening. The truth is, the best gift you can give someone who is suffering from mental health problems or substance abuse disorder this holiday season is your attention, love and concern.

Just remember you are not alone. There are people and resources here to help you and your loved ones 24 hours a day. The Marshfield Police Department is partnered with Plymouth County Outreach and the Plymouth County HUB which provide substance abuse and behavioral health support, resources and access to treatment programs that is entirely confidential. They also host local drop in centers where resources and information is handed out. For more information please visit [Plymouth County Outreach.org](http://PlymouthCountyOutreach.org) and [Plymouth County Outreach.org/hub](http://PlymouthCountyOutreach.org/hub).

The following is a list of additional local resources for anyone who needs help related to mental health, suicide and substance abuse issues:

The National Suicide Prevention Helpline: 800-273-8255

Samaritans Statewide Helpline for Emotional Support: Text or Call 877-870-4673.

SAMHSA (Substance Abuse and Mental Health Services Administration): 800-662-4357

and

Trevor Project (Crisis and Suicide Prevention for LGBTQ Youth): Call 866-488-7386 or Text 202-304-1200

As always, to report any substance abuse or mental health related emergencies that need to be addressed immediately please dial 911.