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Emergence Health Network Launches New

“Mental Health and You” Mobile Phone App during Holiday Season  
**-- *EHN Offers Tips to Cope with Holiday Stress --***

**(El Paso, TX December 2016)** The Holiday Season is in full swing and unfortunately this time of year can create added stress to lives of many El Pasoans. “Ideally everyone would like to have a Happy Holiday season, but for some people that is not the reality. There can be the anxiety, pressure and tension associated with the month of December and even November, starting with Thanksgiving,” said Dr. Marcelo Rodriguez-Chevres EHN Chief Medical Officer. “Some individuals may even experience loneness and depression so we need to keep an eye out for each other.”

According the Mayo Clinic Holiday Stress statistics -- up to 69% of people are stressed by the feeling of having a “lack of time,” 69% are stressed by perceiving a “lack of money,” and 51% are stressed out about the “pressure of give or get gifts and holiday stress has a particular impact on women.

“The mental wellbeing of our community is important every day of the year, but especially during the holiday season when so much is going on. That’s why having a new tool, called the Mental Health and You App… at our finger tips, is very valuable,” said Kristi Daugherty, CEO Emergence Health Network.

Residents can find the “MH & You App” at their mobile phone app store. Just search for “mental health and you”… type in the local zip code and within minutes your viewers can have access to mental health community resources in El Paso and if they know someone (maybe themselves) is going through a mental health crisis, they can get help from trained mental health care professionals by pressing one single button.  The mental health and you app is also designed to create community awareness… hit the “learn more” button and read about the signs and symptoms of many mental health conditions.

**To learn more about the MH & You App watch our EHN YouTube video** [**https://www.youtube.com/watch?v=N50ByIVZ7Yk&t=1s**](https://www.youtube.com/watch?v=N50ByIVZ7Yk&t=1s)

**Want an interview with EHN Chief Medical Officer Dr. Marcelo Rodriguez-Chevres call EHN Director of Communications Noreen Jaramillo at 915-342-2464 or** [**noreenjaramillo@ehnelpaso.org**](mailto:noreenjaramillo@ehnelpaso.org)

Local Crisis Hotline Number 915-779-1800

Toll Free: 1-877-562-6467

National Suicide Prevention Lifeline 1-800-273-8255 (TALK)

TIPS FOR DEALING WITH HOLIDAY STRESS/DEPRESSION (According to the Mayo Clinic)

1. **Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings.
2. **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.
3. **Be realistic.** The holidays don't have to be perfect. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones
4. **Set aside differences.** Set aside grievances with family until a more appropriate time for discussion.
5. **Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend.
6. **Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling.
7. **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.
8. **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.
9. **Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do.
10. **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.