



HAPPY HOLIDAYS



I would like to wish everyone a safe, peaceful and happy holiday season this year with your friends and families! It's that time of season where we all gather around and show each other how grateful we are to have each other in our lives.

As the holidays are based upon these uplifting moments, its sometimes hard to believe that there are those that are suffering deeply. depression and suicide are noted to be the highest during these holidays...so please, be extra kind to each other...keep an eye/ear out on those that seem to be acting out of sorts (having highs and lows sporadically, isolating etc)...and most importantly, ask the question(s) most people feel uncomfortable asking.....

“are you okay? & are you thinking of hurting yourself?”

the least you may feel is a little foolish if you're wrong, but I'd rather be wrong than deal with the latter.

I will be available 24/7, please don't hesitate to reach out to me...call/text me during the day....and call me from 11pm-7am 519-200-4384

It may feel like it... but  
**You are not alone**

