



A Season of Many Colors

The holiday season is full of many colors, from cheerful reds and golds, to more calming tones, and somber hues. It is the multitude of colors that creates the special beauty of the season. This time of the year is an opportunity to celebrate and to acknowledge that not everyone feels festive. Especially following an intense and challenging year, we can demonstrate the spirit of the season with kindness, generosity, and love by checking in with ourselves and others.

National Suicide Prevention Lifeline (24/7)

1.800.273.8255

Veterans: Press 1

En Español: **1.800.628.9454**

For Deaf & Hard of Hearing: **1.800.799.4889**

Peer-Run Warm Line (24/7)

1.855.845.7415

This is a non-emergency resource for anyone in California seeking mental and emotional support.



MONTEREY COUNTY
BEHAVIORAL HEALTH
SALUD MENTAL
Avanzando Juntos Forward Together



To learn more about Suicide Prevention efforts in Monterey County visit www.mtyhd.org/MCHOPES