

PRESS RELEASE

FOR IMMEDIATE RELEASE
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RAY TENORIO
Lieutenant Governor

REY M. VEGA
Acting Director

Give the Gift of Hope this Holiday Season

Hagåtña, Guam – *The following message is from Rey M. Vega, Acting Director of the Department of Mental Health and Substance Abuse (DMHSA), regarding the 2012-2013 Holiday Crisis Hotline:*

Hafa Adai!

As we approach the holiday season, most of us get excited completing the finishing touches on our Christmas trees, wrapping gifts for our family and friends, and finalizing our family get-together dinner menu. This season is truly the time for gratitude for all the blessings each of us enjoy. Let us also be reminded that this occasion is an opportunity for us to give back by offering a helping hand to the less fortunate members of our island community.

The sad reality is that not everyone has a stable home that they can decorate with Christmas ornaments. Some may not be able to afford neither the gifts that their kids had hoped to receive on Christmas morning nor the holiday feast that other families will be sharing on New Year's Eve. For others, going through the holiday season can become depressing, lonely and difficult, especially when they've lost someone or something important to them. However with the help that we, as individuals, willingly provide, there is hope.

This past Saturday, December 15th, the Prevention and Training branch of the Department of Mental Health and Substance Abuse, in preparation of servicing our community this season, welcomed nine additional volunteers for the 2012-2013 Holiday Crisis Hotline. This diverse group of volunteers shares one thing – the willingness to listen and to help those who are in need.

The Holiday Crisis Hotline is a public service and collaborative effort with other government and private agencies, and community volunteers. Its goal is to provide safety and assistance through verbal interventions to individuals who find it difficult to get through the holidays. DMHSA has been operating the Holiday Crisis Hotline since 1984. We thank our partners and volunteers for their support, which allows us to continuously provide hope to those who are in need of help during this season.

It is not too late to help! We continue to ask the community to help us support the Holiday Crisis Hotline. Please contact Peter Cruz at 477-9079 through 9083 to learn more how you can assist.



More importantly, if you or someone you know find yourself or themselves in crisis during the holidays, please do not hesitate to call the hotline. All calls are free and strictly confidential. Volunteers will be responding to crisis calls in the schedule and contact information below:

HOLIDAY CRISIS HOTLINE: (671) 647-8833
SCHEDULE*:

Start	–	End
Dec. 24 th , 6pm		Dec. 26 th , 6am
Dec. 31 st , 6pm		Jan. 2 nd , 6am

**The Crisis Hotline (operated by DMHSA) will be responding to your calls if made outside of the Holiday Crisis Hotline schedule.*

Make this holiday season a cheerful and joyous one for you and for the people around you! Celebrate safely and remember that all you need to enjoy this season is to surround yourself with overflowing love and laughter.

Felis Pâsgua yan Magof na Año Nuebu, Guam!

For more information on the Holiday Crisis Hotline or other Prevention services available through the Department of Mental Health and Substance Abuse, contact the Prevention and Training branch at (671) 477-9079 through 9083 or visit www.peacequam.org.

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