



Vancouver Island
Crisis Society

FOR MORE INFORMATION, PLEASE CONTACT:

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PRESS RELEASE

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TOO MUCH OR NOT ENOUGH?

Was this holiday season all you had hoped for? With all the streets lit up with sparkly lights, music playing everywhere announcing the holiday, and the hustle bustle of busy people rushing everywhere, the excitement peaked as the community readied for the big event.

This surely was a time of giving. There was more food donated to the Food Bank and turkey dinners were served to those in need. There were Christmas hampers delivered and festive gatherings at all the schools. The community was all a buzz in the holiday frenzy.

And now once the New Year celebration is over and the festivities are done, the lights and decorations get stored away for next year. The night sky falls early as the temperature drops, people go back behind their doors and settle back into their usual routines.

BUT.....for some the holiday season was not so festive. For some it can be a hard time of year, maybe because of financial strain, maybe because it was not possible to make those connections with others and maybe because their struggle is a daily one, no matter what the season. For many reasons, too many to list, the coming of a New Year can be a difficult time in fact, for some, what is left is emptiness, sadness and struggle.

The hopeful news is that for those who are struggling, there is no need to do it alone. There is always someone you can reach out to, who will listen in a non-judgmental, compassionate way. It can be helpful to have someone to problem solve with you, to encourage you and to let you know someone out there cares.

The crisis line is always there, 24 hours a day, 7 days a week and you can make contact by phone @ 1-888-494-3888 or visit the website @ vicrisis.ca to connect to Crisis Chat for online support from 6 to 10 every night and now you can also connect every night from 6 to 10 through Crisis Text @ 250-800-3806.

No matter how you choose to make that connection, the important part is that you do it. Just know that you are not alone.