



From CFBHN CEO

The holiday season is a special time of year, filled with opportunities for joy, celebration, and connection. However, it can also bring challenges—stress, loneliness, or feelings of being overwhelmed.

At CFBHN, we believe that this season should be a time to nurture both your well-being and the well-being of those around you.

The simplest ways to boost your mental health during the holidays is through practicing gratitude. Take a moment each day to reflect on the things you are thankful for, whether it's spending time with loved ones, the beauty of a quiet moment, or the generosity of others. Gratitude can shift your mindset, helping you to focus on the positives and find joy in the present.

Another way to enhance the holiday spirit is through giving. Acts of kindness—whether big or small—can make a lasting impact. Volunteering, donating to a local cause, or simply lending a helping hand to a friend or neighbor can fill your heart with purpose and spread warmth to those who may need it most.

As we focus on caring for ourselves, let's also be mindful of the mental health of those around us. Pay attention to signs that someone may be struggling. Look for changes in mood, behavior, or energy levels, and don't hesitate to reach out with kindness and support. A simple "How are you?" or "I'm here if you need to talk" can make a profound difference.

As we move through the holiday season, I encourage you to slow down, savor the moments that matter, and take time to care for your mental and emotional health.



a personal note from
Alan Davidson
President & CEO

"For it is in giving that we receive"

Saint Francis of Assisi



Let's embrace gratitude, give generously, and support one another with compassion and kindness.

Together, we can create a season that is filled with warmth, joy, and connection.

From all of us at CFBHN, we wish you a happy, healthy, and peaceful holiday season.

If you or someone you know needs additional support, please remember that CFBHN is here to help. Our **Service Locator** on the CFBHN website is a valuable resource that connects individuals with behavioral health services in their area. No one should have to face challenges alone, and there is always help available.

*To find a CFBHN provider please use this link for our **Service Locator**.*

*If you need further assistance, please phone **813-740-4811**. After business hours, on weekends and holidays, you may select the option to speak to someone immediately and you will be transferred to the **2-1-1** line of the Crisis Center of Tampa Bay.*

*If you are experiencing a medical emergency, please hang up and dial **911**.*

