



WASHINGTON HEALTH SYSTEM  
Center for Mental Health and Wellbeing

## MONTHLY NEWSLETTER



### Mental Health on Valentine's Day

Chocolate hearts and drug stores decked out in pink and red can only mean that Valentine's Day is around the corner. While there is no shortage of romance, the holiday can produce more anxiety than bliss for some. There is constant pressure from the media to prove your love for someone through a single day of gifts and grand gestures. Couples often stress over what buy each other and those who do not have a partner are sometimes left feeling alone; hence the term "Single Awareness Day". But, before you go reaching for that box of Russell Stover, consider these strategies to help you have a fun and relaxing Valentine's Day!

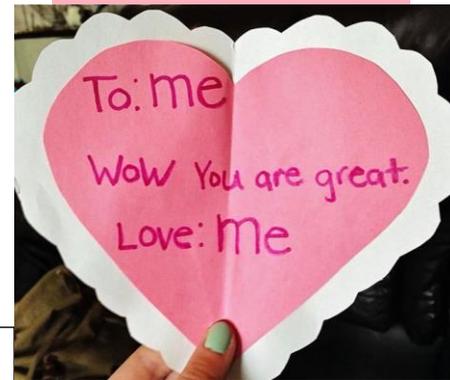
Despite the romantic environment, you don't need a special someone to celebrate Valentine's Day. Your friends, siblings, parents and grandparents all have an influential role in your life. Valentine's Day is the perfect opportunity to show appreciation for the people who are important to you the other 364 days a year. Social interactions can have a significant influence on an individual's mental health and psychological well-being. The close social relationships we develop not only boost our happiness and reduce stress, but drastically increase feelings of self-worth. Make the effort to spend time with them – take them out for a coffee, make them a gift or even a quick phone call to let them know you are thinking of them. These small gestures cost very little, but can be incredibly rewarding and meaningful. So reach out to someone this Valentine's Day by simply sharing your day with them. You will make them feel special, and you may be surprised at how good you feel as well!

Valentine's Day can also be the perfect opportunity to unwind and pamper yourself after a long week. Sleep in late, make your favorite dessert or whatever it is that makes you a little less stressed. Use this time to give your body a rest. Constantly being "on" doesn't give your brain a chance to rest and replenish itself. Being by yourself with no distractions gives you the chance to clear your mind, focus, and think more clearly. Be selfish for once, and enjoy time away from every day stress. It is just as important to love yourself and appreciate your needs as much as it to recognize the other important people in your life!

To read the full article visit: <https://www.unh.edu/healthyunh/blog/2014/02/mental-health-valentine%E2%80%99s-day>

February  
2020

Valentine's Day  
Messages:



This Valentine's Day remember, YOU are the most important love of your life.  
#VDayLoveYourself

Happy Valentine's Day from  
My Mental Health Day

TO FALL IN  
LOVE WITH  
*yourself*  
IS THE FIRST  
SECRET TO  
*Happiness*

ROBERT MORLEY

wellbeingblog





## How to Survive Valentine's Day with Depression

Valentine's Day can be depressing for singles or even couples who are having issues (or couples who just don't like the concept of this day), and it can be even worse for people who already have depression. Luckily, there are ways to enjoy V-Day, or "Singles Awareness Day," in spite of depression.

The first step to enjoying Feb. 14 is to decide whether you want to celebrate Valentine's Day or Singles Awareness Day, or just treat it like a regular day.

Although you might be bombarded with hearts, flowers, chocolates and stuffed animals in stores and in the hands of other people, it is possible to ignore this Hallmark holiday. Simply follow your usual schedule and realize this is just like any other day, except more people are buying gifts for each other and going on dates. Many people agree that significant others should show appreciation for each other every day, and that Valentine's Day is a day for profit.

There is the other route, which is to celebrate Feb. 14 as Singles Awareness Day or just as a day to appreciate yourself and friends. You can even follow some of these suggestions if you treat Feb. 14 as just a regular day, and learn to incorporate all into your life. This list is also assuming you have some time during the day, or even the day off. Realistically, you would probably only be able to do one or two of these, but you get to pick from a variety of choices.

1) Go get a massage. The book "What Your Doctor May Not Tell You About Depression" states that massages can help relieve some symptoms of depression. If you can afford it, try getting one once a week and see if it improves your life.

2) Take a fun class. The book suggests learning something new could make you feel better about yourself, besides having fun in general. Have you always wanted to learn how to kickbox or sew? Now's the time to start – this day's devoted to your wonderful self. And who knows, if you're looking for more friends or even a significant other, this is another outlet to meet more people. Having a strong support system of family and friends (new and old) can also help with depression.

To read the full article visit: <https://www.empowher.com/mental-health/content/how-survive-valentines-day-depression>

**DID YOU  
KNOW?**

## 2020 National Mental Health Observances:

February 2020  
American Heart Month

**Suggested Theme: Eating Disorders and Mental Health**

**February 3<sup>rd</sup>-7<sup>th</sup>:  
National School Counseling Week**

**February 11<sup>th</sup>: Safer Internet Day**

**February 17<sup>th</sup>:  
National Random Act of Kindness Day**

**February 24<sup>th</sup> –  
March 2<sup>nd</sup>: National Eating Disorder Awareness Week**

For the full calendar visit:  
<https://www.stampoutstigma.com>



Dear Valued Referral Sources,

This Valentine's Day we want to personally thank you and express our gratitude for your referrals and recommendations. We appreciate the confidence you place in our services and health system.

Sincerely,

***Jennifer Campbell, MSW, LSW***

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Washington Health System & Washington Physicians Group

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Greene County Crisis Line: 1-800-417-9460  
Washington County 24-Hour Crisis Hotline: 1-877-225-3567  
National Suicide Prevention Lifeline: 1-800-273-8255  
Greenbriar Treatment Facility: 1-800-637-4673