

Tony & Kathy Evers: Encouraging Wisconsinites to Take Care of Mental Health During the Holiday Season

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MADISON — Gov. Tony Evers and First Lady Kathy Evers delivered the Democratic Radio Address encouraging Wisconsinites to take care of their mental health during the holiday season.

Earlier this year, in recognition of the troubling statistics seen over the past few years regarding mental health and the growing demand for mental and behavioral health services providers have seen across the state, Gov. Evers declared [2023 the Year of Mental Health](#), calling mental and behavioral health a “burgeoning crisis” affecting the state and Wisconsin’s kids, families, and workforce.

Anyone in need of support can call, text, or chat the [988 Suicide & Crisis Lifeline](#) at all hours of the day or night to talk with a trained counselor about any challenge or concern. This service is free and confidential.

Additional mental health resources are available on the Wisconsin Department of Health Services website at:

- [Mental Health: Healthy Living](#)
- [Resilient Wisconsin](#)
- Crisis Services: [988 Suicide & Crisis Lifeline](#)

If you are in imminent danger or experiencing a medical emergency, call 911.

If you are having thoughts of suicide or hurting yourself, call your [county's crisis line](#) or [988](#) for the Suicide & Crisis Lifeline.

The governor and first lady's message was also shared as a video message, which is available [here](#). A transcript of the video is available below.

[Audio File to Radio Address.](#)

Governor: Hey there, Wisconsin. Governor Tony Evers here.

First Lady: And I'm First Lady Kathy Evers.

Governor: I was proud earlier this year to declare 2023 the Year of Mental Health.

First Lady: So, as we kick off the holiday season, we want to remind Wisconsinites to take good care of yourselves, your mental health, and each other.

Governor: While the holidays can be a happy time for some, we know this season—and the expectations surrounding it—can also cause people to feel more stress, anxiety, loneliness, and grief.

First Lady: It might be especially tough for those who've lost a loved one or faced other unique challenges over the past year.

Governor: But here in Wisconsin, no one carries their burdens alone.

First Lady: So, if you're able, check in on your neighbors, friends, and loved ones, and no matter what challenges you're facing, it's okay to share your feelings and ask for help.

Governor: Whether it's a mental health or substance use crisis or you or someone you love just needs someone to talk to, help and support are available 24/7 with a call or a text to 988 or chat at [988lifeline.org](#). 988 provides free and confidential support, and you'll be connected to a trained counselor who is ready to listen and help.

First Lady: You can also find resources and strategies to build your strength and resilience by visiting [Resilient.Wisconsin.gov](#).

Governor: Remember that help and hope are always available. Let's take good care of ourselves and each other this holiday season, Wisconsin.