

Healing through Hope

A mental health newsletter from the Coastal Samaritan Counseling Center

Mental Health and the Holidays



The holiday season can be filled with many joyous events, get-togethers, and food. While this time of the year is looked forward to by so many, it can bring many different factors of stress to so many individuals. While this season is meant to bring families and friends together to celebrate the various holidays, the stress of various situations and financial stress of gift giving can have a negative effect on many.

During this season, remember to be considerate of those around you.

Consideration and understanding can go a long way when your loved ones come together during the holidays. Having an open door and a welcoming environment can help make this holiday the best one yet. Have a safe and very Merry Christmas this year!

Mental Health Tip:

Relaxation can go a long way in the hustle and bustle of the season, so remember to enjoy it with rest.

Deb Carnosso



"Over my career I have been blessed to accompany my clients on their journey and I feel that my work has been a gift to me."
 - Deb C.





The Coastal
Samaritan
Counseling Center
would like to wish
you and your
family a
**Merry
Christmas!**

Stigma Zero Program

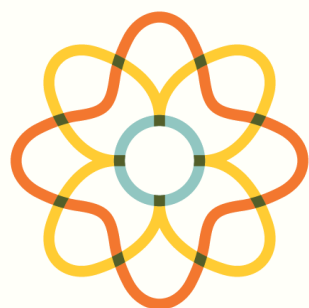
StigmaZero is a program designed to help business understand how to combat and handle mental health issues in the industry. It is designed to help break the stigma around mental health and equip those in leadership positions with the resources and knowledge they need to help in different situations.

Reduction of mental health issues in the workplace will enhance productivity and employee morale tremendously. This training course offers the knowledge needed to combat and help with the issues within their business. Knowing how to handle different situations and be supportive will make a difference in the workplace. This course is designed to help break the stigma on mental health and create a healthy work environment.

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**Reduce
the
Stigma
of mental health
at your
church.**

65%
of churchgoing family
members of those
with mental illness
want their church to
talk openly about
mental illness.



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Satellite Locations.

Loris Satellite Office

Loris United Methodist Church
3507 Broad Street
Loris, SC 29569,

Surfside Beach Satellite Office

Shepherd of the Sea
2637 US-17 BUS,
Murrells Inlet, SC 29576

Conway Satellite Office

Kingston Presbyterian Church
Educational Center
907 3rd Avenue
Conway, SC 29526

Little River Satellite Office

Little River United Methodist Church
1628 Highway 17
Little River, SC 29566

North Myrtle Beach Satellite Office

Ocean Drive Presbyterian Church
410 6th Avenue, South
North Myrtle Beach, SC 29582

Surfside Beach Satellite Office

Surfside United Methodist Church
800 13th Avenue North
Surfside Beach, SC 29587