

# DECEMBER IS MANAGE HOLIDAY STRESS MONTH

## PROBATION SUPPORT SERVICES (PSS) IS HERE TO HELP

Honoring this month, we aim to provide a platform for support to help ward off stress and depression that can ruin the holidays. In these extraordinary times of uncertainty, high stress, and demands, Probation employees need peace of mind.

Probation Support Services provides highly qualified therapists who specialize in counseling on stress management, depression, anxiety, substance and alcohol abuse, trauma and more.

We offer mental health trainings, consultations, critical incident debriefings, group grief support and collaboration with Peer Support and Chaplain Services. Services can be in-person or remote to accommodate your needs. Self-referred or supervisor referred.

**All services are  
confidential & Free!**

**Contact us 24/7:**

**Phone: 818-788-8016**

**Email: [info@probationsupportservices.com](mailto:info@probationsupportservices.com)**

**[www.probationsupportservices.com](http://www.probationsupportservices.com)**



Tips for Coping with Holiday stress:

- 1) Acknowledge your feelings.
- 2) Be realistic. It doesn't have to be perfect.
- 3) Learn to say No.
- 4) Don't abandon healthy habits.
- 5) Take a breather.
- 6) Seek help and support. Don't isolate.



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with your phone's camera & go  
directly to our website!