

News Release

For immediate release

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Holiday Stresses Can Trigger Depression and Anxiety

[December 19, 2006] Pembroke, MA:

The holiday season can bring added physical and emotional stresses which can trigger depression and anxiety. Pembroke Hospital offers partial hospitalization programs designed for adults and adolescents dealing with the mental health and addictions issues on an outpatient basis.

“Increased financial burden, absence of loved ones or just the decrease in daylight hours can cause added stress during the holiday season,” says Karen Schmidt, Director, Partial Hospitalization Programs, Pembroke Hospital. “These stresses can produce symptoms that people are not proud of and have little power to control. While many of us enjoy the holiday season and are able to manage the associated stresses, others cope by abusing drugs and alcohol or have intensified feelings of anxiety and depression. These individuals need to know that there are nearby resources that they can contact to help them and their families manage through debilitating mental health and substance abuse issues.”

Pembroke Hospital offers separate partial hospitalization programs for adults and adolescents who are struggling with issues of depression, anxiety, anger management and substance abuse. The programs are staffed by registered nurses, psychiatrists and social workers. Participants are given coping skills for the specific issues they face on a daily basis. The goal of these programs is to obtain optimal functioning for each client. Individuals can be referred by a clinician or self-refer for an evaluation. For more information, or to schedule an evaluation, please contact the Intake Department at 800-22-ACCES. For those who may be interested in locating an outpatient therapist, Arbour Counseling Services, Rockland, an affiliate of Pembroke Hospital, has clinicians available for all patient ages and most insurance plans are accepted. Arbour Counseling Services, Rockland, can be reached at 781-871-6550.

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Pembroke Hospital is a psychiatric facility located at 199 Oak Street, Pembroke, MA. The facility offers: 24-Hour Crisis Evaluations, Inpatient Treatment for Adolescents, Adults, and Older Adults, Partial Hospitalization for Adolescents and Adults, and Dual Diagnosis Services.

Pembroke Hospital is a division of Arbour Health System, the leading private behavioral health system in Massachusetts. Other divisions of Arbour Health System include Arbour Hospital, Boston, Arbour-Fuller Hospital, South Attleboro, Arbour-HRI Hospital, Brookline, Westwood Lodge, Lowell Treatment Center, The Boston Center, Arbour SeniorCare, and eleven Arbour Counseling Services outpatient centers.