

LINCOLN COUNTY HOSPITAL

HEALTH BEAT

December is Depression Awareness Month. Although for most people the holidays are a time for joy, for others it is quite opposite. The holidays are a time to remember and if you have experienced the loss of a loved one or a divorce this can be particularly difficult. For others a demanding holiday schedule and financial burdens can be over whelming.

If you or a loved one think you may be suffering from depression it is important that you seek medical attention from either your family doctor or a licensed mental health professional.

Lincoln County Hospital
“Neighbors Helping Neighbors”