

# Weekly Dem Radio Address: Gov. Evers encourages Wisconsinites to take care of their mental health this holiday season

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[Audio file of radio address.](#)

MADISON — Gov. Tony Evers today delivered the Democratic Radio Address encouraging Wisconsinites to take care of their mental health this holiday season and know that there are free resources available for those who need it.

*Hello, Wisconsin. Governor Tony Evers here.*

For many Wisconsinites the holiday season can be a difficult time of year even under normal circumstances, but this year as the COVID-19 pandemic has affected nearly every aspect of Wisconsinites' lives, it is critical that we all take care of our mental and emotional well-being.

*First, check in on your people. Whether that's talking on the phone or connecting over the Zoom, those conversations can provide comfort to those who need it.*

*Second, know that you are not alone. There are resources available no matter your age or your struggle.*

*Text HOPELINE to 741-741 for free emotional support services that can provide help and hope.*

*You can also call the National Suicide Prevention Lifeline at 1-800-273-8255. Or, go online to [resilient.wisconsin.gov](https://resilient.wisconsin.gov) for more resources.*

Remember, it's okay to ask for help. *It's better than "okay" – it can make a real difference for you and for your loved ones. Let's get through this together.*

*Stay healthy, stay safe, and stay resilient, Wisconsin.*