



UNION COUNTY SHERIFF'S OFFICE
BEHIND THE STAR
SHERIFF MALCUM J. "JAMIE" PATTON



Stress and the Holidays

"Ensuring our community can enjoy the holidays with their loved ones, is our top priority this holiday season" – Union County Sheriff, Jamie Patton

The Union County Sheriff's Office, like many law enforcement agencies across the United States, see a rise in calls that can disrupt what should be a special time for you and your family. However, each year we see offenses such as driving under the influence, domestic violence, thefts, and unfortunately suicides that impact this enjoyable time. Sheriff Patton explains, "the holidays can be very hard on people for numerous reasons, and we at the Sheriff's Office felt it was important to remind people to make sure you take care of yourself and others so we all can enjoy our families to the fullest."

Below are some tips on how to stay safe, and take care of yourself:

- Always make sure you have a designated driver if you're going to consume alcohol.
- It's ok to set boundaries with family and finances.
- Make sure you set time aside for your own personal self-care.
- If you're feeling overwhelmed, reach out for help.

Sheriff Patton reminds the community that "988" is available nationwide, "having a national crisis hotline available, provides a valuable resource to assist people when they are trying to navigate a crisis this holiday season." Locally, Maryhaven has crisis hotlines that individuals can contact at 1-800-731-5577 or can text "4help" to 85511. Maryhaven is open Monday through Friday from 8:00am to 12:00am and Saturday/Sunday from 5:00pm to 12:00am to assist someone that might be going through a crisis. Maryhaven is located at 715 South Plum Street in Marysville.

If you do need law enforcement assistance with someone that is having a difficult time, please be sure to contact your local law enforcement agency. Each of our law enforcement partners in Union County have CIT trained officers who are specially trained to assist someone who is in a mental health crisis. Sheriff Patton reminds the public, "from everyone at the Sheriff's Office, have a great holiday season and stay safe!"