



ONEIDA COUNTY GOVERNMENT

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For Immediate Release

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Help is Available During the Holiday Season

The holiday season can be filled with joy, magic and gatherings with friends and family. It can also be stressful, sad and lonely for others. Mental health is always important but sometimes the pressures that can come with the holidays increase, making everyday struggles a little bit harder for some of our community members.

“This time of year can be challenging for people, but we want everyone to know they are not alone,” said Oneida County Executive Anthony J. Picente Jr. “Oneida County is dedicated to the emotional, mental and physical wellbeing of our residents. We have a tremendous amount of resources that can help those who are struggling. We are proud of our community partnerships that assist those in need, not only this holiday season, but throughout the entire year.”

During this holiday season, check in with your family, friends and neighbors. If you are struggling emotionally, talk to a friend, family member or professional. Resources are available throughout the community. 988 is available by text or call if someone is in crisis. The Oneida County System of Care resource directory is full of resources in our area and can be found at <https://oneidacountysoc.com/>.

We have lost too many community members to drugs. We know that the current drug supply is likely tainted. If you or anyone you know uses or may use drugs, please have Narcan and fentanyl testing strips available. Don't use alone and if there is concern someone is overdosing, call 911. These tools can save your life or the life of someone you care about. Narcan and fentanyl/xylazine test strips are available to all Oneida County residents free of charge to anyone who wants or needs them. Visit <https://www.ocopioidtaskforce.org/>.
