



Holiday Blues? Brave Health Extends a Lifeline to Floridians Facing Mental Health Challenges

Miami, Florida (12/15/2023) — The holiday season, often considered a time of joy and celebration, can be exceptionally difficult for individuals facing mental health challenges. Increased stress, family pressure, financial strain, and reminders of loss can intensify feelings of anxiety and depression, making it crucial to provide timely and accessible mental health resources.

A study published in [Translational Psychiatry](#) underscored the impact of seasonal changes on individuals with a history of suicide. The study revealed a significant correlation between the peak of explicit and implicit suicide cognition in winter and the subsequent peak in suicide attempts and deaths during the spring.

"The holiday season is usually the time to celebrate and be merry, however this is not the case for some as the season can be very stressful and triggering. We understand the unique challenges that the holiday season and end of year poses for individuals struggling with mental illness and/or suicidal ideation," said Aleksandr Zverinskiy, MD, Chief Medical Officer at Brave Health. "Our commitment is to ensure that individuals in need have access to the care and support they require during this time of increased vulnerability."

In response to the growing demand for mental health support during the holidays, Brave Health is offering same-day appointments throughout the last two weeks of December. These mental health services are available via smartphone or computer to individuals with Medicaid, Medicare, and Commercial insurance throughout the state.

"No one should face their mental health struggles alone. By expanding our clinical capacity during this critical time, we aim to provide a beacon of support and hope for those who need it most," says Julia Williams, LCSW, Director of Clinical Services at Brave Health.

To address the holiday demand for mental health services, Brave Health will only be closed on Christmas Day and New Year's Day. The organization encourages healthcare professionals and community members to take advantage of the expanded availability by referring individuals in need before the holiday break. Patients can also request an appointment on Brave's website or by calling (305) 902-6347. Brave Health is offering same-day appointments during the last two weeks of December.

For more information about Brave Health and its services, please visit www.bebavehealth.com.

About Brave Health

Brave Health is a national, virtual-first mental health provider dedicated to serving people with government-sponsored insurance plans, including Medicaid, Medicare, and Commercial. We use telehealth to make treatment available to more people, when and where they need it. Through partnerships with 200+ health plans, we impact more than 65 million lives across 18 states, including Florida, Georgia, Illinois, New York, and Texas.

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