

When should you call for help?

Call your doctor, or any of the numbers listed below for help if you notice any of these things:

- You are thinking about suicide or hurting yourself
- You are down for days at a time and cannot do the things you normally do
- You turn to alcohol or drugs for comfort

Kewaunee County Crisis
(920) 255-1645 (any time)

Kewaunee County Behavioral Health (920) 388-7030 (8:00 a.m.-4:30 p.m.)

National Suicide Prevention Lifeline
1-800-273-TALK
(8255) (any time)

**Created by Kewaunee County Public Health Department
810 Lincoln St.
Kewaunee, WI 54201
920-388-7160**

Source: <http://www.mayoclinic.org/diseases->

Seasonal Affective Disorder



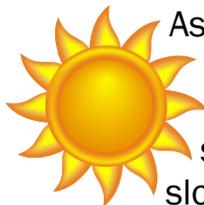
**What is it?
Why does it happen?
What are signs to watch for?
What steps can you take to help?**



What is Seasonal Affective Disorder?

Seasonal Affective Disorder, also known as SAD, is a type of depression that causes a serious mood change that happens over the winter months and goes away over the summer months. A very small number of people with SAD experience it over the summer months instead of the winter months, but that is very rare.

What causes SAD?



As fall and winter approach, the hours we have natural sunlight each day slowly start to decrease. This decrease in natural sunlight can cause certain chemicals in the brain that deal with sleep patterns and mood to be disrupted.

What are the signs of SAD?

Your symptoms may start out mild and get worse as winter goes on. You may notice some of these things in yourself:

- Feeling depressed for most of the day, for many days
- Feeling hopeless or worthless
- Having less energy than normal; feeling sluggish
- Losing interest in things you used to enjoy
- Sleeping more than normal; feeling like you want to “hibernate”
- Spending less time with your friends and family
- Eating more than normal; craving unhealthy foods; gaining weight



What can you do to help relieve or prevent SAD?

There are many ways you can help relieve your symptoms of SAD or prevent yourself from getting SAD! Try some of these things for a healthy and happy winter:

- Make your world brighter—open your blinds, sit near windows when you can
- Get outside—eat lunch at a park, sit outside on a bench, or take a walk
- Get moving—try yoga or going for a walk—this will improve your mood and help relieve stress and anxiety
- Spend time with people you like being around
- Eat healthy meals and snacks
- Get 7-9 hours of sleep nightly

