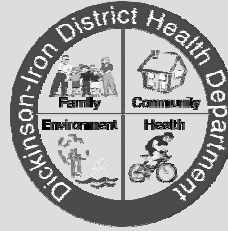


# Coping with Stress and Depression



## Dickinson-Iron District Health Department

*"Serving the community since 1936 in Health Protection, Health Education and Disease Prevention"*

### FACTS:

- According to the National Institute of Mental Health, about 19 million people in the United States – one in ten adults – experience depression each year, and nearly two-thirds do not get the help they need. Treatment can alleviate the symptoms in over 80 percent of the cases. Yet, because it often goes unrecognized, depression continues to cause unnecessary suffering.
- Depression is a pervasive and impairing illness that affects both women and men, but women experience depression at roughly twice the rate of men.
- Although the causes are complex and don't always follow a clear pattern, depression does tend to run in families.
- Holidays can lead to stress, fatigue, unrealistic expectations, financial constraints, and the inability to be with one's family and friends. The demands of shopping, parties, family reunions, and house guests also contribute to feelings of tension. People who do not become depressed may develop other stress responses, such as: headaches, excessive drinking, over-eating, and difficulty sleeping.

Stepping Up to a Healthier You Month

### SERVICES AVAILABLE:

#### **Dickinson-Iron District Health Department**

**(906) 774-1868 or (906) 265-9913**

[www.didhd.org](http://www.didhd.org)

If you are unsure where to go for help, talk to someone you trust who has experience in mental health - for example, a doctor, nurse, social worker, or religious counselor. Ask their advice on where to seek treatment.

#### **Community Mental Health Services**

Mental health services in Michigan are coordinated through local Community Mental Health Services Programs (CMHSPs).

#### **Northpointe Behavioral Healthcare System**

**24/7 Crisis Line: (800) 750-0522**

**(906) 774-0522 or (906) 265-5126**

## WHAT YOU SHOULD KNOW:

Mental health is essential throughout life for personal well-being, establishing and maintaining family and interpersonal relationships, and contributing to community and society.

The National Mental Health Association recommends the following strategies to cope with stress and depression during the holidays:

- Keep expectations for the holiday season manageable
- Remember the holiday season does not banish reasons for feeling sad
- Leave “yesteryear” in the past and look toward the future.
- Do something for someone else.
- Enjoy activities that are free.
- Be aware that excessive drinking will only increase your feelings of depression.
- Celebrate the holidays in a new way.
- Spend time with supportive and caring people.
- Reach out and make new friends or contact someone you have not heard from for awhile.
- Save time for yourself! Recharge your batteries! Let others share responsibility of activities.

## RESOURCES:

### **National Mental Health Association**

<http://www.nmha.org>

### **National Institute of Mental Health**

<http://www.nimh.nih.gov>

### **“Depression: What Every Woman Should Know” Fact Sheet**

<http://www.nimh.nih.gov/publicat/depwomenknows.cfm>

### **National Crisis and Suicide Website**

[www.suicidehotlines.com/Michigan.html](http://www.suicidehotlines.com/Michigan.html)

