



Highlight on Health



An Emmons County Public Health Unit Publication

Important Dates

January 1
New Year's Day

January 11
Wear Blue Day

January 12
National Pharmacist Day

January 15 -21
Healthy Weight Week

January 16
MLK Day

January is Mental Health Awareness Month



Mental Awareness Month: Knowing The Signs of Trouble

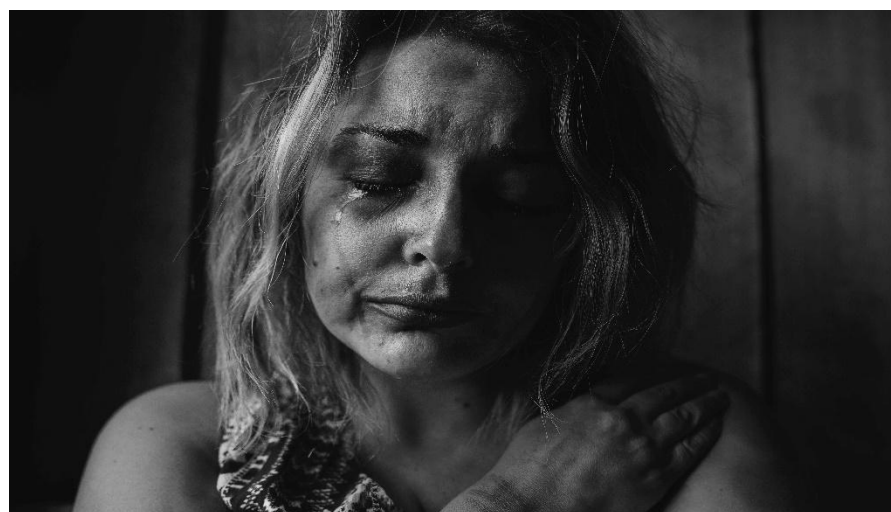
Shifting into the winter months can be a big adjustment. As the weather changes, so does the moods of behavior.

The National Institute of Mental Health (NIH) defines Seasonal Affective Disorder (SAD) as someone feeling sad and having mood changes that start and end with the changing seasons. Days get shorter in the fall and winter.

It's no secret living in North Dakota being blasted with snow and frigid temperatures that can keep us indoors interrupts our planned outdoor activities. This can greatly affect our lifestyle.

It's necessary to identify the signs when you or a loved one may be experiencing the symptoms of SAD.

Some of those signs include feeling depressed, losing interest in activities, changes in appetite and weight, and oversleeping. Most cases have shown changes in behavior in the late fall or early winter.



Millions of Americans have been reported to experience SAD, especially those living farther North where there are shorter daylight hours in the winter.

There are ways for SAD to be prevented. People who have a history of SAD can talk with their healthcare provider in advance before the arrival of the time.

Treatments for the disorder often range from light therapy, psychotherapy, antidepressant medications and Vitamin D.

Did you know that light therapy has been a SAD treatment since the 1980s?

Treatment involves a person sitting under a bright light box for 30 to 45 minutes daily.

The whole idea of this is to make up for diminished natural sunshine during the darker months. The light is 20 times brighter than the average indoor light.

This treatment may work for some but not all because of sensitivity.

Adding a light filter can reduce the harmful UV light, but some people with certain eye diseases or taking medications may have to use alternative methods.

Studies show that sometimes SAD runs in the family history. It is common for family members and is more present with members who have other illnesses, such as depression or schizophrenia.

If suicidal thoughts occur when encountering SAD, contact the National Suicide Prevention Lifeline by dialing 9-8-8.

A 2017 study completed by the Substance Abuse and Mental Health Services Administration (SAMHSA) found that adults ages 18 and older had thoughts of suicide, and the number is higher for people living with mental health disorders.

Suicide is the 10th leading cause of death in the U.S. and is the second leading cause for individuals ages 10 to 34.

Knowing the signs of suicide can save your life or someone else's.

Some of the warning signs of suicide are isolation from loved ones, feeling hopeless, and feeling anxious.

Healthy Baby Clinic

Emmons County Public Health

118 E. Spruce Ave. Linton, ND

701-254-4027

Services offered:

- Height/weight checks
- Car seat checks
- Breastfeeding help
- Ear checks and Tympanograms
- Immunizations

*All services free, immunizations billed to child's insurance.

No appointment necessary!

Open to all children:

- Newborn through 3 years old

When:

- 1st Monday of the month- 12pm-4pm
- 3rd Thursday of the month - 2pm-6pm

