



S.A.D. Seasonal Affective Disorder

What is seasonal depression?

As the seasons change and the days get shorter, some people may develop symptoms of depression. Seasonal depression, also known as Seasonal Affective Disorder (SAD), is a form of depression that occurs based on seasonal changes in sunlight. Symptoms include increased sadness, feeling anxious, feeling sluggish, irritability, changes in appetite, and sleeping for long periods of time. These symptoms can be severe enough to affect quality of life.

Is treatment available for seasonal depression?

Several types of treatment are available for SAD. One common treatment involves the use of artificial light to simulate sunlight. This treatment is called Bright Light Therapy (BLT). In BLT, people with SAD sit directly in front of a light box every day. The amount of time a person needs to spend by a light box varies greatly among individuals and changes as the seasons progress. Some people need as little as 40 minutes of exposure daily; others require several hours of exposure, combined with psychotherapy and medications. Because there are many causes of depression, it is important to consult with a health care provider or mental health professional before seeking treatment.

Where can I get more information?

For more information on SAD, call the Depression and Related Affective Disorders Association at (800) 789-2647.

If you suffer from S.A.D. call Human Behavior Associates.

Human Behavior Associates, Inc.-HBA is the provider of your Employee Assistance Program. Employees and their family members can call **1-800-937-7770** 24 hours per day, 7 days per week to request assistance with personal, family, financial or legal problems.

SAMHSA'S NATIONAL MENTAL HEALTH INFORMATION CENTER

Internet SAFETY for Children

NEVER give out your full name, your telephone number, the name of your school or your address over the Internet unless you have your parent's permission.

NEVER arrange a face-to-face meeting with someone you meet online.

Be careful if you receive e-mail messages or files from a stranger — ALWAYS let an adult open them first. Sometimes web sites ask you to send in material for them to post online.

ALWAYS check with your parents before sending a photo or anything you've written to someone you don't know.

ALWAYS tell your parents if you see bad language or something that makes you feel uncomfortable online.

ALWAYS get your parents permission before clicking on links to other sites (including ads).

NEVER buy anything online or give out credit card information without your parent's permission.

NATIONAL MENTAL HEALTH INFORMATION
CENTER / WWW.MENTALHEALTH.SAMHSA.GOV



Holiday Driving

The Christmas holiday period is a particularly dangerous time. Here are tips to help ensure your safety on the road.

Vehicle preparing and packing

- Have your vehicle checked before travelling. Many garages offer safety checks for tire tread and pressure, lights, brakes, cooling systems and other components.
- Make sure everything is securely stowed when you pack your vehicle. Even small objects can become dangerous missiles in the event of a sudden stop or a crash.
- If you're towing a trailer or caravan, load heavy objects evenly over all of the axles.

Holiday driving often means spending several hours behind the wheel. Long journeys can be tiring, and fatigue can be fatal behind the wheel. There are some simple ways to avoid fatigue and improve your alertness.

- Get plenty of sleep before your journey, and try to drive at times of the day when you are normally awake.
- Take your time and plan for rest breaks every couple of hours. Get out of your vehicle and take a short walk or do some other exercise to get your blood flowing and improve alertness. If you feel tired, take a short nap (less than 40 minutes).
- If possible, share the driving.
- Don't drink and drive, and don't speed. Many fatigue-related crashes also involve these two factors.
- Use air conditioning if your vehicle has it. Cool air will keep you more alert and will help avoid frustration and stress, which is a major cause of fatigue. Make sure your air conditioning is set to the "fresh air" mode.

Keep an eye out for kids

Watch out for children on the road. Young cyclists and pedestrians can be unpredictable and poor judges of vehicle speed. Young children may also be learning to ride new bikes over the holidays. Please respect cycle lanes.

Keep an eye out for beginning drivers - the holidays are a popular time to learn to drive.

Keep your cool

- Keep *right* unless passing. If you're a slower driver, pull over when you can to let others pass.
- Be patient and don't be provoked by other drivers' aggressive behaviour.
- Be courteous - let others merge into traffic and use your indicators before turning or changing lanes.

Buckle up Too many family holidays are marred by tragedy when a crash occurs and people aren't properly restrained. It's the driver's responsibility to make sure that all passengers are wearing safety belts. The law requires children to be restrained in approved child seats suitable to their size and weight. There is a \$150 fine for each person not buckled up.

Share the road

- Always keep a safe following distance between yourself and the vehicle in front. This gives you a safe stopping distance should the vehicle in front of you stop suddenly.
- **Be patient.** Trucks and towing vehicles have lower speed limits. If you're travelling behind a slower vehicle, wait for a passing lane or until you can see clear road ahead of you and enough space to overtake safely.
- After overtaking a larger vehicle, don't slow down quickly or cut in too closely. Larger vehicles take a longer time to brake and you could end up getting hit from behind.

LAND TRANSPORTATION SAFETY

Human Behavior Associates, Inc. - HBA is the provider of your Employee Assistance Program. Employees and their family members can call **1-800-937-7770** 24 hours per day, 7 days per week to request assistance with personal, family, financial or legal problems.

