

**For Information Contact:**

Lydia Sermons-Ward, 703-907-8640

[press@psych.org](mailto:press@psych.org)

Alissa Schulman, 703-907-8562

[Aschulman@psych.org](mailto:Aschulman@psych.org)**For Immediate Release:**

November 30, 2007

Release No. 07-89

**Holiday Season Brings Stress, Anxiety to Many;  
APA Offers Tips for Coping with Mood Disorders in Winter Months**

**Arlington, Va. (Nov. 30, 2007)** — The holiday season can be a happy time of year, as family and friends gather to share warm memories and create new ones. However, the American Psychiatric Association (APA) recognizes that for some people, the holidays bring stress, anxiety and feelings of depression.

Coping with mood disorders, such as major depression and seasonal affective disorder (SAD), can be especially difficult during this time. This month, the APA's public information Web site, [HealthyMinds.org](http://HealthyMinds.org), features information to help individuals and families cope with the holiday season.

"Mood disorders, such as depression and bipolar disorder, are very common, and fortunately very treatable," said APA member Douglas Jacobs, M.D., president and CEO of the nonprofit organization Screening for Mental Health Inc., and associate clinical professor of psychiatry at Harvard Medical School. "When left undiagnosed, mood disorders can have serious implications, including suicidal thoughts and actions. It is important to seek treatment if you believe you may be suffering from a mood disorder."

Dr. Jacobs answers questions about mood disorders this month on [HealthyMinds.org](http://HealthyMinds.org). The site also includes information on appropriate holiday alcohol consumption, helping children cope with holiday stress and managing seasonal affective disorder (SAD). In addition, the site has free brochures on depression, bipolar disorder and SAD.

Media interested in speaking with a psychiatric expert on these or other topics should contact APA's communications office at 703-907-8640 or [press@psych.org](mailto:press@psych.org).

**About the American Psychiatric Association:**

The American Psychiatric Association is a national medical specialty society whose more than 38,000 physician members specialize in diagnosis, treatment, prevention and research of mental illnesses including substance use disorders. Visit the APA at [www.psych.org](http://www.psych.org) and [www.HealthyMinds.org](http://www.HealthyMinds.org).

###