

Wellness at Work

86 % of people sit throughout their entire work day. Take time to stand, stretch, and take walks throughout your day!



Did you know?

1 in 5 people will experience mental illness at some point in their lifetime. 56 percent of people do not seek treatment. If you are looking for mental health treatment call 988 for resource information.



Self Care Challenge

Reach out to a friend you have not connected with in awhile. Make a plan to meet for coffee or lunch to catch up!



you're doing great!



988
Call • Text • Chat
[helplinecenter.org/988](https://www.helplinecenter.org/988)

Seasonal Affective Disorder

Seasonal Affective Disorder (SAD) is a type of depression that occurs at a specific time of year, usually during the fall and winter months when there is less sunlight. It is sometimes referred to as "winter depression" or "winter blues." The exact cause of SAD is not known, but it is believed to be related to changes in light exposure, which can affect the body's internal clock (circadian rhythm) and serotonin and melatonin levels. The symptoms of SAD are similar to those of major depressive disorder and may include:

1. **Low energy levels**
2. **Difficulty concentrating**
3. **Fatigue**
4. **Changes in sleep patterns (either oversleeping or insomnia)**
5. **Weight gain or loss**
6. **Feelings of hopelessness or worthlessness**
7. **Loss of interest in activities once enjoyed**
8. **Social withdrawal**

It's important to note that not everyone who experiences changes in seasons or reduced sunlight will develop SAD, and the symptoms can vary in intensity. Light therapy, psychotherapy, and medication (such as antidepressants) are common treatment options for SAD. If you suspect you or someone you know may be experiencing SAD, it is advisable to consult with a healthcare professional for a proper diagnosis and appropriate treatment.

What is 988?

988 is a lifeline for those in crisis and people needing mental health support, or . 988 connects you directly to local, trained counselors who can assess your situation and provide you help. It's free, confidential and available 24/7.



The Helpline Center, in collaboration with the South Dakota Department of Social Services, remain steadfast in our work to provide help and hope to individuals when it's needed most.

Call 988 for:

- Help with mental-health related distress
- Suicide crisis or having suicidal thoughts
- Help with substance use disorders
- Behavioral health resources and treatment options
- 24/7 emotional support
- Help with a loved one's behavioral health

