



COUNTY OF SAN DIEGO NEWS ADVISORY

FOR IMMEDIATE PUBLICATION

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November 14, 2008

DO SUICIDES GO UP DURING THE HOLIDAYS? *Are the Economy and Money Problems Making People Depressed?*

Do suicides go up during the holidays? Do anxiety and depression increase during the holiday season? Are the economy and financial issues making people depressed?

Dr. Jeff Rowe, a psychiatrist with the County of San Diego Health and Human Services Agency (HHS), is available to answer these and other questions related to mental illness.

Dr. Rowe and other HHS mental health services experts can also provide tips on how to keep the blues away.

If you are interested in scheduling an interview with Dr. Rowe or another mental health services expert, please call José A. Álvarez at (619) 515-6635.

The holiday season should be a time of joy, cheer, parties, and gatherings with family and friends. However, according to Mental Health America, many people experience feelings of loneliness and anxiety. Furthermore, stress, fatigue, unrealistic expectations, financial constraints, and the inability to be with loved ones and family can cause the "holiday blues." Even more people experience post-holiday let down after January 1.

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