

COUNTY OF KANE



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Kane County Health Department Urges Residents to Prioritize Mental Well-Being During the Holiday Season

(MEDIA RELEASE 12/4/25) The holiday season can be a joyful time, but it can also bring added stress, financial pressure, grief, busy schedules, and emotional strain. In addition, shorter daylight hours during the winter months can contribute to Seasonal Affective Disorder (SAD), a type of depression that typically appears in late fall and winter.

The Kane County Health Department (KCHD) encourages residents to take steps to care for their mental health and to reach out for support when needed.

“This is a favorite time of year for a lot of people, but please be mindful that many people feel increased stress or sadness this time of year,” said Michael Isaacson, KCHD Executive Director. “These feelings are common, and help is available.”

Holiday stress can show up as fatigue, irritability, difficulty sleeping, increased worry, or feeling overwhelmed. Seasonal Affective Disorder (SAD) may include low mood, decreased energy, changes in appetite, or loss of interest in activities. SAD is treatable, and early support can make a difference.

Residents who are experiencing holiday stress, symptoms of depression, or concerns about their emotional well-being are encouraged to connect with Behavioral Health 360, Kane County’s mental health self-help website available at: <https://kanehealth.crediblemind.com/>. Behavioral Health 360 helps residents access mental health and substance use resources, whether through self-help tools or by connecting with a local Kane County provider.

Behavioral Health 360 offers resources in multiple formats to meet different learning styles, including audio podcasts, videos, articles, and more. This variety allows residents to access information and support in the way that works best for them, whether they prefer listening, watching, or reading. Examples include:

- [Determine if the holidays are causing you stress by taking an online assessment quiz](#)
- [Watch a video on how to prepare for holiday gatherings that allow a space for grief](#)
- [Read an article on the unique challenges of the LGBTQ+ community during the holidays](#)
- [Listen to a podcast that discusses how to reduce alcohol intake during social situations, especially around the holidays](#)

If you or someone you know is struggling or in crisis, help is available 24/7. Call or text 988 or chat via 988lifeline.org for immediate support.

