



STATE OF CONNECTICUT  
EXECUTIVE CHAMBERS

M. JODI RELL  
GOVERNOR

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CONTACT: Rich Harris, 860-524-7313  
[rich.harris@ct.gov](mailto:rich.harris@ct.gov)

## **Governor Rell Teams with DCF for Holiday Stress-Busting Initiative**

### *Seasonal Risk of Emotional Distress Prompts Information Campaign*

Governor M. Jodi Rell today announced a joint venture with the Department of Children and Families and Infoline 211 to help Connecticut residents deal with the stress of the holiday season.

The campaign aims to educate Connecticut parents, young adults and teens about the higher risks for stress and significant emotional distress during the holidays. It also offers information about available resources and special services in case of significant emotional distress.

“The holidays are a special time for children and their parents, but they can also be especially stressful,” Governor Rell said. “The season can magnify all kinds of troubles: loneliness, financial problems, separation from loved ones, substance abuse issues and a host of other factors. Experts say adults and teenagers are more likely to feel significant emotional distress – including depression, anxiety and sleep disturbances – during this time of year than any other. One of the best things people can do for themselves and their families is to seek help and support.”

The campaign, developed by DCF together with the Connecticut Radio Network, features public service announcements voiced by Governor Rell that will air on radio stations across the state through the holiday season. The announcements will direct people to call 211 or visit a DCF Web site, [www.stopholidaystress.com](http://www.stopholidaystress.com), for information on dealing with the pressure of the season.

DCF Commissioner Susan I. Hamilton, MSW, J.D., said the campaign is part of a larger initiative to use informational resources as a tool to prevent abuse, neglect, emotional disturbances or other crises that could get a family involved with the child welfare system.

“Parents want to make the holidays a special time for their children, but they can find that challenge overwhelming,” Commissioner Hamilton said. “If we can give parents easy access to information to cope more effectively with stress or to find help if they are experiencing significant distress, then we can prevent more serious problems.”