

- Health Services Message -

DECEMBER IS Seasonal Depression Awareness month



December is Seasonal Depression Awareness Month. Seasonal affective disorder, or SAD, is more than an experience of “winter blues.” Most commonly associated with fall and winter, SAD affects approximately 4-6% of the U.S. population, according to the American Academy of Family Physicians (AAFP).

Who’s at Risk: Females, living far from the equator, family history, depression or bipolar disorder and younger age (18-30 years).

Symptoms of Seasonal Affective Disorder include: Weight gain, fatigue, oversleeping, difficulty concentrating, social withdrawal, feelings of hopelessness or guilt and thoughts of self-harm.

Researchers do not fully understand SAD or why people get it, but believe the three main causes are likely related to a disruption of the circadian rhythm (which often occurs when sunlight decreases during the winter), a decrease in serotonin levels (which is the neurotransmitter in the brain that affects mood and emotions), or an imbalanced level of melatonin (which plays a role in sleep regulation).

What can you do about it? Get immediate help by speaking to your healthcare provider or talk to a mental health specialist about your concerns.

What you need to know: You are not alone! Anyone at anytime may need help coping with a stressful situation. There is help available!

Resources:

If you or someone you know is in immediate distress or is thinking about hurting themselves, call the National Suicide Prevention Lifeline toll-free at 1-800-273-TALK (8255) or simply dial 988. The toll-free TTY number at 1-800-799-4TTY (4889). You also can text the Crisis Text Line (HELLO to 741741) or go to the National Suicide Prevention Lifeline website at <https://988lifeline.org/>

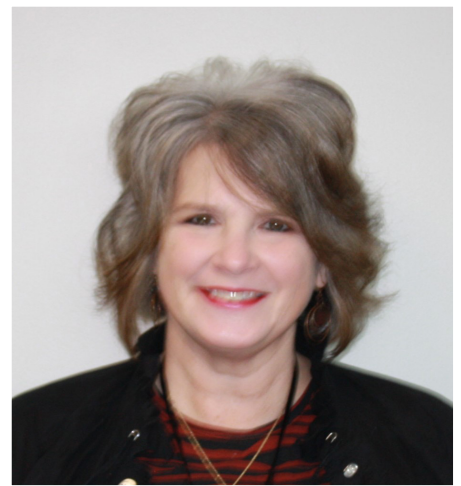
In Medina County - 24/7 Crisis & Behavioral Health Helpline – 330-725-9195

Crisis TEXT Line – Text “4HOPE” to 741741

<https://namimedinacounty.org/crisis-info/>

<https://medinamentalhealth.com/crisis/>

If you have any questions or are in need of resources, please reach out to Pam Wheeler, Health Services Coordinator, at 330-725-7751 ext. 234 or pwheeler@mcbdd.org.



Pam Wheeler,
Health Services Coordinator