

# MENTAL HEALTH NEWSLETTER

## November

MANY PEOPLE EXPERIENCE SEASONAL DEPRESSION DURING THIS TIME BECAUSE OF THE HOLIDAYS AND THE DECREASE IN SUNSHINE... DO YOU KNOW WHAT SEASONAL AFFECTIVE DISORDER (SAD) OR SEASONAL DEPRESSION IS?

**Seasonal affective disorder (SAD)** is a type of depression that's triggered by a change in seasons, usually when fall starts. This seasonal depression gets worse in the late fall or early winter before ending in the sunnier days of spring.

### Symptoms of depression:

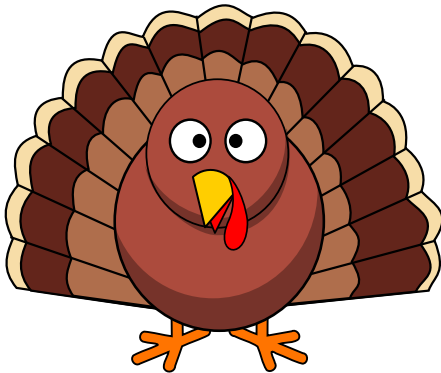
- Losing interest in activities
- Changes in appetite or weight
- Having problems with sleep
- Feeling sluggish or agitated
- Having low energy
- Feeling hopeless or worthless
- Having difficulty concentrating
- Frequent thoughts of death or suicide

### Symptoms of seasonal depression:

- Oversleeping
- Overeating
- Weight gain
- Social withdrawal

### NEED TO TALK?

Call the Suicide & Crisis  
Lifeline by dialing **988**.



### HOW DO YOU **COMBAT** SAD?

- Get as much sunshine as you can
- Create a sleeping routine
- Maintain a healthy diet
- Spend time with friends and family
- Talk to a counselor

### JOIN US FOR **REMEMBRANCE NIGHT**:

A night of remembrance to honor all of the loved ones we have lost in the past several years. It will be held on **Monday, November 14 at 6pm** in the **MPR**.

