

# news letter.

**Here's what's happening this month!**

*Welcome to our ADAMHS Board monthly newsletter! We are thrilled to share with you the latest developments in our mission to make a positive impact in our community.*

## Seasonal Depression



5% of the U.S. population is diagnosed with seasonal depression

### Symptoms

- Feelings of hopelessness and sadness
- Tendency to oversleep
- Change in appetite, especially a craving for sweet or starchy foods
- A drop in energy levels
- Difficulty concentrating
- Irritability
- Avoiding social situations

4 out of 5 people who experience seasonal depression are women



### Symptoms in Students

- Schoolwork completion decreases
- More tardies to class
- Increase in school absences

### Coping Mechanisms

1. Mindfulness app
2. Yoga
3. Uplifting Music Playlist

Seasonal Affective Disorder Affects 10 million Americans

### Treatment

- Counseling
- Antidepressant medication
- Light therapy
- Antidepressant medication

<https://www.mhanational.org/conditions/seasonal-affective-disorder-sad?city=926466c2>



**Board Meeting**

**TUESDAY,  
DECEMBER 09,  
4:00 P.M.**

247 COLUMBUS  
AVENUE  
3RD FLOOR, ROOM  
213, SANDUSKY, OH  
44870



**Here are a few tips to stay safe this holiday season:**

- Plan a safe way home before the party begins.
- Before drinking, designate a sober driver and give that person your keys. If you are the designated driver, take this role seriously and do not consume alcohol, not even one drink.
  - If impaired, use a ride/taxi service, call a sober friend or family member, or use public transportation to get home safely.
- If you happen to see an impaired driver on the road, contact local law enforcement.
- Remember, if you know someone who is about to drive while impaired or ride with an impaired driver, take their keys and help them make other arrangements.

**Visit Our Website**

**[HTTPS://WWW.ADHMSERIE.ORG](https://www.adamhserie.org)**