

FAIRFIELD COUNTY PREVENTION IN FOCUS

AN ENEWSLETTER BY THE FAIRFIELD
COUNTY ADAMH BOARD FOR SCHOOLS,
PARENTS, AND STUDENTS

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SEASONAL AFFECTIVE DISORDER (SAD): MORE THAN THE WINTER BLUES

As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the “winter blues,” some people may have a type of depression called seasonal affective disorder (SAD).

The first step is to determine how much your symptoms interfere with your daily life.

Do you have mild symptoms that have lasted less than 2 weeks?



- Feeling down but still able to take care of yourself and others
- Having some trouble sleeping
- Having less energy than usual but still able to do your job, schoolwork, or housework

These activities can make you feel better:



- Doing something you enjoy
- Going outside in the sunlight
- Spending time with family and friends
- Eating healthy and avoiding foods with lots of sugar

If these activities do not help or your symptoms are getting worse, talk to a health care provider.

Do you have more severe symptoms that have lasted more than 2 weeks?



- Social withdrawal
- Oversleeping
- Gaining weight
- Craving foods with lots of sugar like cakes, candies, and cookies

Seek professional help:



- Light therapy
- Psychotherapy (talk therapy)
- Medications
- Vitamin D supplements

For help finding treatment locally, visit www.fairfieldadamh.org.
If you or someone you know is in immediate distress or is thinking about hurting themselves, call the Mental Health Crisis Hotline at 740.687.8255, or text 4HOPE to the Crisis Text Line at 741741.



National Institute
of Mental Health

nimh.nih.gov/sad

NIMH Identification No. OM 21-4320



BE
PRESENT
OHIO

BE PRESENT OHIO

Can't people just be who they are without feeling judged, intimidated, or like they don't matter? School, work, relationships, and home life are tough enough, but what about added pressures like bullying, grief, loss, or emotional and mental issues? For many, this is a daily – and lonely – struggle. Being present is a simple yet powerful way we can be there for ourselves and each other. For information on taking care of one's self, being a friend, getting involved, communicating about potentially sensitive subjects, and more, visit bepresentohio.org.

NETWORK OF CARE PROVIDERS

- [Big Brothers Big Sisters of Fairfield County](#)
- [Fairfield Center of Hope](#) (formerly Fairfield Mental Health Consumer Group)
- [Fairfield County 2-1-1](#) (Information & Referral)
- [Fairfield County Family, Adult and Children First Council](#)
- [Lancaster/Fairfield Community Action](#)
- [Lancaster Recovery Services](#)
- [The Lighthouse](#)
- [Lutheran Social Services Faith Mission of Fairfield County](#)
- [Mental Health America of Ohio](#)
- [Mid-Ohio Psychological Services, Inc.](#)
- [New Horizons Mental Health Services](#)
- [OhioGuidestone](#)
- [The Recovery Center](#)

CRISIS TEXT LINE |

Text 4HOPE to 741741

A free, 24/7 text line for people in crisis.

Mental Health Crisis Hotline

740.687.8255

Toll-free: 855.431.0803

24/7/365



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