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NEWS

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SUMMER DEPRESSION? FREE & ANONYMOUS ONLINE MENTAL HEALTH SCREENINGS OFFER INSIGHT

You have probably heard of seasonal affective disorder affecting people as the seasons shift towards fall and winter. Did you know some people experience symptoms of depression in response to the longer, warmer days of spring and summer? This reverse seasonal affective disorder (also known as summer depression) has physical symptoms that are the opposite of the winter version such as poor appetite, insomnia, agitation and anxiety.

You may be surprised to learn about summer depression as everyone seems so happy this time of year. Vacations are in full swing, workloads are often lighter, and kids are spending their days playing outside. Do you feel like you are the only one who is not caught up in the fun?

Whether it is due to the weather change or the expectations of the season many times people feel depressed, anxious, or restless during the summer months. For this reason Mental Health America of Franklin County invites you to take a few moments to complete a free, anonymous online mental health screening. The screening can be accessed by visiting www.mhafc.org/screenings.php. Upon completing the screening you will receive immediate feedback as well as information on resources to access in Franklin County.

The staff at Mental Health America of Franklin County wants you to enjoy this last month of summer. If you aren't feeling your best take a screening as the first step to feeling better.

You can handle life's hurdles. We can show you how.

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Mental Health America of Franklin County is a private, not-for-profit organization, established in 1956. We are dedicated to promoting mental health in Franklin County through advocacy, education, and support services. Our programs include: information and referral to community mental health and alcohol/drug services; support groups for people with mental illness and their families; an Ombudsman program that assists clients in navigating the mental health and alcohol/drug system; mental health screenings in English and Spanish; community and professional mental health education and a newsletter for first-time parents available in both English and Spanish. We receive funding from the Franklin County ADAMH Board and United Way of Central Ohio. To become a member or find out more information, please visit us online at www.mhafc.org.

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