

December Newsletter



Seasonal affective disorder (SAD) is a type of depression that's characterized by fatigue, hopelessness, and social withdrawal during climates with less sunlight at certain times of the year. It has been linked to a chemical imbalance in the brain prompted by shorter daylight hours and less sunlight in winter. The most common treatment for SAD is light therapy or phototherapy. Self-care practices can also alleviate symptoms during the winter.

MH Challenge

ShopRaise



This month, join us as we write one thing that makes us joyful for 25 days! These can be any celebration or win that you've accomplished. They can be big or small, and will act as reminders of our happiness for this year.

We're on ShopRaise so every time you make a purchase, you're donating to our cause. It's a quick and easy way to help ensure we can thrive as a non-profit. Thank you for your support!

Join Our Community

You can always subscribe to our newsletter and follow us on social media to be a part of our community! Keep up with our latest events, blog posts, podcast episodes, and more!

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