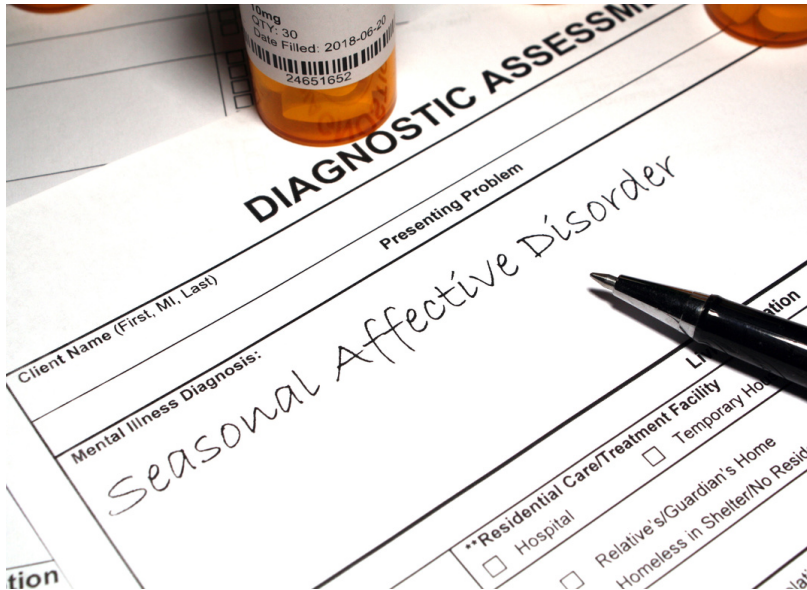
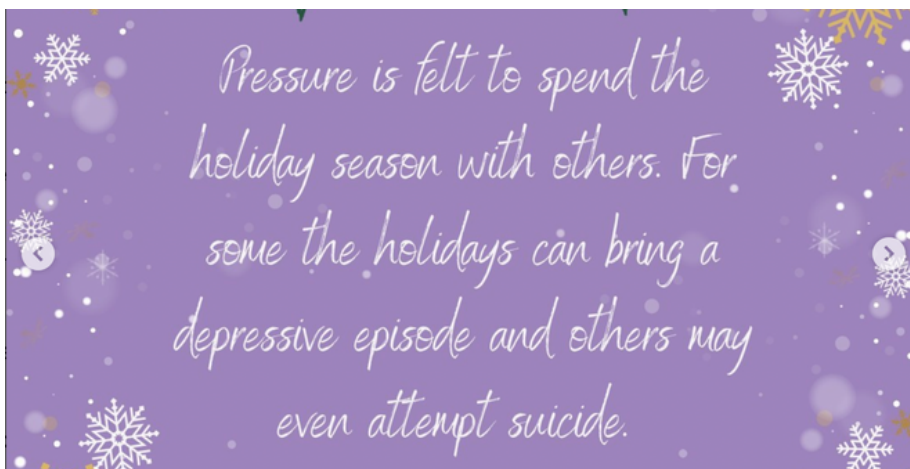


# December Newsletter



In honor of Seasonal Affective Disorder Awareness Month, December is used as a time to discuss seasonal affective disorder (SAD). Almost **16 million** people in the U.S. suffer feelings of depression and suicide during the changing of seasons. Little is known of the exact cause, but there is an abundance of resources that gives helpful information on alleviating symptoms. Some include [light therapy](#) and [tips for coping during the holidays](#).

## Holiday Blues Live Event



The holiday season for many people may be a challenging time. Loneliness, depression, and even suicidal ideation were found to spike exponentially during this season. We at Trauma Speaks would like to acknowledge this difficult and challenging time and thus invite you to join us on **Dec 25th, 5pm PST** at our Instagram Live event (@traumaspeaks). If you or a loved one are feeling lonely or depressed, or just need a little company, we encourage you to join us.

## 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!

You can also find us on AmazonSmile so that 0.5% of your total purchase gets donated to us!

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