



## PANORAMA

### Geauga County Board of Mental Health and Recovery Services

24/7 Geauga County Crisis Hotline  
Call COPELINE at 1-440-285-5665 or 1-888-285-5665

### CRISIS TEXT LINE

Text 4hope to 741741 for Free, Confidential, 24/7 Support



### A BIG WELCOME TO OUR NEWEST BOARD MEMBER!

Dr. Carolee K. Lesyk was sworn in as the newest member of the Geauga County Board of Mental Health and Recovery Services at their December meeting. Dr. Lesyk was appointed to the Board by the Ohio Department of Mental Health and Addiction Services, effective November 13, 2017 and ending on June 30, 2018. She previously served as a Board member for ten years - from June 2006 through June 2016. As a state licensed psychologist, Carolee's knowledge and experience in the mental health field makes her a great advocate for the mental health and recovery needs of Geauga County residents. Carolee shared this thought for those who have a mental illness - "Knowledge is power; the more you know about your affliction the easier it will be to learn to live with it or to control its' manifestations." It's great to have you back Carolee!

### DO YOU HAVE THE WINTER BLUES?

The winter months in Geauga County can be challenging, especially if you or a loved one suffer from Seasonal Affective Disorder, also known as SAD. This is a type of depression that comes and goes with the seasons, typically starting in the late fall/early winter and going away during the spring and summer. Some people report that their depression worsens when skies are overcast or if their indoor lighting is decreased. Northern Ohioans can expect about 200 cloudy days a year, so you can appreciate how some individuals may be affected!

The symptoms of Seasonal Affective Disorder can include having low energy, hypersomnia (sleeping too much), overeating, weight gain, a craving for carbohydrates, and feeling as if you want to "hibernate". This condition is also characterized by recurrent episodes of depression, which include lethargy, feelings of hopelessness, lack of interest in normal activities, social withdrawal, and in rare cases even suicidal thoughts.

If you, or a friend or loved one experience one or more of these symptoms for more than a few days, don't suffer, consult a doctor or mental health professional. And in the case of suicidal thoughts, don't wait! Call our local COPELINE, 24 hours a day, seven days a week at (888) 285-5665.

Fortunately, Seasonal Affective Disorder tends to respond very well to treatment. SAD can be treated with medication, psychotherapy and/or light therapy. For some people, bright white fluorescent light has been shown to reverse SAD depressive symptoms by replacing the diminished sunshine of the fall and winter months. Light therapy is easy to initiate and has few if any, side effects, so it is often considered the first line of treatment intervention. If your depressive symptoms are severe enough to affect your daily living, talk to a mental health professional or your physician.



FOR HELP REGARDING SAD OR ANY OTHER MENTAL HEALTH ISSUE CALL:

CATHOLIC CHARITIES at (440) 285-3537

RAVENWOOD HEALTH at (440) 285-3568

NAMI GEAUGA at (440) 286-6264

COPELINE (24 HOUR HOTLINE) at (888) 285-5665



## NOVEMBER LEVY RESULTS

Thanks to all who voted for the mental health renewal levy on November 7th. It passed by an overwhelming margin! These funds will be used to continue critical mental health and recovery education, prevention and treatment programs for Geauga County residents, including a 24/7 crisis Hotline (440-285-5665) staffed by trained professionals. Again, thanks for continuing to support your family, friends and neighbors who need help.

Geauga County Board of Mental Health and Recovery Services  
Phone 440-285-2282 | [Email mhrs@geauga.org](mailto:mhrs@geauga.org) | [www.geauga.org](http://www.geauga.org)