



NAMI

Ray of Hope

NAMI Seneca, Sandusky & Wyandot Counties
Phone - (419) 334-8021
Toll Free - (888) 582-8889
www.namissw.org

Holiday Myth: Depression and Suicide

Despite traditional media stories of an increase in suicides during the holiday season each year, research shows that there is actually a *decrease* in suicides during the months of December and January.

According to a study conducted by the Annenberg Public Policy Center of the University of Pennsylvania, this false perception was perpetuated by at least two thirds of the news stories for the end-of-year holiday period in 1999-2000. Dr. Daniel Romer led the study to show that the implication by the media that suicide rates increase during the holiday season is incorrect.

Research into suicide patterns began as early as the end of the nineteenth century. Back in the late 1800s, Enrico Morselli studied suicide in Europe and found that 17 out of 18 countries showed an increase in suicide rates during the spring and summer months. More recently, Dr. Kay Redfield Jamison, author of **Night Falls Fast: Understanding Suicide** (1999), found a similar pattern in a 1995 study. July has the highest rate, followed by August.....[More Details](#)

November 18, 2005



PTSD

Post-traumatic stress disorder (PTSD) is an anxiety disorder that can occur after someone experiences a traumatic event that caused intense fear, helplessness, or horror. PTSD can result from personally experienced traumas (e.g., rape, war, natural disasters, abuse, serious accidents, and captivity) or from the witnessing.....[More Details](#)

NAMI Ohio Continues Push for Parity

The 2005 legislative session is nearing adjournment, and NAMI Ohio and its Campaign Partners are working aggressively to advance parity this year or set the stage for a successful effort in 2006. Following is a report provided by NAMI Ohio officials after a recent Breakfast Roundtable.

At a Breakfast Roundtable held recently in his district, members of the Coalition discussed access to behavioral health care with Senate President Bill Harris. The attendees - all Senator Harris' constituents - included 4 behavioral health board directors, 2 family members, a county commissioner, a juvenile court judge, a middle school principal, a bank president, a police chief, a children services board director, a board of health commissioner, and a MH/AoD provider. Each spoke about access from their own perspective. It was a very impressive presentation from a very diverse group of advocates.

Sen. Harris told those in attendance that he is meeting with representatives from the insurance industry soon. He stated that he plans to ask them to conduct an actuarial study that looks at the long term impact of insurance mandates, including the impact on small business; the savings from early detection and intervention; and the negative and positive impact that mandates would have on the community. He said he suspects the study will show that there are some pretty substantial savings and, because the Senate is also considering a bill that would require insurance companies to expand the benefits for diabetes detection, used access to diabetes equipment as an example.

[More Details](#)

Upcoming Events

November 21, 7:00PM - NAMI SSW Board Meeting

November 23, 2:00PM - Tiffin C.A.R.E meeting

November 25, 2:00PM - Fremont C.A.R.E meeting

December 1, 7:00PM - Wyandot County Family Support Group

December 2, 2:00PM - Fremont C.A.R.E meeting

December 4, 7:00PM - Volunteer / Membership Advocacy Meeting

December 8, 2:00PM - Fremont Family Support Group

December 9, 2:00PM - Fremont C.A.R.E meeting

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NAMI SSW is a Member of the United Way of Sandusky County and an Associate Member of Tiffin-Seneca United Way.