



October, 2023

October: ADHD Awareness Month

October is the awareness month for many illnesses/disorders, one of those being ADHD also known as Attention Deficit Hyperactive Disorder. ADHD Awareness month.org makes a great point by describing the importance of education and understanding to help change people's views on ADHD.

<https://www.adhdawarenessmonth.org/>
<https://add.org/adhd-awareness/>

NEWS at CFBL

Some of you may have heard the good news... Dr. Serravalle is beginning a podcast! This podcast is all things trending in the vast world of mental health providing answers to your burning questions.

Hot Topics in Mental Health is on instagram @/hottopicsinmentalhealth

Fill out our **Podcast Form** at any time to suggest topics for Dr. Serravalle to discuss in future podcasts:

<https://docs.google.com/forms/d/1XJrWcQsvLugdU9kT6bKQDLvBE9q5LaTXCFmFNkFOt8/edit>

First episode: date TBD

Topic: What actually is Narcissism?

Seasonal Changes: How to prepare?

With the clocks changing in a month, how do we maintain our mental health when navigating a change in season?

- Regulate your sleep
- Eat healthy
- Plan ahead with skills and activities that have worked for you during past seasonal changes
- If necessary: Light therapy

Learn more about SAD and Light therapy below:

<https://www.cuimc.columbia.edu/news/how-fight-seasonal-depression>

An Article below from Johns Hopkins provides helpful insight into Seasonal Affective Disorder:

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/seasonal-affective-disorder>

Spooky

If Halloween is something you celebrate, have a safe and fun night. Below are some tips on maintaining children's safety on Halloween.

<https://www.safekids.org/tip/halloween-safety-tips>



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