

October is National Depression & Mental Health Screening Month

Beyond the winter blues



As winter approaches, you may start to feel sad. While the “winter blues” are common, Seasonal Affective Disorder (SAD) is a more serious condition.

To navigate SAD, prioritize your wellbeing, especially during winter. Feeling better takes time; it is a gradual process. If you think you might have SAD, consult with a healthcare professional.



**For more information and resources,
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