

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.



Scan the QR code to visit your member website for more information.