

UNDERSTANDING SAD

It's More Than Just the Blues



October 2021

SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

Seasonal affective disorder, or SAD, is a type of depression related to the change in seasons. Though bleak weather can be an energy sapper to anyone, there are simple steps you can take to keep your mood and motivation steady throughout the year.

SupportLinc provides confidential counseling, resources and referrals to help address concerns that impact your wellbeing, like SAD.

WEBINAR

Seasonal Affective Disorder (SAD)
Available October 1, 2021
Located in the Monthly Feature Tile

Learn what causes this mood disorder and how to cope.



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