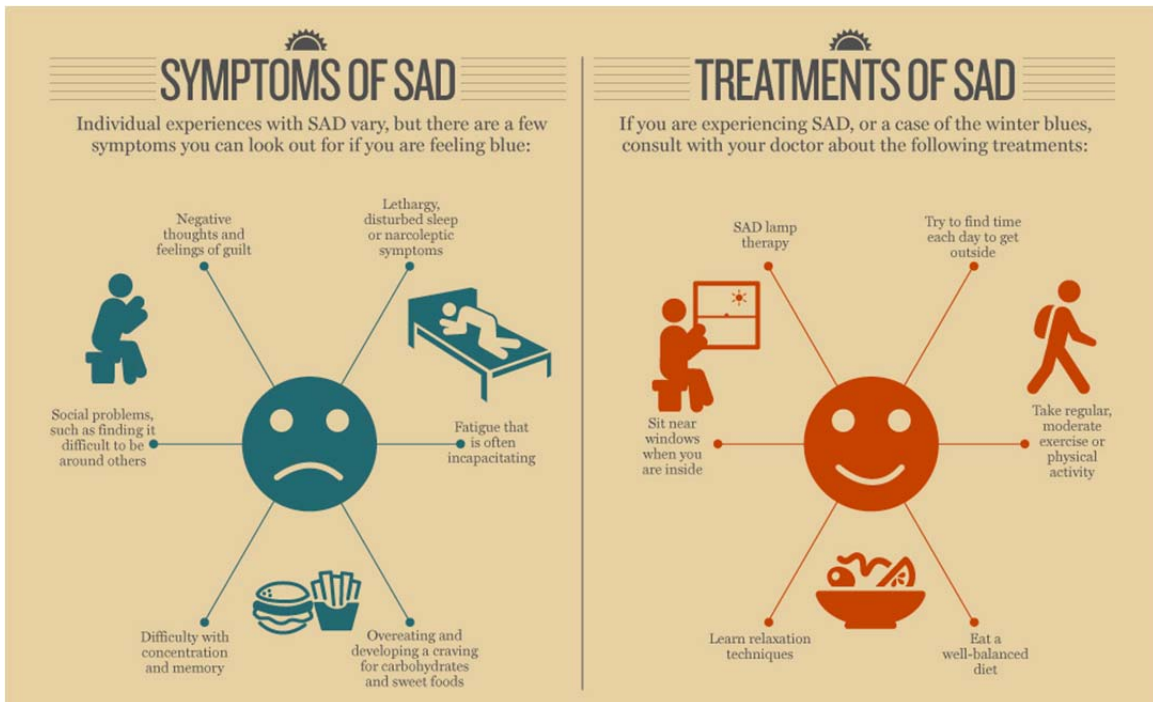


SEASONAL AFFECTIVE DISORDER

Seasonal affective disorder (SAD) is a type of depression that is tied to seasons of the year. Most people with SAD are depressed only during the late fall and winter (sometimes called the “winter blues”). Although SAD can have a devastating effect on a person’s life, fortunately, almost all people with SAD can be helped with available therapies.



IF YOU THINK YOU HAVE SAD, WHAT SHOULD YOU DO?

If your symptoms don’t interfere too much with your daily living, you may want to try adjusting the light in your surroundings with bright lamps and scheduling more time outdoors in winter.

If your depressive symptoms significantly affect your daily living, the **Barnabas Health Employee Assistance Program** can help. Call today.

1-800-300-0628