



## Finding support for your winter blues.

If you're starting to feel the winter blues, you may be experiencing seasonal affective disorder (SAD). Symptoms can include:

- Feeling depressed most days
- Loss of interest
- Difficulty concentrating
- Changes in appetite
- Changes in sleep patterns
- And more

You don't have to tough out your symptoms. Our counselors are here for you. Our counselors are here to support you. COMPANY NAME virtual counseling powered by First Stop Health is provided to COMPANY NAME ELIGIBLE EMPLOYEES and their ELIGIBLE FAMILY for COPAY.

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