



Not feeling like yourself lately?

If you're feeling the winter blues or not like yourself, you may be experiencing seasonal affective disorder (SAD). Here's what to know:

Symptoms

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

When the holidays feel heavy, let us help carry the load.

First Stop Health therapy is available to you. Get short-term, solution-focused guidance to get through this winter. Every visit is confidential. **Schedule today!**



Download the app

Use the app to schedule a visit in just a few taps.

You can also visit firststopehealth.com or call 888-691-7867