



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 Mental Healthcare is here for you. Get compassionate support and guidance through this winter. Schedule your confidential visit today!



Download the app

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

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