

Feeling cloudy this summer?

You might've heard of seasonal affective disorder (SAD) in the winter, but it can also cast a shadow on your mood in the summer months too. Here's what to know:



Look out for these symptoms:

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



Talk with a mental health professional.

- Finding support for your mental health can be hard. We provide care from the comfort of your home, so you can focus on your wellbeing!
- Schedule a visit with a therapist or mental health coach at First Stop Health to uncover what's causing your mental struggles, learn new coping techniques, and heal from deeper issues and worries.



We're here when you need us.

Looking for an easier way to get compassionate care? Download our app for care that's available wherever you are. **Scan to get started!**