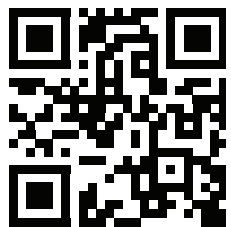


October is National Depression & Mental Health Screening Month

# Beyond the winter blues

As winter approaches, you may start to feel sad. While the “winter blues” are common, Seasonal Affective Disorder (SAD) is a more serious condition.

To navigate SAD, prioritize your wellbeing, especially during winter. Feeling better takes time; it is a gradual process. If you think you might have SAD, consult with a healthcare professional.



**Help is available. Visit your Employee Assistance Program member website, [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com) (enter Principal Core), or call 1-800-450-1327 (TTY 711).**