



Seasonal Affective Disorder Got You Down?

Let the EAP Help.

Season Affective Disorder (SAD) is not imagined. It is a treatable type of major depression that affects millions of people, during the year when there is less light. People in northern parts of the country may experience it more. Don't let "SAD" make you less happy, healthy, and productive. Call the EAP for confidential help.

HelpNet

(800) 969-6162

(800) 523-0591

Kalamazoo, Michigan area