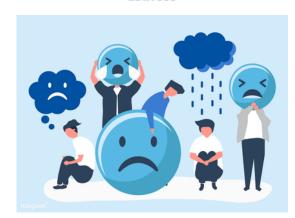
# Building Strong Minds: Combatting Seasonal Affective Disorder Together +

### **DID YOU KNOW?**

Seasonal Affective Disorder (SAD) is a type of depression that can occur with the seasonal changes. Typically affecting individuals during the fall and winter months.

# Arsenault Bros. CONSTRUCTION EST. 1983



#### **TIPS**

GET ENOUGH SLEEP

## PHYSICAL ACTIVITY

**SUN EXPOSURE** 

POSITIVE SELF TALK

**SOCIALIZE** 

# Resources Available

#### Bridge the Gap

www.brldgethegapp.ca

#### **Hope for Wellness**

www.hopeforwellness.ca 1-855-424-3310 available to Indigenous people in Canada.

#### **Members Health**

www.membershealth.ca /book

#### **Emergency Situations**

if you or someone else's safety is at risk, please call **911** immediately

#### **Emergency Support**

Call or text **988** if you or someone you know is experiencing suicidal thoughts