

# 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.



## TIPS

GET ENOUGH SLEEP

PHYSICAL ACTIVITY

SUN EXPOSURE

POSITIVE SELF TALK

SOCIALIZE

## Resources Available

### Bridge the Gap

[www.bridgethegap.ca](http://www.bridgethegap.ca)

### Hope for Wellness

[www.hopeforwellness.ca](http://www.hopeforwellness.ca)

1-855-424-3310

available to Indigenous people in Canada.

### Members Health

[www.membershealth.ca](http://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