

# Havning seasonal mood changes?



You might've heard about seasonal affective disorder (SAD) in the wintertime. But did you know that it can affect people 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



## Request a visit with a virtual counselor.

Use Virtual Counseling from First Stop Health to get short-term solution focused treatment for mental health concerns.



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Irving Materials, Inc. provides First Stop Health Virtual Counseling to medical-enrolled employees and their immediate family members for FREE.