



SAND CREEK GROUP, LTD.
RESOURCES WITHOUT BARRIERS

888-243-5744 (toll free)
651-430-3383 (local)
www.sandcreekeap.com

Confidential, Convenient,
No cost to you.

Seasonal Affective Disorder (S.A.D.) impacts a significant portion of the workforce every winter.

Many people mistake the significant symptoms of S.A.D. for the “winter blues”. S.A.D. symptoms include depression, lethargy, social withdrawal, headaches, sleep problems and generalized irritability. People suffering from S.A.D. battle these symptoms day in and day out. It takes its toll in our personal and our professional lives. S.A.D. symptoms coincide with the shorter daylight hours of winter that we experience in the northern climates. Effective treatment, including light therapy, is available to help alleviate these symptoms. For more information, contact your employee assistance program.

Your Employee Assistance Program is provided by The Sand Creek Group, Ltd.



SAND CREEK GROUP, LTD.
RESOURCES WITHOUT BARRIERS

888-243-5744 (toll free)
651-430-3383 (local)
www.sandcreekeap.com

Confidential, Convenient,
No cost to you.

Seasonal Affective Disorder (S.A.D.) impacts a significant portion of the workforce every winter.

Many people mistake the significant symptoms of S.A.D. for the “winter blues”. S.A.D. symptoms include depression, lethargy, social withdrawal, headaches, sleep problems and generalized irritability. People suffering from S.A.D. battle these symptoms day in and day out. It takes its toll in our personal and our professional lives. S.A.D. symptoms coincide with the shorter daylight hours of winter that we experience in the northern climates. Effective treatment, including light therapy, is available to help alleviate these symptoms. For more information, contact your employee assistance program.

Your Employee Assistance Program is provided by The Sand Creek Group, Ltd.



SAND CREEK GROUP, LTD.
RESOURCES WITHOUT BARRIERS

888-243-5744 (toll free)
651-430-3383 (local)
www.sandcreekeap.com

Confidential, Convenient,
No cost to you.

Seasonal Affective Disorder (S.A.D.) impacts a significant portion of the workforce every winter.

Many people mistake the significant symptoms of S.A.D. for the “winter blues”. S.A.D. symptoms include depression, lethargy, social withdrawal, headaches, sleep problems and generalized irritability. People suffering from S.A.D. battle these symptoms day in and day out. It takes its toll in our personal and our professional lives. S.A.D. symptoms coincide with the shorter daylight hours of winter that we experience in the northern climates. Effective treatment, including light therapy, is available to help alleviate these symptoms. For more information, contact your employee assistance program.

Your Employee Assistance Program is provided by The Sand Creek Group, Ltd.