



Working through Seasonal Affective Disorder (S.A.D)

Join peer staff on November 6th at 1:30pm for a workgroup addressing what S.A.D is and helpful ways to manage and work through it.

About **5%** of adults in the U.S. experience SAD and it typically lasts about 40% of the year. The prevalence of SAD varies with geographical latitude, age and sex. The prevalence increases at higher latitudes with SAD being more common in people living far from the equator where there are fewer daylight hours in the winter.

