

## Support to help you stay well this winter.

Visit the NHS website for more support and information about Seasonal Affective Disorder (SAD):

www.nhs.uk/conditions/seasonal-affective-disorder-sad/

If you are concerned about your health, call your GP or NHS 111.

Visit the NHS Live Well website for additional information about living well and staying healthy in winter:

## www.nhs.uk/live-well

