

# RISK FACTORS FOR THE WINTER BLUES



Winter blues is another name for Seasonal Affective Disorder, or SAD. The main difference between SAD and general depression is that SAD, as its name implies, affects people only at certain times of the year, according to *The National Institute of Mental Health*.

At least 25% of the population can be affected by SAD, but the Centers for Disease Control and Prevention identified certain populations with a higher risk. Those at risk of SAD include:

- people with a family history of mental illness
- people living with major depression or bipolar disorder
- women
- immigrants
- lesbian, gay, transgender, bisexual, and queer population

Additionally, there are social factors that can increase a person's risk for SAD, including:

- spending little time outdoors
- vitamin D deficiencies
- social isolation

***If you feel like you are at risk for the Winter Blues or depression, speak to your provider or a member of our team. Your provider or we will provide you with ideas and support to keep you healthy and safe this winter.***

## **WE CAN HELP.**

Our program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging. Anyone can make a referral to our program, including self-referrals, provider referrals, or community referrals.

**Call us today at**