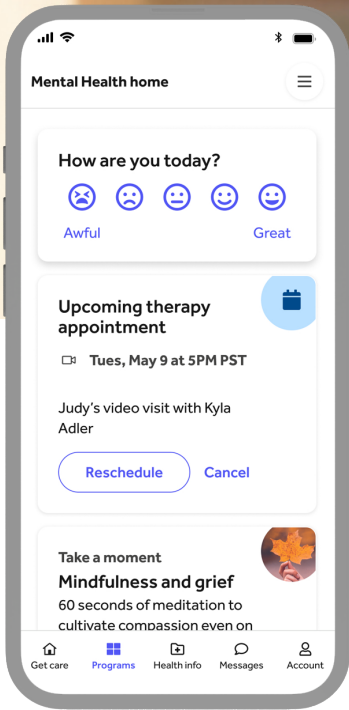


Get the professional support you need all season long



Talk to a mental health professional by phone or video when it's most convenient for you

Seasonal affective disorder (SAD) is common and often leaves people feeling hopeless or down. Reach out if you need help—a Teladoc Health therapist is ready to listen.



Choose the therapist or board-certified psychiatric provider who best fits your needs



Schedule an appointment 7 days a week



Have a visit by phone or video from wherever you are

Get the support you need

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