
February 2005



Do you feel sad for no apparent reason?

Seasonal Affective Disorder (SAD) can be a serious demotivating factor in the workplace. SAD is thought to be caused by the lower levels of light during the winter months causing people to feel less productive or more depressed in the winter as compared to spring and summer. January and February can often be the most difficult months for those suffering from SAD. Call AWP today if you would like more information about SAD.

Alliance Work Partners' Employee Assistance Program is a benefit provided by your company at no cost to you. All services are confidential. Contact AWP at:

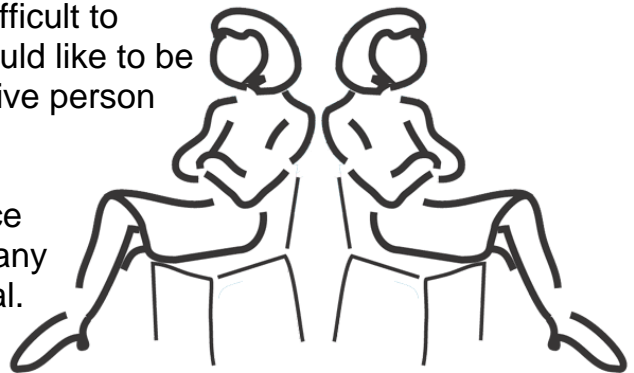


Toll Free: 800-343-3822 • TDD: 800-448-1823
Teen Helpline: 800-334-TEEN (8336) • www.alliancewp.com

Are you struggling with a co-worker or boss?

Strained relationships at work can make it difficult to concentrate and be as productive as you would like to be or need to be. It can help to talk to an objective person about the frustrations you are feeling.

Alliance Work Partners' Employee Assistance Program is a benefit provided by your company at no cost to you. All services are confidential. Contact AWP at:



Toll Free: 800-343-3822 • TDD: 800-448-1823
Teen Helpline: 800-334-TEEN (8336)
www.alliancewp.com