

Free Health Services

Every 2nd Saturday of the Month

Time: 10:00 AM - 1:30 PM

***Last patient accepted at 12:30 PM**

Offered Health Services

- Health Screening
- Blood Pressure Screening
- Medication Counseling
- Public and Behavioral Health Education
- Dental Consultation
- Seasonal Flu Shots (October and/or November)
- Care from UCSF Providers

Next Clinic Date:

Who We Are

About Us

The Mabuhay Health Center (MHC) is a volunteer-run organization that provides free health care resources to the people of San Francisco. Our main service is a free community health clinic that operates in San Francisco's South of Market (SoMa) district at the Bayanihan Community Center.

Contact Us

(415) 633-6421

info@mabuhayhealthcenter.org

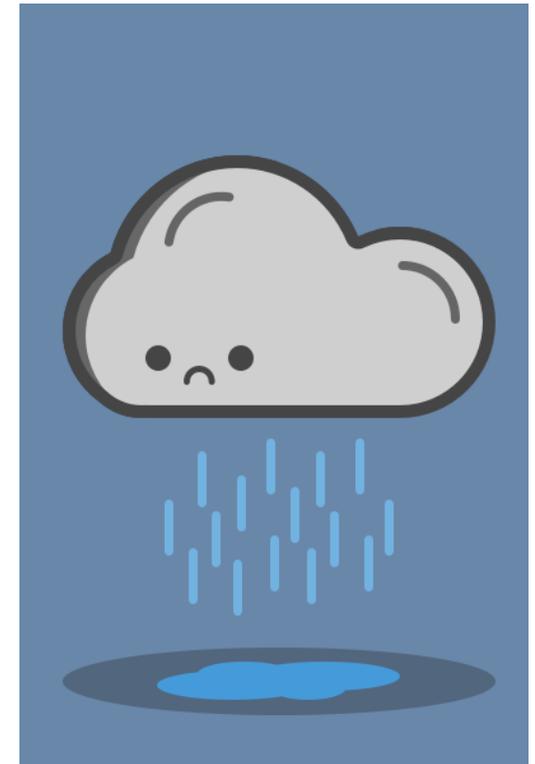
www.mabuhayhealthcenter.org



Mabuhay Health Center

1010 Mission Street

San Francisco, CA 94103



Seasonal Affective Disorder (S.A.D.)

MHC Behavioral Health



Overview of S.A.D.

S.A.D. is a type of depression that occurs at the same time each year due to the changing of the seasons. For example, one may experience symptoms of low-energy and moodiness from the start of fall into the winter months. It's more common to experience S.A.D. in the fall and winter than in the spring and summer. **Please consult your doctor or a healthcare professional if symptoms persist.**

Signs & Symptoms

- Feeling depressed a majority of the day
- Lacking interest in activities
- Low energy
- Trouble sleeping
- Appetite or weight changes
- Moodiness
- Decreased concentration levels
- Feelings of hopelessness, worthlessness, guilt, or suicide

“Being defeated is often a temporary condition.

Giving up is what makes it permanent.”

--Marilyn vos Savant, Columnist at Parade Magazine and Owner of the highest IQ ever recorded

Causes

- Circadian rhythm changes due to sunlight levels
- Serotonin level decreases which impact mood
- Melatonin level changes impact sleep and mood

Some Helpful Resources

National Suicide Prevention Lifeline
1-800-273-8255
Available 24/7

San Francisco Suicide Prevention
(415) 781-0500
Available 24/7

SFHN-BHS South of Market Mental Health Services
760 Harrison St, San Francisco, CA 94107
(415) 836-1700
Hours: M-F 8:30 AM – 5:00 PM
Walk-ins:
MTRF 9-10:30 AM; W 1-2:30 PM

