

# SEASONAL AFFECTIVE DISORDER



Shining a Light  
on 'SAD'...



Common in people with Depression, Bipolar, and other mood disorders, 'SAD' is related to the change in seasons, beginning and ending around the same times each year. Typically, symptoms start in Fall and continue through the Winter months, causing changes in sleeping habits & weight, fatigue, and social withdrawal.

Light therapy and vitamin D are treatments for winter-pattern SAD, whereas psychotherapy and antidepressants are used to treat depression in general, including summer-pattern SAD.

-National Institute of Mental Health



Depression and Bipolar  
Support Alliance

West Virginia  
State Organization

## WE'VE BEEN THERE. WE CAN HELP.

Brought to you by the Depression and Bipolar Support Alliance of WV.  
For mood disorder support groups, visit [DBSAWV.org](http://DBSAWV.org) or call 304-241-1862

