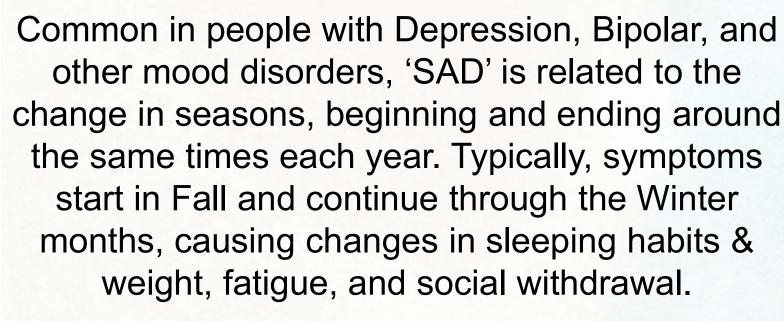
## SEASONAL AFFECTIVE DISORDER



Shining a Light on 'SAD'...



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



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

