

# Monthly Spotlight December 2011

## Seasonal Affective Disorder

SAD (*Seasonal Affective Disorder*) is a type of winter depression, in particular during December, January and February. ***SAD is a mood disorder in which people who have normal mental health throughout most of the year experience depressive symptoms in the winter year after year.***

SAD is not a unique mood disorder, but is a specifier of major depression.

Although experts were initially skeptical, this condition is now recognized as a common disorder, with its prevalence in the U.S. and ***affects an estimated 7% of the population.***

***There are many different treatments for classic (winter-based) seasonal affective disorder,*** including light therapy with sunlight or bright lights, antidepressant medication, cognitive-behavioral therapy, ionized-air administration, and carefully timed supplementation of the hormone melatonin.

West Bergen can help! If you feel the effects of SAD, you can call us at 201-444-3550.

[westbergen.org](http://westbergen.org)