

Doctors often prescribe light therapy to treat SAD. There are two types of light therapy. The first is “bright light” treatment. For this treatment, the person sits in front of a “light box” for half an hour or longer, usually in the morning. The second is “dawn simulation”, a dim light goes on in the morning while you sleep, and it gets brighter over time, like a sunrise. Light therapy works well for most people with SAD, and it is easy to use. Many people start to feel better within a week or so after they start light therapy. But the person needs to stick with it and use it every day until the season changes. If they don't, depression could come back.

Other treatments that may help include Antidepressants. These medicines can improve the balance of brain chemicals that affect mood. In addition, some types of counseling, such as cognitive-behavioral therapy (offered at all of Family Continuity’s Mental Health Clinics), can help you learn more about SAD and how to manage your symptoms.

For more information call Family Continuity’s information line at (866) 219-3320, or www.familycontinuity.org, or log onto resource websites such as the National Alliance on Mental Illness (NAMI) at www.nami.org/factsheet/SAD_factsheet.pdf or the National Library of Medicine at the National Institute of Health (NIMH) at www.ncbi.nlm.nih.gov/pubmedhealth.

And, remember, spring is just around the corner!