

## What is Seasonal Affective Disorder (SAD)?

When the days become shorter in the fall and winter many people start to feel “down.” In some cases, these mood changes are more serious and can affect how a person feels, thinks, and handles daily activities. The return to spring and longer daylight hours brings a better feeling for many people.

If you have noticed a pattern of significant changes in your mood and behavior with the seasons changing you may be suffering from a type of depression called seasonal affective disorder (SAD).

SAD symptoms may include:

- Anxiety
- Depressed mood
- Low energy/motivation
- Difficulty concentrating
- Social withdrawal
- Changes in appetite or weight
- Problems sleeping or oversleeping
- Feeling sluggish or agitated
- Feeling hopeless or worthless
- Thoughts of suicide

SAD symptoms typically begin in the late fall and dissipate with the return to spring.

# Treatment & Resources for SAD

How can SAD be treated? Primary treatments for SAD are:

- physical activity
- social connections
- light therapy
- Vitamin D
- mental health counseling

Seattle University provides free access to some of these treatments on-campus:

- Borrow a light therapy lamp from the Office of Wellness and Health promotion (STCN 380)
- Visit UREC for physical activities and classes
- Visit the Center for Student Involvement (STCN 350) to learn about clubs and events to meet other students with shared interests
- Connect with CAPS for counseling services and mental health resources
- Speak with the Student Health Center or your health care provider



## 24/7 Mental Health Crisis Resources

- 988 Suicide and Crisis Lifeline: Call or Text 988
- 988 Lifeline online chat: [www.988lifeline.org/chat](http://www.988lifeline.org/chat)
- King County Crisis Connections: 1-866-427-4747
- TalkNow via TimelyCare: Register online and download the app for on-demand access to mental health support through phone or video messaging. Learn more at: [www.seattleu.edu/wellness/timelycare](http://www.seattleu.edu/wellness/timelycare)