

Seasonal affective disorder (SAD)

This Easy Read leaflet is based on information from the NHS website:

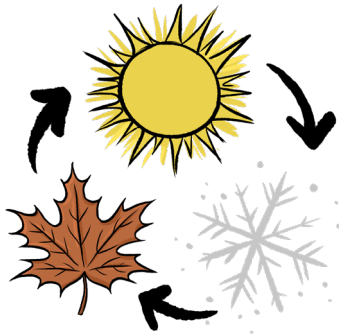


• www.nhs.uk/conditions/seasonal-affective-disorder-sad



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What is seasonal affective disorder (SAD)?



Seasonal affective disorder (SAD) is a type of **depression** that comes and goes with the seasons.



Depression is an illness where someone feels very unhappy a lot of the time.



SAD is sometimes known as “winter depression” because people feel it most during the winter.



A few people with SAD may have the illness during the summer and feel better during the winter.



How people feel

People who are suffering from SAD:

- Have a low mood a lot of the time



- Don't enjoy normal everyday activities



- Get annoyed very easily



- Feel bad about themselves



- Feel tired and sleepy during the day

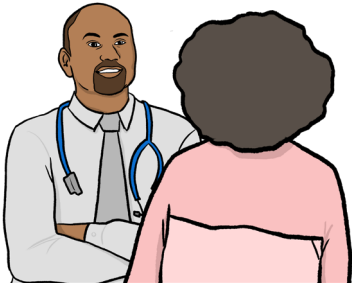


- Sleep longer than normal and find it hard to get up in the morning



- Want to eat a lot and put on weight

When to see your GP



You should go and see your GP if you:

- Think you might have SAD



- Are struggling to cope



Your GP will ask you about:

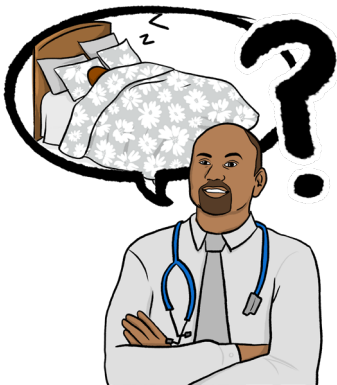
- Your mood



- Your lifestyle



- What you eat

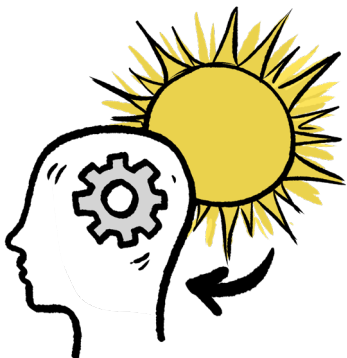


- How well you sleep

What causes SAD?



We don't fully understand what causes SAD. But it is often because there is less sunlight during the autumn and winter.



We think that the sunlight affects what happens in some people's brains.

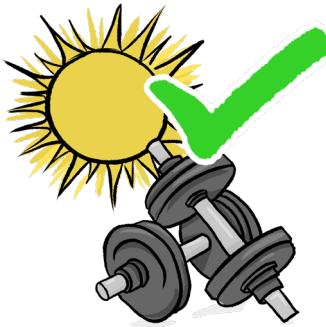
Treatments for SAD



There are different treatments for SAD.

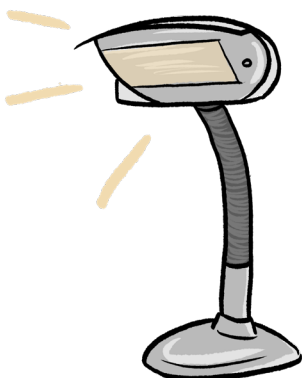


Your doctor will recommend the best one for you.

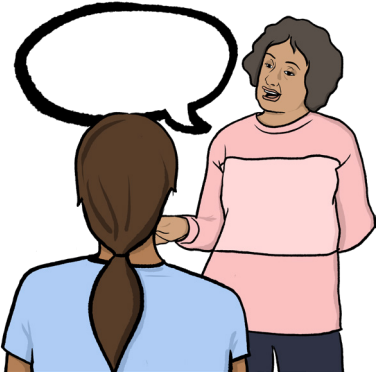


The main treatments are:

- Getting out into the sun as much as possible and keeping fit



- Using a special lamp which is like sunlight



- Talking therapies. This is where you talk with a health professional to help you deal with your feelings



- Medicines

Find out more about Easy Read



If you need more information please go to: www.nhs.uk



For more information about Easy Read go to: www.easy-read-online.co.uk