What is SAD?

Seasonal Affective Disorder (SAD) is a form of depression that follows a recurring seasonal pattern with symptoms typically lasting four to five months each year. It includes common signs of depression along with symptoms that can differ depending on whether it occurs during the winter or summer months.

Winter-onset SAD

(most common)

Symptoms appear in fall or winter when there's less sunlight and improve in spring. Symptoms may include:

- Low energy or fatigue
- Increased sleep
- Overeating or weight gain
- Social withdrawal
- Low mood

Summer-onset SAD

(less common)

Symptoms appear in spring or summer and improve in fall or winter. Symptoms may include:

- Trouble sleeping
- Poor appetite or weight loss
- Agitation or anxiety
- Low mood

Unlike winter depression seen in SAD, spring can bring heightened energy, irritability, impulsivity and reduced need for sleep. Changes in circadian rhythms and sunlight may disrupt mood regulation, making sleep hygiene and symptom monitoring essential.

In children and adolescents, this may show up as increased behavioral challenges, school avoidance, declining grades or more frequent emotional outbursts.

Camber® Mental Health
KVC HEALTH SYSTEMS

Our Network of Locations

KANSAS CITY
4300 Brenner Dr.
Kansas City, KS 66104

OLATHE*
21277 W. 153rd St.
Olathe, KS 66061

WICHITA
1507 W. 21st St. N.
Wichita, KS 67203

HAYS
3000 New Way Blvd.
Hays, KS 67601

WEBSTER GROVES
400 North Rock Hill Road
Webster Groves, MO 63119

**In partnership with Children's Mercy*

www.cambermentalhealth.org

Risk factors

- Personal or family history of depression or anxiety
- Limited exposure to daylight
- Disrupted routines due to weather or school schedules
- High stress or recent life changes

When to seek additional support

Encourage families, caregivers, and guardians to reach out for professional help if:

- Symptoms last more than two weeks
- Daily functioning, school attendance or relationships are impacted
- There are concerns about safety, including thoughts of self-harm or hopelessness
- Coping strategies are no longer helping

Struggling with seasonal mood changes?

Learn more about **Seasonal Affective Disorder (SAD),** when to seek help, and how Camber supports children and adolescents.

Call admissions at **(913) 890-7468** for more information.

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