

Depressive Disorders with Seasonal Pattern

▶ What is it?

- ▶ Pattern of “depressive episodes” lasting at least two weeks that occur seasonally and clears up the rest of the year, for example fall and winter versus spring and summer
- ▶ May occur as a pattern over a lifetime
- ▶ Significant enough to cause impairment in normal functioning
- ▶ Can be mild, moderate to severe

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- ▶ Signs and symptoms of a “depressive episode”:
 - ▶ Depressed mood most of the day, nearly every day
 - ▶ Loss of interest or pleasure in activities
 - ▶ Sleep disturbance (insomnia or over-sleeping)
 - ▶ Loss of energy
 - ▶ Feeling worthless or guilty
 - ▶ Decreased concentration
 - ▶ Suicidal ideation or thoughts of death

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- ▶ Treatment options:
 - ▶ Mental health counseling
 - ▶ Medication management
 - ▶ Alternative medicine/nutritional supplements
 - ▶ Light therapy (mimics natural outdoor light and affects brain chemicals linked to mood and sleep)
 - ▶ **First and foremost, see a mental health provider or medical provider for proper assessment, diagnosis and recommended treatment**

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▶ Resources:

▶ Crisis Clinic

24-hour phone information and referral: 360-586-2800 or 1-800-627-2211; Youth Help Line 360-586-2777

www.crisis-clinic.org

▶ Crisis Resolution Services

24-hour phone information, referral and crisis intervention: 360-754-1338 or 1-800-270-0041

▶ National Suicide Prevention Lifeline: 1-800-273-TALK

www.suicidepreventionlifeline.org