

# RESOURCES

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## **Society for Light Treatment and Biological Rhythms (SLTBR)**

SLTBR is an international, not-for-profit society dedicated to fostering research, professional development, and clinical applications in the fields of light therapy and biological rhythms.

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Web site: <http://www.websciences.org/sltbr/>

(includes a list of corporate members that manufacture and distribute light devices)

## **Other Web Sites**

*Canadian Consensus Guidelines for the Treatment of Seasonal Affective Disorder*

The summary of the report of the Canadian Consensus Group on SAD, as published in the Canadian Journal of Diagnosis supplement, October 1998.

<http://www-fhs.mcmaster.ca/direct/sad.html>

*Dr. Lam's SAD Page at the University of British Columbia*

[http://www.psychiatry.ubc.ca/mood/md\\_sad.html](http://www.psychiatry.ubc.ca/mood/md_sad.html)

*Dr. Terman's Winter Depression Research Program at Columbia University*

Includes FAQ (frequently asked questions) about SAD.

<http://www.columbia.edu/~mt12/>

*Center for Environmental Therapeutics*

Includes information on recent research of treatment for SAD.

<http://www.cet.org/cet2000/>

*Lou Puls's SAD Page*

An excellent consumer-oriented page with SAD information and links.  
<http://www.geocities.com/HotSprings/7061/sadhome.html>

*Canadian Network for Mood and Anxiety Treatment (CANMAT)*

This collaborative network has information for both patients and professionals.  
<http://www.canmat.org/>

*Depression Information Resource and Education Centre, Toll-Free (DIRECT)*

Based at McMaster University, this information agency has a toll-free telephone information service about depression and a helpful Web site.

Toll-free number: 1-888-557-5051 (public), 1-888-557-5050 (physicians)  
<http://www-fhs.mcmaster.ca/direct>

**Books for Patients**

*Don't Be SAD: Your Guide to Conquering Seasonal Affective Disorder*

By Celeste A. Peters  
Script Publishing, Calgary, AB, 1994, \$18.95

*Winter Blues: Seasonal Affective Disorder and How to Overcome It*

By Dr. Norman E. Rosenthal  
Guilford Press, New York, NY, 1998, \$22.95

**Books for Clinicians and Researchers**

*Seasonal Affective Disorder and Beyond: Light Treatment for SAD and Non-SAD Conditions*

Raymond W. Lam (editor)  
American Psychiatric Press, Washington, DC, 1998

*Seasonal Affective Disorders and Phototherapy*

Norman E. Rosenthal, Mary Blehar (editors)  
Guilford Press, New York, NY, 1989

*Seasonal Affective Disorders*

Chris Thompson, Trevor Silverstone (editors)  
CNS (Clinical Neuroscience), London, UK, 1989

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