RESOURCES

**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.

Contact: Stephanie Argraves, Executive Director, SLTBR
842 Howard Avenue, New Haven, CT, USA 06519
e-mail: sltbr@yale.edu
Web site: [http://www.websciences.org/sltbr/](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*
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

*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)

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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