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**SEASONAL AFFECTIVE DISORDER
AS A TYPE OF MENTAL HEALTH DISORDER**
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Topicality. Seasonal affective disorder (SAD) is considered a mood disorder in which people experience depressive symptoms in the winter or summer. SAD is caused by lack of sunlight. Lack of light disorganizes human's sleep-wake cycle by influencing the endocrine system. This may cause symptoms of depression. But sometimes there can be simple sadness instead of real depression when the days are short and cold in winter. So it's important to know the difference between sadness and seasonal affective disorder to prevent the latter one.

Purpose: to reveal signs and symptoms of seasonal affective disorder and its treatment, to draw the line between simple sadness and seasonal affective disorder.

Materials and methods. Survey among the second-year students was used.

Conclusion:

1. The frequency of SAD occurrence among the second-year students and the most common symptoms of seasonal depression are determined.
2. To diagnose seasonal depression and differentiate it from other types of depression it's necessary to take into consideration some specific manifestations and risk factors.
3. Seasonal depression requires treatment as well as any other depression. As a rule, light therapy, medications and psychotherapy are the most effective methods.