

# verywellmind

## PsychPlus Psychiatrist Faisal Tai on How Winter Can Bring Mental Stress for Disabled People

Lighting and its relation to conditions like depression is a link often seen by practitioners such as [Dr. Faisal Tai](#), MD.

The Houston-based psychiatrist says that his patients, largely seniors, are often facing a light-based barrier amongst other concerns like a lack of mobility and access to social programs. He says it's something of which disabled people, and the wider population, should be mindful.



“...Depression is certainly higher during this time period. Part of it is because obviously, the light being diminished during these months, the colder weather. Because of the colder weather, there's less social activities, that certainly worsens something like depression. And so certainly watching out for some of those things would be vital in these coming months,” says Tai.