

What is Depression?

Depression is more than just feeling sad. It's a persistent experience of sadness and loss of interest in activities that you once enjoyed.

Fortunately, there are many ways we can treat depression. Professional support can help reduce your symptoms, increase your ability to manage, and allow you to lead a life the way that you want.

Definition:

Major depression (also called clinical depression) is a mood disorder where your emotional state is abnormally low or sad and you can't improve your mood on our own.

Common Symptoms:

- Feelings of sadness, tearfulness, emptiness or hopelessness
- Angry outbursts, irritability or frustration
- Loss of interest or pleasure in most or all of your regular activities
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, even small tasks take extra effort
- Changes in appetite and fluctuations in weight
- Anxiety, agitation or restlessness
- Slowed thinking, speaking or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions and with memory
- Unexplained physical problems, such as back pain or headaches
- Thoughts of death, suicidal thoughts, suicide attempts or suicide*



If you or someone you know seems to be struggling with depression, help is available.

**If you are experiencing suicidal thoughts, please call 988 within the United States for immediate help.*

Who Gets Depression?

There is no single cause for depression, but there are certain factors that can contribute to it:

Brain chemistry: Differences in the levels can make some people more susceptible.

Genetics: If you have a relative with depression, you may be predisposed towards developing it as well.

Life circumstances: Stress, the death of a loved one, past or present traumatic events, isolation, and lack of a support system are a few circumstances that can contribute to depression.

Other medical conditions: Chronic physical pain and illnesses can be attributed to symptoms of depression.

Other Mental Health Conditions: Depression can be associated with other diagnoses such as ADHD, anxiety, and eating disorders.

Medication: Some medications can increase symptoms of depression.

Recreational Drugs and Alcohol: Substance use can also cause depression or make it worse.

Did you know?

According to the National Institute of Mental Health, in 2020:

- An estimated 8.4% of all adults in the US report at least one major depressive episode.
- The prevalence of major depressive episodes was higher among adult females (10.5%) compared to males (6.2%) AND highest among individuals aged 18-25 (17.0%).



Take a moment to practice mindfulness:
[“Daily Mindfulness - A Story”](#)
[Moments Exercise](#)