

Depression – What is it?

Everyone feels "blue" or "down" some of the time. Major depressive disorder (depression) is more than just feeling down. It can severely disrupt your life. It can affect your appetite, sleep, work, and relationships.

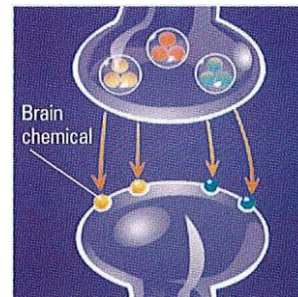
What does depression feel like?

Depression has many different symptoms. Consult your doctor if you experience any of the following:

- Constant sadness, irritability, or tension
- Decreased interest or pleasure in usual activities or hobbies
- Feeling hopeless, worthless, or guilty
- Loss of self-esteem
- Trouble concentrating or making decisions
- Loss of energy
- Feeling irritable and/or restless
- Feeling slowed down
- Sleeping too much or too little
- Changes in weight or appetite
- Thoughts of death or suicide

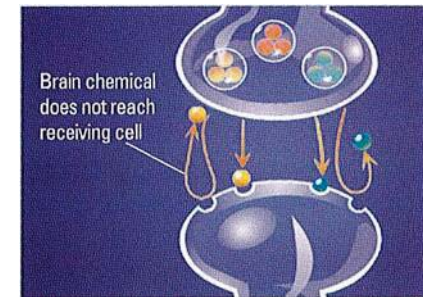
What causes depression?

Depression may result from many things, whatever the cause; depression is not just a state of mind. Many things can trigger depression. It may be due to changes in the way brain chemicals work together.*



NORMAL

Normally brain chemicals* carry messages from one brain cell to the next.



DEPRESSION

An imbalance of brain chemicals can change the way brain cells communicate. This can change a person's mood.

For More Information:

<https://www.psychiatry.org/patients-families/depression/what-is-depression>