

# What is Depression & How is it Treated?

Depression is a serious mood disorder that affects how you think, feel, and handle everyday life. It can make simple tasks like eating, sleeping, or working feel very difficult.

There are different types:

**Major depression** – intense symptoms that last at least two weeks.  
**Persistent depressive disorder (dysthymia)** – milder symptoms, but lasting much longer (often years).

Depression doesn't have a single cause. A mix of things may lead to it:

- Your genes or family history
- Changes in brain chemistry
- Stressful life events (loss, trauma, big life changes)
- Other health issues or long-term illness
- Hormonal or body changes

Sometimes it's hard to pinpoint exactly why it starts. Common approaches to treat depression include:

- Talk therapy (psychotherapy)
- Medication (antidepressants)
- Electroconvulsive therapy (ECT)
- Self-care and lifestyle changes

**Use QR Code to View Reference**



<https://medlineplus.gov/depression.html#summary>

