What is Depression?

Everyone feels down from time to time, but depression is longer lasting and more intense. It often involves sadness or numbness, making the world feel drained of color. Fortunately, depression is treatable, and recovery is possible.

What it's like

- depressed mood
- loss of interest or pleasure
- irritability
- appetite or weight changes
- diminished concentration
- sleep difficulties
- low energy or fatigue
- hopelessness
- thoughts of death

How it's treated

Many people benefit from a combination of therapy and medication.

Therapy offers support, tools, and guidance for managing depression.

It can help people better understand emotions, learn coping skills, and reconnect with meaningful parts of life.

Medications such as SSRIs can help reduce symptoms of depression, especially when symptoms are moderate to severe.

Antidepressants may take several weeks to work, and some people may need to try more than one before finding a good fit.

What helps recovery

- continuing meaningful activities
- asking for help when needed
- reducing alcohol and drug use
- staying connected to supportive people
- getting regular exercise and physical activity
- maintaining healthy sleep habits and routines

Important things to remember

- Depression is one of the most common mental health conditions.
- Stressful life events, genetics, and biological factors can all play a role in depression.
- Recovery takes time, and setbacks do not mean treatment has failed.
- Depression is not a sign of weakness or personal failure.

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