

# What is depression?

Depression is the result of a complex interaction of social, psychological and biological factors. People who have gone through stressful life events, such as job loss or the loss of a loved one, are more likely to develop depression. If left untreated, depression can lead to more stress and dysfunction, worsening the depression itself in a vicious cycle.

October is depression education and awareness month. Depression is different from usual mood fluctuations. This health condition may become serious, especially if you've had it before. Depression affects the way you function at work, school or in your family. The good news: **Depression is treatable.**

## Warning signs

- ▼ Lack of interest in things you normally enjoy
- ▼ Changes in your appetite
- ▼ Decreased energy
- ▼ Poor focus and concentration
- ▼ Sleep problems
- ▼ Increased irritability or frustration
- ▼ Feelings of overwhelming guilt and despair
- ▼ Thoughts of death or suicide

**If you have symptoms of depression, talk with your provider as soon as possible.**



## Crisis lifeline:

**Call or text 988 for 24/7 emotional support anywhere in the US or visit [988lifeline.org/chat](https://988lifeline.org/chat).**

Sources:

[World Health Organization](https://www.who.int/news-room/fact-sheets/detail/depression) – [www.who.int/news-room/fact-sheets/detail/depression](https://www.who.int/news-room/fact-sheets/detail/depression)

[SAMHSA](https://www.samhsa.gov/find-help/988) – <https://www.samhsa.gov/find-help/988>

[MyHealthfinder](https://health.gov/myhealthfinder/doctor-visits/screening-tests/talk-your-doctor-about-depression) – <https://health.gov/myhealthfinder/doctor-visits/screening-tests/talk-your-doctor-about-depression>