

Depression no  
interest and sadness.  
it affects

[Life](#), [Friendship](#)



**ASSIGN  
BUSTER**

Depression is a widespread mood disorder. It causes a non stop feeling of no interest and sadness.

It affects how you behave, think and feel. It can lead to a wide range of emotional and physical obstacles. You may have a barrier doing what you would think was a normal activity, and sometimes you may feel as if life isn't worth living. Depression isn't a weakness and you can't just " get over it". Depression may require long-term treatment. Most people with depression feel better with medication, psychotherapy or both. It is not exactly known what specifically causes depression. Many of different components may be involved.

Biological differences may be a factor involved. People with depression have visible changes in their brain. The significance of these changes is still uncertain, but may eventually help determine the feelings that occur with depression. Brain chemistry may also be a factor involved with depression. Neurotransmitters are naturally occurring brain chemicals that more than likely play a role in depression. Research indicates that the changes in the function and effects of these neurotransmitters and how they interact with neurocircuits involved in maintaining mood steadiness may play a very big role in depression and its treatment. The changes in your body's regulation of hormone levels may be involved in the development of depression.

Hormone changes could be a result of pregnancy, problems with your thyroid, menopause, or many of other conditions. Depression is also more likely to occur in people that are blood relatives with someone with the condition. Some symptoms of depression can be very serious. Some people

just have depression once in their life but for many of people they have more than one episode. During the episodes, symptoms occur for most of the day, everyday. One of the symptoms of depression is feeling sadness, hopelessness, loneliness, or emptiness.

These feelings may also lead to frequent thoughts about death, suicidal thoughts, suicidal attempts, or suicide itself. You may also see lack of energy, loss of interest, weight gain or weight loss, sleeping too much, and many more. Depression in teens differs from depression in adults. The signs for teens with depression can be similar to the signs of adults with depression, but not the same. Depression in young children may show symptoms by being clingy, sadness, not wanting to interact with other children, irritability, and others. Adolescents going through depression may feel worthless, sadness, angry, and may also be lacking behind in school. Adults with depression may show the signs by wanting to stay home so they don't have to socialize with others, have personality changes, an appetite change, lack of interest, and more. The lab diagnosis for treating depression can be a physical exam, lab tests can be done, a psychiatric evaluation, or a DSM-5.

Medications and psychotherapy have been the treatment approaches that have shown the greatest response. There are many of different kinds of medication that can help with depression and it might take a while to find the right one. They can affect each person differently. There are also some strategies to help prevent suicide. You can take steps to help control your stress, reach out to your family and friends for help, get help at the first sign

of depression, think about seeking long term treatment. When a person has depression they may also try new drugs that you wouldn't have thought of that person doing, isolate themselves from other people they were close to at a point, start having problems in school and with their family, they may also start self mutilation such as cutting.

There are many different types of depression and have different effects on how you feel. Some people with depression joke about suicide to the people around them and they think the person is just playing around, but people that joke around about suicide may actually be having suicidal thoughts. If you or someone you know is showing signs of depression there are numerous ways to get help. Whether it's you going through it or someone you know is dealing with it and don't want to talk to anybody personally there is a suicide hotline that is available 24/7.