

Depression Guide Wellness

Mar 8, 2026 · What is depression? Depression is more than just a passing blue mood, a bad day, or temporary sadness. The most common symptom is a low mood that can sometimes appear as ... Learn about NIMH research on depression. Find resources on the signs and symptoms of depression, types, and potential treatments and therapies. Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. An estimated 19 million American adults are living with major depression. Here you'll find in-depth depression information including symptoms, medications, and therapy. Depressive disorder (also known as depression) is a common mental disorder. It

involves a depressed mood or loss of pleasure or interest in activities for long periods of time. Depression is different from ... Depression is a serious mood disorder. It touches every part of your life and is caused by a chemical imbalance in your brain. Treatment involves medicine and counseling. Apr 25, 2025 · Depression is a common mental health condition that involves low mood and other symptoms. Learn about the types, causes, treatment options, and more. Learn what depression is, common signs and symptoms, different types of depressive disorders, and evidence-based treatments including therapy, medication, and emerging options. Mar 14, 2026 · Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it

affects how you feel, think and ... Overview What is depression? Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest in things and activities you once enjoyed. It can also cause difficulty with ...

Depression: Causes, symptoms, treatment, and more

Major Depression - Johns Hopkins Medicine
Depressive disorder (depression) - World Health Organization ...

Depression: Signs, Types, Causes, and Effective Treatment Options

[Depression Center: Symptoms, Causes, Medications, and Therapies](#)

What Is Depression? - Psychiatry.org
Depression (major depressive disorder) - Symptoms and causes

[Depression Overview - Harvard Health](#)

Depression: Causes, Symptoms, Types & Treatment

Depression - National Institute of Mental

Health (NIMH)

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