



# DEPRESSION



Depression is a mood disorder that results in significantly low mood. Symptoms impact how a person feels, thinks, and functions.



Symptoms may include persistent sadness or low mood, loss of interest in things previously enjoyed, decreased energy, feelings of hopelessness, sleep difficulties, changes in appetite, or thoughts of suicide.




Depression can also involve other changes in mood or behavior, including irritability, feeling restless or on edge, isolation, increased engagement in high-risk activities.



Common depressive disorders include:

- Major Depressive Disorder
- Persistent Depressive Disorder
- Premenstrual Dysphoric Disorder



Cognitive Behavioral Therapy (CBT) has been found to be an effective treatment for depressive disorders. However, it is important to keep in mind that no two people are impacted by depressive symptoms in the same way. As such, finding the most effective treatment may require some trial and error.

