

# Causes of Depression

There are many causes of depression, and it can be caused by a combination of biological, psychological, and environmental factors. Some of the most common causes include:

## Genetics

Research has shown that depression can be inherited. If you have a family history of depression, you are more likely to develop it yourself.

## Brain Chemistry

Imbalances in neurotransmitters, such as serotonin and norepinephrine, can lead to depression. These chemicals are responsible for regulating mood and emotions.

## Life Events

Major life events, such as the death of a loved one, divorce, or job loss, can trigger depression. These events can be particularly stressful if they occur in quick succession.

## Medical Issues

Some medical conditions, such as thyroid disease, chronic pain, and certain medications, can contribute to depression. It's important to talk to your doctor if you suspect a medical issue is causing your symptoms.

## Substance Use

Alcohol and drug use can lead to depression. These substances can affect brain chemistry and disrupt normal mood regulation.