

Causes of Depression

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

Genetics

Depression can run in families, and people with a family history of depression are more likely to develop it themselves.

Brain Chemistry

Depression is thought to be caused by an imbalance of chemicals in the brain, such as serotonin and norepinephrine. These chemicals help regulate 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 are unexpected or if the person has a history of depression.

Medical Issues

Some medical conditions, such as thyroid disease, chronic pain, and certain medications, can cause or contribute to depression. It's important to talk to your doctor if you're experiencing symptoms of depression.

Substance Use

Using alcohol or drugs can lead to depression, and depression can also lead to substance use. It's important to seek help if you're struggling with either.