**Types of Depression**

There are many different types of depression. If your symptoms have persisted for a long time, be honest with your doctor about them. Don’t leave anything out.

Even if you’re not sure it’s related to your disorder, you want to tell the truth and be honest so that you can be properly diagnosed and treated.

* **Major Depression** – Usually there is a combination of symptoms that have lasted for two weeks or longer. These symptoms interfere with your ability to enjoy everyday life, even when you loved them before.   
    
  You may feel empty, moody, hopeless, pessimistic, worthless and more. You may even have thoughts of suicide or have attempted suicide.
* **Dysthymia** – If someone has depression for more than two years without it lifting, it’s considered chronic. It’s not different from major depression but you may have to be treated longer (if not for a lifetime) if you are diagnosed with dysthymia.
* **Persistent Depressive Disorder** - Some people are depressed for a long time, over two years, but it comes and goes. Some days you’re able to be happy, but the depression comes back. This differs from bipolar in that you don’t have manic episodes, just times of normalcy.
* **Bipolar Disorder** – There are many types of bipolar disorder that also involve depression. But often it includes manic episodes where you feel on top of the world, and then you plunge into a depression that seems to have no end.
* **Seasonal Affective Disorder (SAD)** – This is depression that happens due to weather, specifically dreary weather that keeps you from the sun. Some people find relief using light therapy but for some, this doesn’t work.
* **Psychotic Depression** – This is typical depression along with a separation from reality. A person may suffer from delusions, false beliefs that are disturbing to others, and even hear voices and see things that aren’t there.
* **Postpartum Depression** – Some women end up with this type of depression after giving birth. It is a hormonal imbalance. It can happen to 15 percent of women who give birth, and interferes with life and the joy in being a parent.
* **Premenstrual Dysphoric Disorder** – Many women have worse premenstrual syndrome than others. Often this can be a serious depressive illness that needs treatment to help them avoid doing things they will regret.
* **Situational Depression** – Most people are sad after someone they love dies, they lose a job, or something else major goes wrong. But for some, they cannot shake it off and need extra help to do so.
* **Comorbidities** – Sometimes depression is brought on by medications, drug use, or illnesses that change the brain and cause major depression symptoms that should be treated to avoid them getting worse.

These types of depression can be diagnosed and treated by the right medical professional. Let’s look at a few of the causes, signs, and symptoms of depression next.

**The Causes, Signs, and Symptoms of Depression**

The truth is, no one is sure what causes depression. People who seem to be happy and privileged still suffer from depression at the same rate as others. But, there are some things that seem to make depression more likely in an individual.

The signs and symptoms should be around for more than two weeks without treatment to properly diagnose whether it’s depression or a low mood. However, if you or anyone you know is having suicidal thoughts, please seek help immediately.