What Can You Do?

Cyclothymic Disorder
Postpartum Depression
Major Depressive Disorder (MDD)
Dysthymic Disorder
Depressive Psychosis

Symptoms

Symptoms of MDD

Although we have, so far, discussed mostly negativity, it's also important to gain an understanding of depression, in case you or a loved one, ever have to deal with way more than just negativity.

SAD to be diagnosed. One theory suggests that not being exposed to the sun during fall and winter leads to a reduction of serotonin production. However, SAD is not limited to the fall or winter. It is a disorder worth understanding. Below you will find some of the most common types of depression.

Major depression is a mood disorder that can cause a variety of symptoms that affect your ability to function for a period that can range from days to years. Some causes of major depression may be physical, such as the loss of estrogen during menopause (menopause) or the accelerated decrease of estrogen and progesterone, are the lead causes for postnatal depression. Also widely known as clinical depression, this condition leads to major changes in the person's behavior, mood, and thinking.

People struggling with MDD may feel an overwhelming sense of sadness, emptiness, and hopelessness. They may have difficulty sleeping, losing interest or pleasure in activities, and feelings of guilt or worthlessness. It is important to understand that, with bipolar disorder, both manic and depressive episodes are present, with different frequency and at different times. The main difference between this disorder and the described above MDD is that those who struggle with manic episodes do not report any symptoms, outside of a specific season. This disorder relates to the physical, emotional, social and behavioral changes in a woman's life. It also significantly affects, and often even strongly disrupts, the person's ability to work, study, and maintain social relationships.

Whether you are fighting depression or have a loved one who is, it is vital to remember that depression is not going to pass by itself, whatever kind it may be. Experiencing depression is a disorder worth understanding. Below you will find some of the most common types of depression.

Symptoms

Symptoms of depression that end, as the season comes to an end

Postpartum depression. In adults, the symptoms must be observed for at least two years, for a diagnosis to be made. For children and adolescents, the period is one year. According to formal classifications, the definition for postnatal depression is a major depressive episode, which has begun no longer than four weeks after delivery. The symptoms tend to be milder, so the individual may still be able to work, study, maintain social relationships.

If you or someone you know has suicidal thoughts and tendencies, the most important action to take is to seek immediate help. Suicidal thoughts may not be present. It is also very important to seek professional help if you are experiencing a mental health problem.