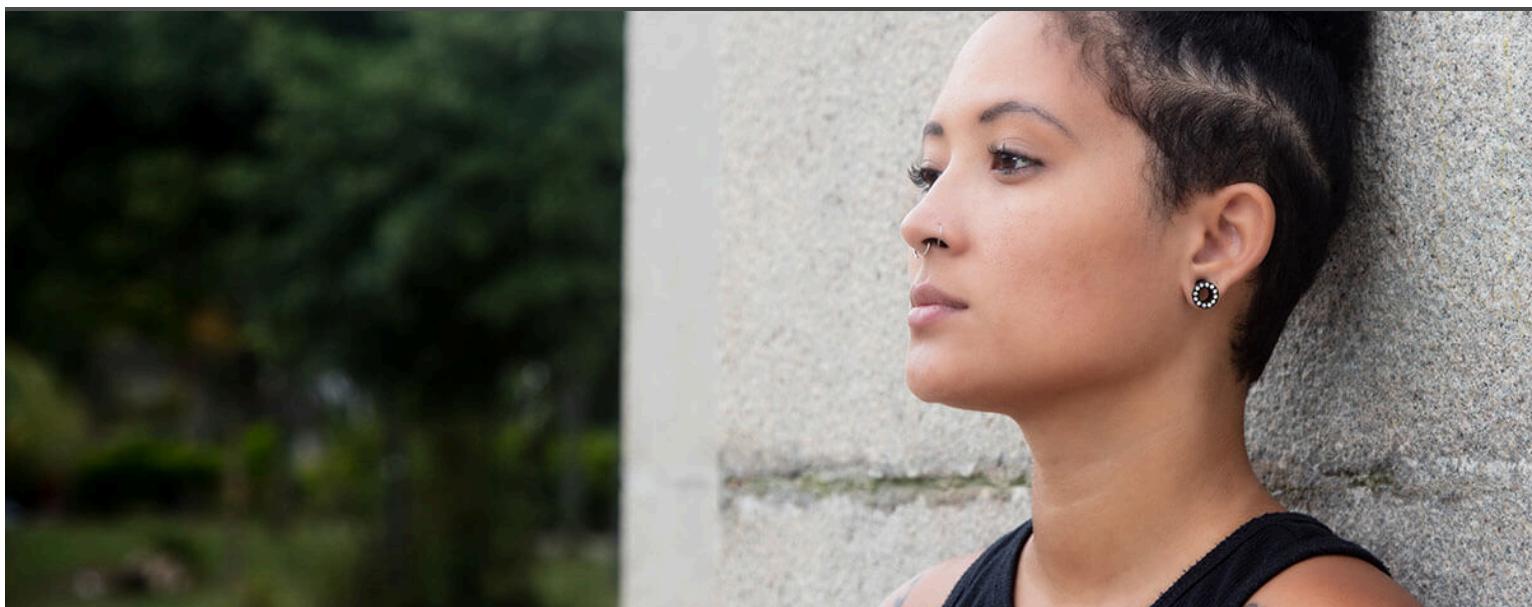


Depression



Life is full of ups and downs, but when you feel sad, empty, or hopeless most of the time for at least 2 weeks or those feelings keep you from your regular activities, you may have depression.

Depression is a serious mental health condition. In the past year, women were almost twice as likely as men to have symptoms of depression.¹ Depression is not a normal part of being a woman. Most women, even those with the most severe depression, can get better with treatment.

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What is depression?

+

Are there different types of depression?

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Who gets depression?

+

What causes depression?

+

What are the symptoms of depression?

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How is depression linked to other health problems?

+

How is depression diagnosed?

+

How is depression treated?

+

What if the treatments I try for depression don't work?

+

I think I may have depression. How can I get help?

+

What if I have thoughts of hurting myself?

+

Can I take St. John's wort to treat depression?

+

Does exercise help treat depression?

+

Are there other natural or complementary treatments for depression?

+

Will treatment for depression affect my chances of getting pregnant?

+

Did we answer your question about depression?

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Sources

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