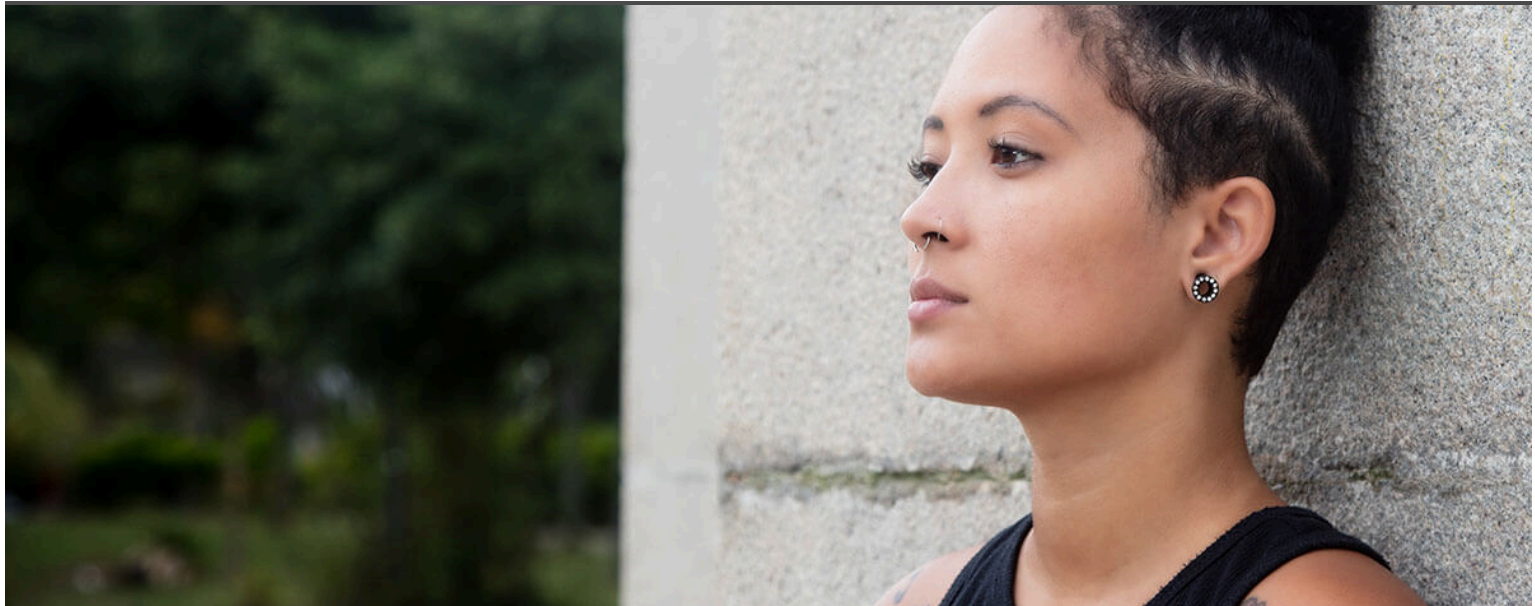


# Depression



**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.<sup>1</sup> 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?	+
Who gets depression?	+
What causes depression?	+
What are the symptoms of depression?	+
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?** +

**Sources** +

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