

Clinical Depression

vs

Situational Depression

A serious mental health condition that ranges from mild states of low mood to severe long-term symptoms that negatively affect a person's quality of life. Can affect anyone but often occurs as a result of multiple factors including genetic, biological, environmental, and psychological.

A condition often used as an informal term to describe what is formally diagnosed as an Adjustment Disorder with Depressed Mood. Shares a lot of the same symptoms of clinical depression but is often caused by a reaction to a stressful or traumatic event that does not last as long and is not recurring.

CAUSES & RISK FACTORS

Family history of depression	Personal history of depression
Hormonal imbalances	Certain medications
Underlying health conditions	Childhood trauma
Major negative life changes, trauma, or stress	

CAUSES & RISK FACTORS

Experiencing major life changes	Moving to a new location
Losing or starting a job	Losing a family member or friend
Health condition diagnosis	Breakup or divorce
Conflicts with family	Conflict at work or school

SIGNS & SYMPTOMS

- Sadness and feelings of emptiness
- Loss of enjoyment of hobbies or work
- Appetite changes (weight loss or gain)
- Trouble sleeping (too much or too little)
- Feeling "slow-moving"
- Feeling excessively agitated
- Tiredness, fatigue, and lack of energy
- Feelings of worthlessness and guilt
- Problems concentrating/focusing
- Problems making decisions
- Making poor decisions
- Thinking about or attempting suicide
- Body aches or headaches
- Upset stomach or feelings of nausea

SIGNS & SYMPTOMS

- Feelings of low mood and sadness
- Withdrawing from normal activities
- Extreme weight loss or gain
- Sleeping difficulties
- Restlessness or slowed behavior
- Irritability
- Tiredness or loss of energy
- Loneliness or social isolation
- Lack of motivation
- Trouble making decisions
- Poor concentration
- Thoughts of suicide
- Tearfulness or frequent crying spells
- Feelings of hopelessness