

# What is Depression?




Depression is more than just feeling sad sometimes. It's a health condition that makes people feel very down, tired, or hopeless for a long time — usually for weeks or more.

It can happen to **anyone**, even kids. And it's **not your fault**.




## How Someone Might Feel

People with depression might:


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- Feel sad, angry, or upset most days
  - Sleep too much or not enough
  - Stop enjoying things they used to like
  - Feel tired or like they're not good enough
  - Have trouble paying attention or doing schoolwork
  - Say things like "I don't care" or "I want to disappear"

## Why It Happens

Depression can be caused by:

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- Stress or big changes (like losing someone or moving)
  - Family problems
  - Having other health or learning challenges
  - A family history of depression

## Getting Help



The good news is **depression can be treated!** Talking to a trusted adult, seeing a counselor, or getting therapy can really help. Sometimes medicine is also used.

You're **not alone**, and asking for help is a **strong and brave** thing to do.

## Sources

- National Institute of Mental Health (NIMH) [Children and Mental Health: Is This Just a Stage?](#)
- NIMH [Depression Overview](#)
- American Academy of Child and Adolescent Psychiatry (AACAP) [Facts for Families: The Depressed Child](#)
- Centers for Disease Control and Prevention (CDC) [Anxiety and Depression in Children](#)