

# CAUSES OF DEPRESSION

Although there can be many causes of depression, often times it is a combination of many factors. Here are a few:

Hope is being able to see that there is light among all the darkness.

01

**Genetics** – Very common in blood relatives. If your parents have depression, you may too.

02

**Brain Chemistry** – Neurotransmitters in our brain send signals to other parts of our body. When the levels are abnormal, it can trigger depression.

03

**Difficult childhood events** – Traumatic events can cause changes in our brain that increase the chance of depression.

04

**Negative Thought Patterns** – Feeling helpless to deal with challenges as they arise, instead of feeling capable and confident, has been linked to depression.

If you are in crisis, please know that you are not alone. Please contact the National Suicide Prevention hotline at 800-273-8255 or text Safe to 741741.

