Everyone around the world have days where nothing seems to go right, or they just do not feel happy about anything. At times, this feeling can last just a few hours, the entire day, maybe even two days, but eventually, that feeling of being so low will eventually go away. This is not for everyone. There are people in this world who suffer from a mental disorder called mental depression. Everyone, no matter who they are, experiences sadness or feeling sad evetually in their life. In the United States alone, between 8 and 26% of the entire population meets the psychiatric criteria for clinical depression(Mankiller 1). Mental depression is defined as a serious mental condition that is characterized by extreme feelings of sadness, worthlessness or hopelessness, fatigue, irritability, loss of appetite, inability to concentrate, and insomnia or excessive sleeping(“At Issue: Mental Depression”). Even though there is no specific way to stop mental depression, there are ways to control the effects of it.

 For depression, there is no specific cause. There are a few different types of causes relating to genetic predisposition, physical diseases, stress and traumatic experiences, as well as a host of other causes. The effects of depression occasionally have a two or more different causes instead of having just one. This is very common to psychologists as well as therapists. Genetic predisposition is one of the most common causes. Most of the time, when the parent or parents have depression, their child will as well, but it that will not be the only cause. Stress will also trigger depression. Given that there is trace of depression is in the family, the signs in the child will start showing around the exact age that the other family member starting to show. For example, if the mother started to show signs around the age of 18-19, then most likely her child will show signs around the same age.

 Physical diseases can also be a cause of depression. This can really affect people who are extremely active and athletic. If they get a disease that causes them to be in a wheelchair the rest of their life, then their mood will definitely change from what it used to be. They might realize that they cannot do the activities they were able to do before and give up. This will then cause them to become depressed. They will think about how active they used to be before their disease, and think of themselves as a burden to everyone else around them. This is the reason why some elderly men and sometimes women are occasionally grumpy and upset when they start to realize they cannot take care of themselves. They eventually do become depressed after going through the stages of being extremely mad and upset at everyone else.

 Stress is another very common cause of depression. Everyone gets stressed out at times in their life because it is a very normal feeling. Some people, however, have a lot more going on in their lives than other people. With this, those people tend to be more stressed out than the normal level. When the stress level goes over the normal level, it starts to change the individual’s mood and personality. This change can be extremely noticeable if you know the person very well. This stress can come from anything at all, such as school, work, family, sports, etc.

 Another cause are traumatic experiences. These usually happen in the persons’ early childhood but they can also happen anywhere between early childhood and up to early adulthood. According to statistics, between 10%-15% of youth exhibit the symptoms of depression(“At Issue: Mental Depression”). Traumatic experiences can be abuse, verbal, physical, or sexual, death of a family member, death of a close friend, being adopted, being abandoned, and for girls, getting pregnant. Any of these experiences can cause depression later in life. Depending on how serious or traumatic the event is can determine how severe the depression will be in the future.

 Throughout the long, life process of depression, there are different feelings and emotions that the individual has to deal with. Depressed moods can either last a long time or a short amount of time. The moods itself can vary when dealing with the severity of the disorder. The moods occasionally change depending on what the circumstance is. People with depression often feel sad, discouraged and worthless. They also feel there is no hope or chance for any improvement whatsoever. There is barely any desire or energy to do anything or even have interest in anything. Some people with this disorder often have guilty feelings for past events, and these events could be real or imaginary. They also feel helpless to everyone around them and there are a decent amount of suicide thoughts as well as suicide attempts. These people can be very irritable and hard to be around, they feel rejected which sometimes brings them to isolate themselves from family and friends(Wolman 222-225).

 The interaction between the individual suffering from depression and other people is not a common event that happens. Depressed people tend to avoid others which causes their depression to be more severe. This is a continuous cycle: the less the depressed individual socializes with other people, the more depressed they will become, and the more depressed they become, the less they will want to socialize with other people(Wolman 222-225). Not only is their interaction with other changes, but their appearance changes as well. People who are depressed might start to not care about what they look like. For example, men may not shave and women may not use makeup. Occasionally, their appetite may increase causing a severe amount of weight gain. On the other side though, some people may loss their appetite causing a severe loss of weight. Most people suffering from depression also do not get much sleep and many of them have to deal with insomnia. The effects of this can vary between falling asleep for a short amount of time then staying awake the rest of the night to staying awake for multiple days and short naps during the day. It is a very common fact that most of these victims wake up extremely depressed(Wolman 222-225).

 There are some treatments out there that help handle the effects of depression but it does not completely cure the disorder. It does require professional help to not cure the problem, but to be able to stabilize the individual. Processes such as psychotherapy and psychopharmacology have been used and successful. ECT or electroshock therapy has been used on individuals who suffer severe depression(Wolman 222-225). Also, Transcranial Magnetic Stimulation, also known as TMS, is a treatment where magnetic pulses stimulate certain parts of the brain that neurologists think are involved with mood regulation. Luckily, TMS does not usually give the individual seizures, unlike shock therapy. TMS is given to patients whose form of depression does not change while taking antidepressants or people who cannot handle the side effects of the drugs. These side effects may include weight gain and loss of sex drive. Many patients in this scenario are in extreme need for other treatments, but professionals are not certain that TMS can help people with this type of problem(Rabin 1).

 Mental depression is not something that we can just get through easily. It is a long and tedious process for the individual. It takes hard work and a good amount of patience of the individual and the therapist and even the family members of the individual. In this generation, depression is getting more and more common among younger people and its causing more deaths in early ages. Unfortunately, there is no real cure for this disorder, and there probably never will be. That being said, we must work to help these people who are suffering from depression. It is an ever increasing problem, and if it is not stopped, the next generations will not be able to continue to grow and develop from their past generations.