Depression Informative Speech

I am here to make you feel like less than nothing. I make you feel as if you are unworthy of love, and possibly life itself. In some way, shape, or form, I will have some position in your life because, if I can’t affect you, then I will surely get to one of your family members, friends or colleagues. Do you know who I am? I am an illness. I am depression. If you’ve ever found yourself having any of the previously mentioned feelings, you are not alone. Believe it or not, depression is a common but very serious illness that affects over 350 million people worldwide. The three most common types of depression are Major Depression, Persistent Depressive Disorder, and Bipolar Depression. Each kind has many known causes, symptoms, and treatments.

According to the National Institute of Mental Health website, depression, by definition, means to have feelings of sadness and hopelessness overwhelmingly longer than the normal period of a couple of days, at most. It comes with the general lost of interest in doing anything that would normally make one happy. Depression interferes with your everyday life and causes both mental, as well as physical pain if not treated. Not to mention, it can also cause pain for your loved ones.

There are many different types of this illness. Major Depression is the most common form of depression. You may hear doctors call it by the name of “Clinical Depression.” In a case of Major Depression, one can have a single episode of depression lasting about two weeks, or many reoccurring episodes. In Persistent Depressive Disorder, the sad and hopeless feelings last about two years straight, but may vary in intensity at times. This is also known as Dysthymia. Bipolar Disorder is actually a less common form of this mental disorder. When someone is bipolar, they have cycles of depression, broken up by cycles of extreme happiness, also known as “manias”. Manias often include illusions of grandeur, where a person will perpetuate themselves or their situation to be much better than what it is – and they will believe it to be true. This used to be called “manic depression.”

There is no one cause that may directly lead to depression. According to healthline.com, several factors can play a role in why someone is affected by this mental illness. The cause may be biological, genetic, and gender even may be a reason why someone is diagnosed with depression. You can biologically have too much, or too little a chemical in your brain, and that could possibly cause depression. If you have a family history of this illness, you can be prone to be diagnosed with depression. Also, women are two times more likely to be diagnosed with depression than men. According to the Illinois Department of Public Health website, one in four women may experience depression at some point in their lifetime. Lastly, one obvious cause is situational. Difficult life events, such as a death in the family, or financial crisis are all causes of depression.

Although the emotional and physical symptoms shown by people with depressive illnesses vary from person to person, the most common, telltale symptom is that of a feeling of sadness and emptiness. If that feeling is persistent and doesn’t go away within two weeks, that may be a sign of depression. Some of the emotional symptoms experienced when dealing with this disorder are anxiety, and restlessness. Like previously mentioned, a person dealing with depression will also experience a lost of