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It's normal to feel down once in a while, but if you're sad most of the time and it affects your daily life, you may have clinical [depression](https://www.webmd.com/depression/default.htm). It's a condition you can treat with medicine, talking to a therapist, and changes to your lifestyle. There are many different [types of depression](https://www.webmd.com/depression/guide/depression-types). Events in your life cause some, and chemical changes in your [brain](https://www.webmd.com/brain/picture-of-the-brain) cause others. Whatever the cause, your first step is to let your doctor know how you're feeling. She may refer you to a [mental health](https://www.webmd.com/mental-health/default.htm) specialist to help figure out the type of [depression](https://www.webmd.com/depression/ss/slideshow-depression-overview) you have. This diagnosis is important in deciding the right treatment for you.

Here is a list of some common types of depression; Major Depression, Persistent Depressive Disorder, Bipolar Disorder, Seasonal Affective Disorder (SAD), Psychotic Depression, Peripartum (Postpartum) Depression, Premenstrual Dysphoric Disorder (PMDD), Situational Depression, Atypical Depression. (WebMD Medical Reference Reviewed by [Joseph Goldberg, MD](https://www.webmd.com/joseph-goldberg) on October 15, 2016)