

THE DIFFERENCE BETWEEN DEPRESSION AND SADNESS

- Depression vs. sadness
- Treatment for depression

Key takeaways

- Sadness is a temporary emotion often linked to a specific trigger, whereas depression is a persistent mood disorder that can significantly impact daily life.
- Depression can manifest differently in individuals, with some experiencing overwhelming sadness while others feel numb or lose interest in activities they once enjoyed.
- Treatment options for depression include medications like SSRIs, psychotherapy, and counseling. A healthcare professional can determine the appropriate approach based on the severity of symptoms.
- Sadness is a temporary and normal emotion tied to a specific event, while depression is a long-lasting mental health disorder that disrupts daily life.

What is Sadness?

- It is a natural human reaction to hard times.
- A clear event causes it, such as a breakup, a loss, or a bad day.
- It fades away over time.
- You can still feel happy, laugh, or enjoy other parts of your life.
- Your self-worth stays intact.

Sadness is a normal human emotion that [every person](#) Trusted Source will experience at some point.

Many different life events can leave people feeling sad or unhappy, such as:

- [grieving](#) a loved one
- the loss of job or income
- [divorce](#)
- financial trouble
- issues at home
- failing an exam
- not getting a job
- experiencing other disappointing events
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What is Depression?

- [Depression](#) is a mood disorder that has an overpowering effect on many parts of a person's life. It can occur in people of any gender or age and alter behaviors and attitudes. It is a medical health condition, not just a passing mood.
- It often happens without a clear reason or trigger.
- It lasts for two weeks or longer

In 2021, around [21 million people](#)[Trusted Source](#) ages 18 years or above in the United States had experienced at least one major [depressive episode](#) in the last year, accounting for 8.3% of all adults in the country.

Some Symptoms:

- sadness
- feelings of guilt, worthlessness, and hopelessness
- feelings of irritability and frustration
- difficulty sleeping and concentrating
- changes in appetite and weight
- a lack of energy

- a loss of Interest in hobbies

In severe cases, the person may think about or attempt [suicide](#). They may isolate themselves from family or friends and feel unable to attend work or school.

If these feelings of doubt last longer than, a healthcare professional may diagnose the person with [major depressive disorder \(MDD\)](#). This is a [type of depression](#) that can be more severe and persistent than some other types.

For a diagnosis of MDD, the doctor should link the symptoms only to depression and not to another medical diagnosis, such as [substance use disorder](#) or another underlying condition.

Unlike sadness, depression can leave a person struggling to get through their day. Sadness is just one element of depression.

Help is out there

If you or someone you know is in crisis and considering suicide or self-harm, please seek support:

- Call or text the [988 Lifeline](#) at 988 or chat at 988lifeline.org. Caring counselors are available to listen and provide free and confidential support 24/7.
- Text HOME to the [Crisis Text Line](#) at 741741 to connect with a volunteer crisis counselor for free and confidential support 24/7.
- Not in the United States? Find a helpline in your country with [Befrienders Worldwide](#).
- Call 911 or your local emergency services number if you feel safe to do. If you're calling on behalf of someone else, stay with them until help arrives. You may remove weapons or substances that can cause harm

if you can do so safely. If you're not in the same household, stay on the phone with them until help arrives soon.