

Trauma. Genetics.  
Life circumstances.  
Brain changes.  
Medical conditions.  
Substance use.

**Depression does not have a single cause.**

People of all ages, ethnicities, genders and economic backgrounds experience depression. For more information and helpful resources, visit [MagellanHealthcare.com/Mental-Health](https://MagellanHealthcare.com/Mental-Health).

*Source: NAMI*