

CYDC Podcast - Depression

What is depression? - <https://www.healthline.com/health/depression> ;
<https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/depression> ;
<https://www.mayoclinic.org/diseases-conditions/depression/in-depth/ssris/art-20044825> ;

COVID and depression - <https://www.nature.com/articles/d41586-021-00175-z> ;
<https://www.forbes.com/sites/williamhaseltine/2021/04/13/young-people-hit-hardest-by-loneliness-and-depression-during-covid-19/>

Teen depression -
<https://www.mayoclinic.org/diseases-conditions/teen-depression/symptoms-causes/syc-20350985> ;

Depression and the brain -
<https://www.verywellmind.com/the-chemistry-of-depression-1065137>

Facts about depression - <https://cmha.ca/fast-facts-about-mental-illness> ;

Seasonal affective disorder -
<https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>

Supporting a loved one experiencing depression -
<https://www.helpguide.org/articles/depression/helping-someone-with-depression.htm>