

## Causes of Depression and How Seeing a Psychologist in Joondalup Can Help with Healthy Psychology-Based Solutions



There are many things we don't understand about depression, and its exact cause is one of them. However, it often results from a combination of events in a person's life as well as other personal factors, rather than a single event or issue. Some of these potential triggers include:

### **Life Events**

Ongoing struggles, such as long-term unemployment, abusive relationships, work-related stress, and prolonged loneliness can also be a trigger for depression, rather than just being caused by an isolated or recent event. However, a recent event (such as losing your job) can trigger depression if you are already at an elevated risk because of personal factors or previous experiences.

### **Personal Factors**

Some people have a higher risk of depression because of genetic factors; having a close relative who is depressed can increase your odds of developing depression yourself. However, this doesn't automatically mean you will have the same experience. Life events still play an important role. Your personality also weighs in; people who worry a lot, are perfectionists, have low self-esteem, or are overly sensitive to criticism can also become depressed. Another factor that can have an impact is the presence of an acute medical illness. The stress and worry of coping with such a condition can lead to depression. Also, drug and alcohol abuse can be a cause or effect of depression.

### **Brain Changes**

There has been a great deal of research on the complex subject of the brain, but there's still much we don't know. Depression is complicated and caused by more intricate factors than a simple "chemical imbalance". Factors such as life stressors, genetic vulnerability, medical conditions, and substance abuse all affect the brain's regulation of your moods. Services involving psychology in Joondalup can help. Effective treatment and accessing services such as psychology in Joondalup can stimulate new nerve cells to grow in mood-regulating circuits and help you recover from depression.

### **Where to Go for Reliable Joondalup Psychology**

Keep in mind that everyone is unique and experiences a different combination of factors that contribute to the development of depression. That means that you'll need a tailored approach to delve into the issues you are facing and help you correct them. Perth Psychologists can help walk you through this work and may be able to assist you in achieving some improvement in how you feel day to day. You may not always be able to pinpoint the exact cause of your depression, but that's okay – the important thing is to recognise that you need help and then seek treatment from a psychologist in Joondalup.

Your Joondalup psychologist at Perth Psychologists can work with you to help you build long-term changes with a focus on mindfulness, quality of life, and well-being. Our psychologists are accessible in four convenient locations, and we have been providing these services to the Perth area for over 18 years. We do have a wide choice of psychologists on staff to ensure your needs are matched to the suitable professional. You don't have to suffer through depression alone. If you are searching for "Joondalup psychotherapy near me," contact Perth Psychologists to discuss how we can help.