

Most ~~of the~~ people try to lead a healthy lifestyle ~~and profess that~~; to be healthy is a virtue. When people say 'healthy,' they usually mean physical health, ~~while few not many actually mean to~~ imply that the term 'being healthy' could also apply to mental health. Mental health is an important issue but has not been given ~~much the of the~~ coverage it should receive. ~~S~~tereotypical attitudes towards mental health seem to put mentally ill people in the ~~weirdo~~ category and ~~propose that~~ such disorders only happen to ~~weird-strange~~ people or substance users. ~~Of course, t~~his is ~~of course~~, is not a fact, and ~~mental~~ illnesses such as ~~sadness-depression~~ can ~~a~~ffect anyone, ~~not considering of~~ regardless of cast, creed, or color. ~~The~~is information brochure that ~~this~~ essay is based on covers basic depressive ~~on~~ disorders; gives ~~a little~~some information about clinical depression, diagnostics, and symptoms; and busts some myths associated ~~with~~ clinical depression. ~~The course of this~~This essay will reveal in ~~knowledgeable~~ great detail diagnostic criteria, causes, and ~~prefered way of~~therapies for depression ~~as a disorder~~.

Commented [E1]: This word is generally perceived as informal. Consider wording this differently.

Commented [E2]: I might have unintentionally changed the meaning of this sentence by altering the highlighted text. Please ensure that this phrase still portrays what you intended it to mean.

Diagnostic Criteria for ~~D~~epression

Being depressed is ~~a~~ normal ~~phase-part~~ of life for all people, but ~~it~~ can become a disorder when ~~get-it becomes~~ severe, happens frequently, and lasts ~~longer-for a long time~~ (—Health psychology Book)—. If feelings of sadness do not go away and interfere with a person's ability ~~in their~~to operate normally at work ~~or~~ school, sleep, ~~or~~ ~~carry out everyday activities~~and life then they may be ~~surely~~suffering from depressive disorder (helpguid.—org). A person with this disorder may ~~have experience~~ a change in ~~their~~ appetite and sleep patterns, low self-esteem, less energy, ~~a~~ loss of interest in ~~enjoyed~~activities ~~they used to enjoy~~, ~~the~~an inability to concentrate, and ~~reflecting~~suicidal ~~thoughts~~as a way out are common symptoms. These ~~symptoms could~~ ~~can~~ also manifestation of these into ~~as~~ physical symptoms such as headaches. ~~Another big factor that one could be depressed, are thoughts of suicide and morbidity.~~

Commented [E3]: I might have unintentionally changed the meaning of this sentence by altering the highlighted text. Please ensure that this phrase still portrays what you intended it to mean.

Commented [E4]: I have deleted this sentence since thoughts of suicide are listed as a symptom a couple sentences ago.