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 people 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 of the coverage it should receive. Stereotypical 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, this is not a fact, and mental illnesses such as sadness or depression can affect anyone, regardless of cast, creed, or color. This information brochure that this essay is based on covers basic depressive disorders, gives a little information about clinical depression, diagnostics, and symptoms; and busts some myths associated with clinical depression. This essay will reveal in detail diagnostic criteria, causes, and preferred way of therapies for depression as a disorder.

**Diagnostic Criteria for Depression**

Being depressed is a normal phase of life for all people, but it can become a disorder when 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 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 experience a change in their appetite and sleep patterns, low self-esteem, less energy, a loss of interest in enjoyed activities, the inability to concentrate, and suicidal thoughts as a way out are common symptoms. These symptoms could also manifest as physical symptoms such as headaches. Another big factor that one could be depressed are thoughts of suicide and morbidity.