

Most ~~of the~~ people try to lead a healthy lifestyle ~~and profess that; to being~~ healthy is a virtue. ~~However,~~ ~~when most~~ people ~~say healthy think of health,~~ they ~~usually mean think of~~ physical health, ~~while few people~~ ~~not many actually mean to imply that the term being healthy could also apply to think of~~ mental health. ~~Nevertheless, m~~ental health is an important issue, ~~though it but has not been given much does not receive~~ ~~as much attention as of the coverage~~ it should ~~receive.~~ ~~Many people s~~tereotypical attitudes towards mental health ~~seem to put~~ mentally-ill people, ~~perceiving them as in the weirdo category odd~~ and ~~believing that~~ ~~mentalsuch~~ disorders only happen to ~~weird-strange~~ people or substance users.

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

~~Of course, t~~his is ~~of course,~~ is not a ~~fact~~the case, ~~and M~~ental illnesses such as ~~sadness-depression~~ can ~~affect anyone,~~ ~~not considering of cast, creed or color.~~ This information brochure that ~~this~~ essay is based on ~~covers-discusses~~ basic depressive disorders; gives ~~a little some~~ information about clinical depression, diagnostics, and symptoms; and ~~busts-debunks~~ some myths associated ~~with~~ clinical depression. ~~The course of~~ ~~this~~ essay ~~also explores will reveal in knowledgeable detail~~ diagnostic criteria, causes, and ~~prefered way of~~ therapies for depression ~~as a disorder.~~

**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 ~~long-~~lasts longer. (—Health psychology Book)—. If feelings of sadness do not go away, ~~interrupt a person's and sleep, and~~ interfere with ~~a person's-their~~ ability ~~to in their operate~~ normally at work, school, ~~sleep or their daily lives, and life~~ then they may be ~~surely~~ suffering from depressive disorder (—helpguid.—org). ~~A person~~ People with ~~this disorder depression may often have experience a~~ changes in ~~their~~ appetite and sleep patterns, ~~low as well as reduced~~ self-esteem, ~~less energy,~~ ~~loss of and~~ interest in ~~enjoyed~~ activities ~~they used to enjoy.~~ Other notable symptoms include ~~an~~ the inability to concentrate and ~~the~~ tendency to have ~~reflecting~~ suicidal thoughts ~~as a way out are common symptoms.~~ ~~These could also~~ manifestation of these into physical symptoms, such as headaches, ~~can also arise.~~ ~~Another big factor that one~~ ~~could be depressed, are thoughts of suicide and morbidity.~~

**Commented [E3]:** I have deleted this sentence since thoughts of suicide are listed as a symptom a couple sentences ago.