Most of the people try to lead a healthy lifestyle and profess that being healthy is a virtue. However, when most people say healthy or 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, mental health is an important issue, though it has not been given much attention as it should receive. Mental health 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 debunk some myths associated with clinical depression. The course of this essay also explores will reveal in knowledgeable 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 long-lasting (—Health psychology Book). If feelings of sadness do not go away, interrupt a person's 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 experienced changes in their appetite and sleep patterns, low, as well as reduced esteem, less energy, less interest in enjoyable activities they used to enjoy. Other notable symptoms include an 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.