Most people try to lead a healthy lifestyle, and to be healthy is considered a virtue. However, when people talk about being healthy, they usually mean being physically healthy, not many actually mean to imply that the term being healthy could also apply to mental health. Although mental health is an important issue, but has not been given much of their does not seem to have got much coverage it should receive. There is a stereotypical attitudes towards mental health seem to put of mentally-ill people in the "weirdo" category and believe that such disorders only happen to weird people or substance users. This is, of course, is not a true and many mental illnesses such as depression can affect anybody, not considering regardless of caste, creed, or color. This essay is based on an information brochure that the essay is based on covers basic depression disorders; gives a little some information about clinical depression, diagnostics, and symptoms; and busts some myths associated with clinical depression. The course of this essay will reveal, in knowledgeable sufficient detail, the diagnostic criteria, causes, and preferred way of method of therapy for depression as a disorder.

Diagnostic Criteria for Depression

Being depressed is a normal phase of life for all people, but can become a disorder when it gets severe, happens frequently, and lasts longer. (Health Psychology Book) If feelings of sadness do not go away and interfere with a person's ability in the work, school, family, sleep, or and enjoy life, then that person may be surely suffering from a depressive disorder (helpguide.org). Such a person with the disorder may have a change in appetite and sleep patterns, low self-esteem, less energy, loss of interest in enjoyed activities, the inability to concentrate, and reflecting thoughts of suicide as a way out are common symptoms. These disorders could also manifest manifestation of these into physical symptoms such as headaches. Another big factor that one could be depressed, are thoughts of suicide and morbidity.