Most of the people try hard to lead a healthy lifestyle because being healthy is a virtue. 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. Mental health is significant but has not been given much of the focus it should receive.

Stereotypical attitudes toward mental health seem to put mentally ill people in the “weirdo” category and consider that such disorders only happen to weird people or substance users. This is of course, not a fact. Mental illnesses such as depression, can affect anyone, without taking in account of cast, creed, or color.

The essay is based on which this information brochure gives a little information about clinical depression, diagnostics, and symptoms; and busts some myths associated with clinical depression. The course of this essay will give in knowledgeable detail the diagnostic criteria, causes, and preferred method of therapy 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, occurs frequently, and lasts for a long period. If feelings of sadness do not diminish and interfere with a person’s ability to in their work, school, sleep, and life, they may be suffering from depressive disorder. A person with this disorder may experience changes in appetite and sleep patterns, loss of interest in enjoyable activities, the inability to concentrate, and suicidal ideation. These could also be manifested as physical symptoms such as headaches. Another big reason that one could be depressed, are thoughts of suicide and morbidity.