

Utsubyo Kea (care of depression)

Depression, a common problem seen in many people nowadays. In the developed countries, there are many trained doctors and counsellors to help. But what about the under developed countries like Nepal? What I have seen here is that people don't take depression seriously. If someone says that they have depression people either ignore him/her or take them as mentally unstable people. Also there are very few professional counsellors and doctors. But the victims either don't find the doctors or are not able to afford the price. I have seen my friends suffering from anxiety, panic attacks and mental breakdowns and I feel very helpless watching them. Our school has hired a counsellor to help them but what about the people who can't find proper counsellor?

So if I were to create an app, I would probably make something to help the people suffering from depression. The main motive of my app would be to make it easier for people to find affordable and trustworthy counsellors. What usually happens is that those people who are capable of doing something great for the country and the world take a lot of pressure. Like students, most of the time they are under pressure of completing assignments or getting high grades and they end up giving up their hobbies to complete their studies. There are people who got a lot of fame and money from studies but that does not mean studies is everything.

The name of my app would be 'Utsubyo Kea' which means to take care of depression in Japanese. So the first thing I would do is search for affordable and trustworthy doctors who are willing to help people at an affordable price or the best who are willing to help for free. My objective is to find affordable doctors as most of the time, depression is started from the financial problems. I would create four different sections in my app. The first section would be to choose which doctor you want to consult. There people can call or text to consult the doctor about the problems that they are facing. The second section would be a place where people can share their experiences. This is a very important section as no matter what people go through, they need to know that they are not alone and there are many people to support them. The third section would contain some fun and easy mental games to make sure they improve. I would also add some guided meditation and light exercises that might help. The final but important section would be a place for recording the changing moods and feelings. This place would be totally personal without hampering anyone's privacy.

There are apps such as 'catch it'-helps to record changing moods and feelings, 'insight timer'-for guided meditation, 'stress and anxiety companion'- for breathing exercises, 'self-help for anxiety management (SAM)helps to identify and manage thoughts etc. By my research, I found that these apps helps people but incompletely. Like if someone needs a full recovery help then he/she needs to download all of these apps which is quite troublesome. So my main aim is to create an app which has all these features combined. If I am successful to create this app, I will recommend it to my friends and will be glad that I was able to give some help.

Summarizing the essay, if I was to create an app, I would make 'Utsbyo Kea' an app to help the people suffering from depression. This app would contain professional doctors to consult, a place to share your feelings and also exercises that help to increase mental and emotional stability. And to everyone having a hard time, I would like to say, 'there is hope even when your brain tells you there isn't'.

THANKYOU

~~Yupina Wahana~~