**IF I COULD INVENT SOMETHING NEW**

Inventions are people’s gifts and opportunities utilised to make a difference in human life. Stories like Alexander Graham Bell’s invention of the telephone to aid hearing amongst his deaf students and mother and Thomas Edison and his team’s invention of the light bulb to spread electricity throughout towns inspire me to create a change to solve major problems facing my country and the world in general. If I could invent something new, it would be a mental health monitor. This essay will discuss the need of a mental health monitor and how it will change several lives.

One in four Nigerians – some 50 million people – are suffering from some sort of mental illness, according to the World Health Organization (WHO) such as depression, post-trauma stress disorder and dementia. Mental health is so underrated in Nigeria that we have little to no health facilities for this area of health. According to reports from the Federal Ministry of Health and Social Welfare of the Federal Republic of Nigeria, only eight federal neuropsychiatric hospitals exist in the country. This is alarming for a country with numerous economic and social issues that can break any human mentally daily. To ease this problem, I would like to invent a mental health monitor.

The mental health monitor (which I have decided to name MoodMate) would be a sleek wearable device that you can easily incorporate into your routine. It could resemble a stylish smartwatch or a discreet sensor that we can wear comfortably throughout the day. One of its unique features is its ability to continuously monitor your mental health indicators in real time, providing instant feedback and personalized insights to help you manage your well-being effectively. Additionally, it may have a user-friendly interface that allows you to track your progress, set goals, and access resources for mental health support whenever you need it.

The mental health monitor will address specific problems like detecting early signs of stress, or anxiety, providing personalised insights to manage emotions, promoting self-care practices, offering resources for mental health support, and empowering individuals to take control of their mental well-being. This device can ultimately contribute to a more balanced and mindful approach to your mental health, fostering a sense of control and well-being in your daily life as professionals in the health sector for patients, students, workers and the populace in general.

Overall, the device has the potential to make a positive impact in various settings by prioritising mental health awareness and support. Challenges that may arise during the course of its invention include inaccuracy, risk of data loss and more. These can be taken care of through regular updates and maintenance as well as prioritization of data privacy and security keeping the device current and effective in supporting mental well-being.

In conclusion, the joy and stability that this invention will bring to the lives of people will create a sense of impactful achievement in me.

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