IF I COULD INVENT SOMETHING NEW…

We all want to improve society in some way. It could be by volunteering or helping people in need. One impactful way is through inventing. This could range from something as small as a piece of paper to something as significant as new technology. If I were to invent something new, it would be an app that helps people worldwide deal with depression, anxiety, and other challenging emotions. Although I am not a fan of coding, if I were, this would probably be my choice. Inventing doesn’t necessarily mean creating something entirely new; it can also involve improving or repurposing existing concepts. I decided that if I were to create something new, I would develop an app to help people all over the world.

Interestingly, this app could support people dealing with depression or anxiety from the comfort of their homes. With just a click of a button, users would be taken to a page listing various issues. By selecting their specific problem, they would receive a Bible verse and practical ways to address it. This app would be particularly beneficial for teenagers and young adults facing various challenges. Of course, I would need the assistance of experienced coders to bring this idea to life.

Furthermore, this app idea could help many people in society, including children, by reducing the risk of suicide. Suicide occurs throughout the lifespan and was the fourth leading cause of death among 15–29-year-olds globally in 2019. It is not confined to high-income countries but is a global phenomenon, with over 77% of global suicides occurring in low- and middle-income countries in 2019. This app would offer support to those experiencing difficult times, potentially alleviating their trauma to some extent. It would serve as a form of rehabilitation for people with serious issues, and if they still need more help, they should feel encouraged to seek professional therapy.

Lastly, the app would provide individuals with severe issues a glimmer of hope in themselves and others. Even though the process might be long and challenging, they should believe in their ability to overcome their difficulties. They should remember the saying, “If one door closes, another will open.” They should not give up on life and can share this app with others who might also benefit. This could help reduce the statistics of suicidal thoughts and make the world a happier place to live in. Although the process may be difficult, it will be worth the struggle.

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