**NAME: AJEKIIGBE AYOMIDE**

**SCHOOL: TOPGRADE SECONDARY SCHOOL**

**J.S.S 2**

**IF I COULD INVENT SOMETHING NEW**

The word ***invention*** means to create or design something unique, a creativity that has never been in existence. So, if I can invent something new, it will definitely be a machine that can detect and eliminate mental health problems. Mental health is a state of mental well-being that enables people to cope with the stress of life, realize their abilities, learn well, and contribute to their community. Mental health disorder is characterized by a clinically significant disturbance in an individual’s cognition, emotional regulation or behavior.

A major type of mental disorder includes clinical depression, which is a mental health disorder characterized by persistent depression or loss of interest in activities causing significant impairment in daily life. The symptoms of clinical depression include persistent feelings of sadness or loss of interest that characterize major depression. With this, one can experience anxiety, apathy, general discomfort, guilt, and hopelessness. Clinical depression symptoms also include early awakening, excess sleep, insomnia or restlessness. Excessive hunger, fatigue, and loss of appetite are also symptoms of clinical depression.

If I could invent something new, it would be a device that would detect, diagnose and create a solution to depression. As we all know, mental illness is a wide and diverse topic but I decided to write on depression because this is what most teenagers and adults people face in various aspects which has led to suicide and death of many people.

This device is going to detect in stages starting with the symptoms which are; persistent feelings of sadness, loss of interest, discontent, regret, and guilt. All these that I have listed will be detected by this machine, it will also check/detect the level of one sleep, movements, heart rate, blood pressure, and many more. The device will diagnose the illness when action is needed to be taken in order to prevent escalation such as prescription of wrong dosage in the hospital.

The machine will also suggest various ways which mental health problems can be solved which are getting enough sleep, eating well, regular exercise, and reaching out to family and friends when the going gets tough. Getting regular medical check-ups and seeing a physician. The name of the device would be called (Depression Kit) the functions will include diagnosis and solutions. It would be available and affordable in all pharmaceutical stores nationwide.

To get this device, I plan on looking for sponsorship from business organizations who have the same vision as I. I also hope to collaborate with them to give ideas. So, from there, I and the organization will get the materials needed. And if there is any need to get a programmer or a tech expertise, the organization will be able to provide them. Also, I will get the government on the project so it will either be affordable or free. Most of it will be shared to the poor and it will be sold to the high and mighty.