

Growing Depression

It is saddened to know ~~the~~ about the pervasive mental depression in the youth. This dilemma is increasing with its drastic repercussions. Hopelessness, unemployment, societal pressure, academic stress are some of the problems which are prevailing in the youth.

These issues ~~are~~ curbs man's creativity, kill aspiration and inculcate a perpetual sense of deprivation of everything. By lose oneself in this mire, one never try to get back on track and keep overflow oneself with anxiety and tension.

To minimize this problem government must provide help to people in terms of ~~Doctors~~ ~~providing~~ solving there genuine issue. Seminar, public gathering, Motivational convention should be organized. People who are needed with a good psychiatrists must consult them to ease out their feeling, and tell their actual problem so that they find out the cause of their depression. Consulting a psychiatrist should be normalized in the society and do not attach this against as a stigma of having a mental issues. Try to reduce burden from people and especially student. Awareness of these issues should be discussed in schools and colleges. whoever need financial help is to be helped. By doing so we could make an environment of gratification and society where everyone would thrive peacefully.