

Problematic Society and How to Get Help

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The U.S. is the most depressed and problematic society, according to the World Health Organization. Why is the U.S. the most problematic? What causes this to happen? Well here is some research about why this happens to our society and resources to help deal with anxiety and depression.

Mental health has been around for a very long time. People have problems with their health in different situations. Children, teens, and adults go through depression and not all victims can fight through that time of their life.

After talking to our school counselor (Mr. Garcia), we learned more information about our topic. There are many components to mental health issues including anxiety and depression. You can help yourself by reaching out to the appropriate resources you have.

One issue that had been brought up was that many kids have anxiety simply because of social media. You can become anxious because of people bothering you online. A key thing to know is that you cannot control others actions but your own. So if people are bothering you on the internet, a good way to solve that problem is to block them or get off completely.

Depression can be very tricky. Yes, it is treatable. However, if the person does not seek the help they need or doesn't want any, then that's their choice and you can't stop it. It is hard to get students to open up about what they are going through but that's the only way they can get help. It has also been known that depression can be caused by a chemical imbalance. However, there are many other causes like faulty mood regulation by the brain, genetic vulnerability, stressful life events, and medical problems.

It can sometimes be very easy to spot signs of depression or anxiety. It is key to know if someone is depressed or has anxiety because then you can further help them. Some signs in schools can be not turning in work because of lack of focus, change in behavior, lost in interest of things they used to like, and/or mood swings. It is necessary to find help to fix these problems if these signs are shown.

WebMD can be a great online resources for those struggling with mental illness. According to their customers on the website, their therapists are very compassionate and understanding. They help people combat OCD, depression, and anxiety. One of their customers wrote a review about being able to open up to them even though she is a very private person. She stated, "all I can offer is my thanks, which seems very inadequate in comparison to all that

you've done for me and others in the group." This is more of a long term resource. It's also one of many helpful resources to help battle depression and anxiety.

Another reliable resource is the suicide prevention hotline, 1-800-273-8255. It is a national network that provides free emotional support for people who are suicidal or depressed. They provide service for 24 hours a day, 7 days a week. They're committed to providing crisis services and advancing suicide prevention. They dedicate their time to providing people with resources to keep everyone happy. The suicide hotline will always be a helpful resource towards suicidal thoughts or actions.

One last helpful source can be counseling. Regular counseling or school counseling are both options. However, they are pretty much two different things. School counseling can be a quick helpful session but it is rather short. School counselors aren't necessarily trained in the same areas. They only get trained a little bit and only about ways to help school students. Obviously they can still help with your problems but they can't treat them. They'll most likely give you outside resources to help treat your illness. Outside counselors have more training and are known to be able to help more with your problems. There are way more ways in finding help if you seek it.

Depression and anxiety are just a few of the many more problems and issues that people might be having. Everyone needs to know that you can always find help and that you're not alone. Many people suffer from severe depression which is sad but it is also normal. Similarly, anxiety is not rare and many people can have both. There are many reliable resources for people struggling with depression or anxiety if they find help.

A lot of people have gone through depression or have had a hard time in their life. They can either seek for help or they just run from their problems and give up, but one should never give up because there are ways to prevent depression. Whether that be a hotline, a website, or a friend, there is always a way to help you through that time of your life.