

## Depression is Not a Big Problem

6D Li Hang Beck

Have you heard of Leslie Cheung? A pop singer in Hong Kong. He was once a king in the Cantonese pop singing industry. Unfortunately, he killed himself in 2003. What made him do it? Depression. It is a mental illness which is well known by people in the world. It also means it is becoming commonplace. One of my friends, Chris, has suffered from it recently and luckily he overcame it.

Chris, a secondary school student, had depression because of his bad school life. He did not get along well with other classmates and he got low marks in examinations. These things made him unwilling to go to school anymore. He refused to go to school, ignoring everybody including me. When I tried to talk to him, he felt everything was boring and he did not care about anything. I knew something went wrong and I told all of this to his parents. They brought Chris to see a psychiatrist and unfortunately, Chris was diagnosed with depression.

Luckily, Chris overcame it. How could he do so? To be honest, his parents and friends were the best cure. His parents started to spend more time with him. They told him that studying was not everything, but trying his best was the only thing he needed to do. His father started to chat with him and cared about his feelings. As his best friend, I always invited him to go out with me. We played sports together. Three months later, Chris became outgoing and friendly. If he had some problems with his studies, he would go and ask for help. Now he can handle his schoolwork.

What can we do to help fight depression? We should seek help from doctors for some professional advice, so that we will not do anything wrong to hurt the sufferers. In my opinion, we should spend more time with people suffering from depression and talking to them is very crucial. Even though sometimes they feel bored about the conversation, you still need to keep talking to them.

In fact, we can do something to prevent depression. We should stay happy all the time. For instance, doing sports can make you have a better mood. In addition to this, having a healthy lifestyle is also beneficial.

Remember, we should never give up on ourselves. We should be full of hope and bear in mind that tomorrow is another day.

**Teacher's Feedback :** There are more and more people suffering from depression, especially in a busy city like Hong Kong. As you said, we should be caring for people around us and full of hope to fight for this illness. Thank you for sharing your thoughts. This is indeed a good essay! (Mr. Wong Kai Cheung)