

Speech Presentation on Youth Depression

Good Morning Ladies and Gentlemen.

Today I am going to talk about an issue that has affected Hong Kong over the years. And that is youth depression.

It has been stated from the Hong Kong Department of Mental Health that 40% of people who suffer depression are teenagers, and the majority are at the ages between 15-25 years old.

A major possible reason for this occurrence is because teenagers often get pressured by high school exams or their future paths. Teenagers are over-stressed about what they want to achieve and what they want to succeed in life. They tend to spend a big portion of their time worrying if they can pass a test or get into their desired university or any university for that matter. A lot of teens will get depressed and beaten down if they get rejected or unaccepted by their teachers, and that factor could potentially lead to a deep depression stage.



Another reason for youth depression is peer pressure. This is common for students, specifically secondary students. A lot of youngsters get depressed by the judgment from others of what they wear or their personality. This will lead to an extreme decrease to the person's self value and attitude.

Depression could also be caused by family problems, chemical imbalances of the brain or even the slightest emotion could also trigger depression.

Depression can be harmless or it can be life threatening. It has the capability of causing the person to isolate themselves, self-harm, drug abuse, not having the energy to even get out of bed to go to work, or worst-case scenario is suicide.

The worst about depression is that it isn't so obvious with everyone. It can be hidden so easily that it's hard for people around the victim to pick up the message. So sometimes it is hard to reach out for them because sometimes we can't even realize that it's there. But that doesn't mean it can't be better.

Overcoming depression is very difficult. Most people would think by just saying, “Everything will be fine.” , “Get over it.” or “Try harder to get better.” would make the patients better. Well let’s put it this way, you are now stabbed in the stomach with a pocket knife and your friends just stand there and tell you to get over it, how would you feel? You don’t feel good at all huh? These phrases would just make the person feel worse. People who live with depression think and see differently than the way the norm do. They tend to be more anxious, pessimistic and see the world in more distant and broken way, sort of like a gray world of nothing and despair. Overcoming depression is a slow process. The person needs time alone and relaxation, they cannot be forced to feel better instantly. And if your friend or family member is going through a rough time, just be there when they want to have a supporting hand. Verbal comfort is helpful too. But you need to choose the right words before you spit it out. For example, “I will be by your side if you need me.”, “I may not understand how you feel, but I won’t judge you.” Sure they are somewhat cliché and old school, but it can really help indeed.

And if you are someone who suffers from depression, bear in mind that you are not alone, there are a lot of people here to help and support you. And it is ok to be sad, even when people tell you that there are more people who have it worse than you. Being sad and depressed is a normal emotion that everyone has the right to feel. There is no need to suppress it or push it away. And you will surely overcome this. It may be a hard process, but take it slow, and make baby steps. I believe in you, and you should too.

Thanks for listening to my speech.

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