

14<sup>th</sup> June 2012

Dear Editor,

Let's Fight Depression

I would like to draw reader's attention to the problem of depression. I am concerned about the problem because my friend Chris has a serious depression problem. I am writing to you because I want to raise teenagers' awareness and solve my friends' problem.

People are not familiar with depression. Depression is a common teenage problem. People with Depression become sad easily. They always stay at home alone. Those with depression may not realize it. They always want to commit suicide all the days. They don't want to talk to anyone. Usually, they will not eat anything under depression because they only feel depressed and alone.

My friend Chris had depression problem too. Since he got this problem, he didn't talk to everyone. Unluckily, he got Anorexia. He became an unhealthy person. It took him a long time to recover from this mood disorder. Honestly, depression wasn't really hard to recover. They just need someone to talk to them and support them. Finally, he accepted the doctor's recovery course. Now, he gets back to normal.

If you think you might be depressed, you can check out some characteristics. First, you always want to cry easily. Second, you would be very emotional. Third, you don't want to talk to anyone. Another way to solve the problem is to support them all the time. We should usually talk to them, let the patients know that they aren't alone to face the depression problem. Talking to depressed people is also one of the effective ways to deal with depression. Most importantly, the people with depression problem must face the depression problem bravely. Otherwise, you won't recover. People who care about you, like your best friend, parents and teachers can support you. It is advised to seek profession help. You can find the mental doctor to help you.

Depression is curable if you follow the right steps. The key ways to fight stress are to support the depressed people. I hope that this guide can help the depressed people and they enjoy it.

Yours faithfully,

*Brian*

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