Helping People With Depression

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Introduction

Depression. What terms do you think of when you hear this word? Sadness? Anxiety? Stress? How do you feel when you hear the word? I am guessing you feel a lot of negative energy. Don't you just hate the word "Depression"? If you dislike the word, then you probably dislike the concept of it in general, and you wish it never existed in the first place. The amount of pain and misery that depressed people feel in their lives is substantial. According to the website, "hopefordepression.org", 300 million worldwide have depression, and 110 Americans take their own life every day. Something must be done to not only save human lives, but also improve the lives of depressed people . This is why there is a certain product that I'd like to see be made in the future in order to make depressed people's worlds much happier. I call it the HapBot. Let me explain.

So what exactly can the HapBot do? Well, in a brief summary, the user can talk to the HapBot as though it's their close friend, and the HapBot will make the user's life much happier in many ways. It is a headset you can talk into and get responses by the HapBot. Let me go in detail with this product.

There are two main features. The first one is the Express Feature. The Express Feature is a feature where you can express your feelings by telling the bot about yourself and about all of your struggles! When you talk about your struggles, the HapBot would tell you the way that is statistically proven to solve your specified issue. And when you try to engage in conversation, the HapBot would give you funny responses and say them in a cheerful tone rather than a monotonous tone. The second feature is the Schedule Feature. In this feature, the HapBot would

tell the user to follow a schedule that would make his or her life much more fun and interesting. For instance, the HapBot would give a time for you to socialize and make friends, and another time for biking outside in order to wear off stress and get some fresh air. This schedule could also be customized to the user's own liking in case the schedule does not match their availability throughout the day.

Now, how will it reduce depression? Well, to begin with, if the user listens to and follows the HapBot's advice, all of his/her problems will be solved. This will lessen the negativity in his/her life. Additionally, when the user engages in conversation with the HapBot, the HapBot's funny response will cheer them up, and the user won't feel lonely anymore. Finally, the HapBot's recommended schedule will make the user's daily life much happier and cheerful.

To sum it all up, the HapBot is an AI that you can talk to, and it is designed to make the user's life much brighter. If more people use the HapBot, the depression rates and suicide rates will drop rapidly. However, if less people use the HapBot, the rates will take their toll, and the world will stay negative. The HapBot will be a quintessential object in spreading positivity and happiness around the world.