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- a) Depression is a bunch of symptoms exhibited by weak people.
- b) Depression is an unbearable suppression of brain activity that can strike anyone.

Straightening out all the misconceptions, the correct answer is 'b'. It's a concept we should all understand and remember, and here's why: depression strikes millions of young adults, but only 1 out of 5 ever seeks treatment for it. Too many just drag themselves along or eventually seek relief through suicide. Why not treatment? Partly lack of awareness. Partly the unwarranted negative stigma. This is what needs fixing. This is where we need you to change your attitudes. It's an illness, not a weakness. And it's readily treatable. Spreading the word and making this common knowledge is everybody's assignment.

**UNTREATED
DEPRESSION**

#1 Cause of Suicide