1. **make an outline for the speech**

This speech is delivered for giving some suggestions to help depression patients get rid of it. First, the lecturer describes the terrible performance of depression patients and analyzes reasons why people are trapped into depression. In order to deal with it, the speaker proposes several anti-depression suggestions and inspired depression patients to take actions at once.

1. **A short report for three parts problems**

From my perspective, I suppose the lecturer delivers this speech in purpose of making people get out of pessimism and depression. The potential audience of the speech can be those patients or who are familiar with them and willing to help them get rid of it. Actually, the speaker makes a great speech. First of all, the idea of the speech is very clear. It follows the order of causality that we find the depression trouble, analyze why so many people suffer from depression, then we are going to figure out solutions to solve it and finally give a great conclusion. Another part I believe the speaker does efficiently is the main content of the advice. It covers both physical and psychological parts which are really practical. In addition, the last part not only make a refined summary but also make a motivational, impassioned appeal for encouraging people taking actions to keep away from depression. Finally, I believe the speech can be more vivid and more convictive if the speaker can add one successful example that a patient taking positive action overcomes depression by himself/herself.