# Ideation Phase
## Brainstorm & Idea Prioritization Template

| Date | **12-10-23** |
|---|---|
| Team ID | **Team-591299** |
| Project Name | **Depression a Common Mental Disorder** |
| Maximum Marks 4 Marks | **4** |

**Brainstorm & Idea Prioritization Template:**

Brainstorming provides a free and open environment that encourages everyone within a team
to participate in the creative thinking process that leads to problem solving. Prioritising volume over value, out-of-the-box ideas are welcome and built upon, and all participants are encouraged to collaborate, helping each other develop a rich amount of creative solutions.

Mental health is an integral component of our overall well-being, and yet, it is often the most overlooked. **Depression**, a pervasive and common mental health disorder, affects millions of individuals worldwide, transcending age, gender, and socio-economic boundaries. Its profound impact on personal lives, relationships, and communities necessitates our unwavering attention and commitment to finding comprehensive solutions.

This document is a testament to our collective responsibility to address and alleviate the burden of depression. Through the **power of brainstorming**, we aim to explore and propose innovative ideas, strategies, and interventions that can contribute to the prevention, treatment, and support for those affected by depression.

## Step-1: Team Gathering, Collaboration and Select the Problem Statement:

In the process of brainstorming to address depression, it's essential to begin with a clear plan and a well-defined problem statement. The first step involves bringing together a diverse team of individuals who will collaborate to generate innovative ideas and solutions.

## Step-2: Brainstorm, Idea Listing and Grouping:

We brainstormed many strategies for dealing with depression in this stage as a team, and we then ranked the strategies based on impact, cost, and feasibility in order to choose the few best strategies for this specific problem statement.

**Step-3: Idea Prioritisation:**

Finally, we pasted all of the ideas that were given the highest priority on the graph in order of significance and feasibility.