

## **ABSTRACT**

The issue of mental health is a lively discussion discussed on social media today because people in Indonesia have begun to understand health issues. However, the number of people suffering from depression in Indonesia is increasing from year to year. In 2018, data from the Basic Health Research result shows that the prevalence of mental changes in Indonesia's population of 15 years increased by 9.8% by around 12 million people. The World Health Organization (WHO) declares mental damage as well as depression that occurred in 2020 and is a cause of problems done by ages 15-29 years or older adolescents, if not immediately opened then the resulting Depression will continue to increase and cannot be closed. One cause of depression is the existence or unacceptable goals that cause disappointment and also cause failure. Individuals with low self-esteem focus on their weaknesses, this condition worsens depression. Data collection methods used in this design are interviews, observation and literature study. The purpose of this design is to provide educational media as a health booster. The expected benefit of this design is that Indonesian people begin to understand and focus on mental health in order to improve their own personality.

Key words : Design, Mental health, Depression