

Hack n SLASH





Our Team Hack n Slash



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Problem Statement

- LACK OF AWARENESS TOWARDS SELF CARE AND MENTAL HEALTH.



- MISCONCEPTIONS OR STIGMA SURROUNDING THERAPY.



- THE NEED FOR ACCESSIBLE, NON-JUDGEMENTAL SUPPORT RESOURCES.



Problem Description



- DESPITE THE GROWING AWARENESS OF MENTAL HEALTH, THERE REMAIN A SIGNIFICANT GAP IN ACCESS TO ACCESSIBLE, PERSONALIZED AND STIGMA-FREE MENTAL HEALTH SUPPORT.
- MANY INDIVIDUALS EXPERIENCE BARRIERS TO SEEKING THERAPY AND PRACTICING SELF-CARE, INCLUDING LACK OF AWARENESS, LIMITED RESOURCES AND CONCERNS OVER PRIVACY.



Proposed Solution





SELF CARE TOOLS


- 
- GUIDED MEDITATION
 - JOURNALING PROMPTS
 - EXERCISES
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PERSONALISED RECOMMENDATION


- ADD NOTES
- CURRENT MOOD
- CUSTOMISED REMINDER




THERAPY SESSION

- CONFIDENTIAL REPORT
 - CONTACTS OF
THERAPIST
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Detailed Solution



- OUR MENTAL HEALTH AND THERAPY APP IS DESIGNED TO MAKE MENTAL WELL-BEING ACCESSIBLE AND PERSONALIZED FOR EVERYONE.
 - IT COMBINES EDUCATION, SELF-CARE, AND THERAPY SUPPORT INTO ONE EASY-TO-USE PLATFORM, PROVIDING USERS WITH THE TOOLS AND RESOURCES THEY NEED TO PRIORITIZE THEIR MENTAL HEALTH.
 - THROUGH INTERACTIVE AND CUSTOMIZABLE FEATURES, THE APP ENCOURAGES SELF-CARE, ENHANCES THERAPY ACCESS, AND EMPOWERS USERS TO TAKE CHARGE OF THEIR MENTAL WELLNESS IN A PRIVATE, STIGMA-FREE SPACE.
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Self Care Tools

GUIDED MEDITATION:

- IMMERSE YOURSELF IN CALMING GUIDED MEDITATION SESSIONS. LET OUR EXPERT GUIDES INSTRUCT YOU TO FOCUS, RELAX AND RECONNECT WITH YOUR INNER PEACE

JOURNALING PROMPTS:

- UNLOCK YOUR THOUGHTS AND EMOTIONS WITH
- THOUGHTFUL JOURNALING PROMPTS. SET INTENTIONS AND TRACK YOUR GROWTH WITH EASY TO FLOW PROMPTS.

EXERCISES:

- BOOST YOUR MENTAL AND PHYSICAL HEALTH WITH SIMPLE SELF CARE EXERCISES. WHETHER IT IS BREATHING TECHNIQUE, ANXIETY/PANIC EXERCISES WILL
- HELP YOU TO NURTURE YOUR MIND, BODY AND SPIRIT EVERYDAY



Personalised Recommendation

ADD NOTES AND CURRENT MOOD:

- TRACK AND HAVE A RECORD OF YOUR EMOTIONAL JOURNEY BY ADDING NOTES AND ABOUT YOUR CURRENT MOOD STATUS.

SUGGESTED ARTICLE/VIDEO:

- OUR APP WILL PROVIDE YOU WITH ARTICLES OR VIDEO RELATED TO YOUR MOOD, GET EXPERT ADVICE, TIPS TO EMPOWER YOUR WELL BEING.

CUSTOMISED REMINDER:

- WHETHER ITS TIME FOR MEDITATION, JOURNALING OR HYDRATING, OUR APP HELPS YOU TO CREATE HEALTHY HABITS AND STAY CONSISTENT.



Therapy Session

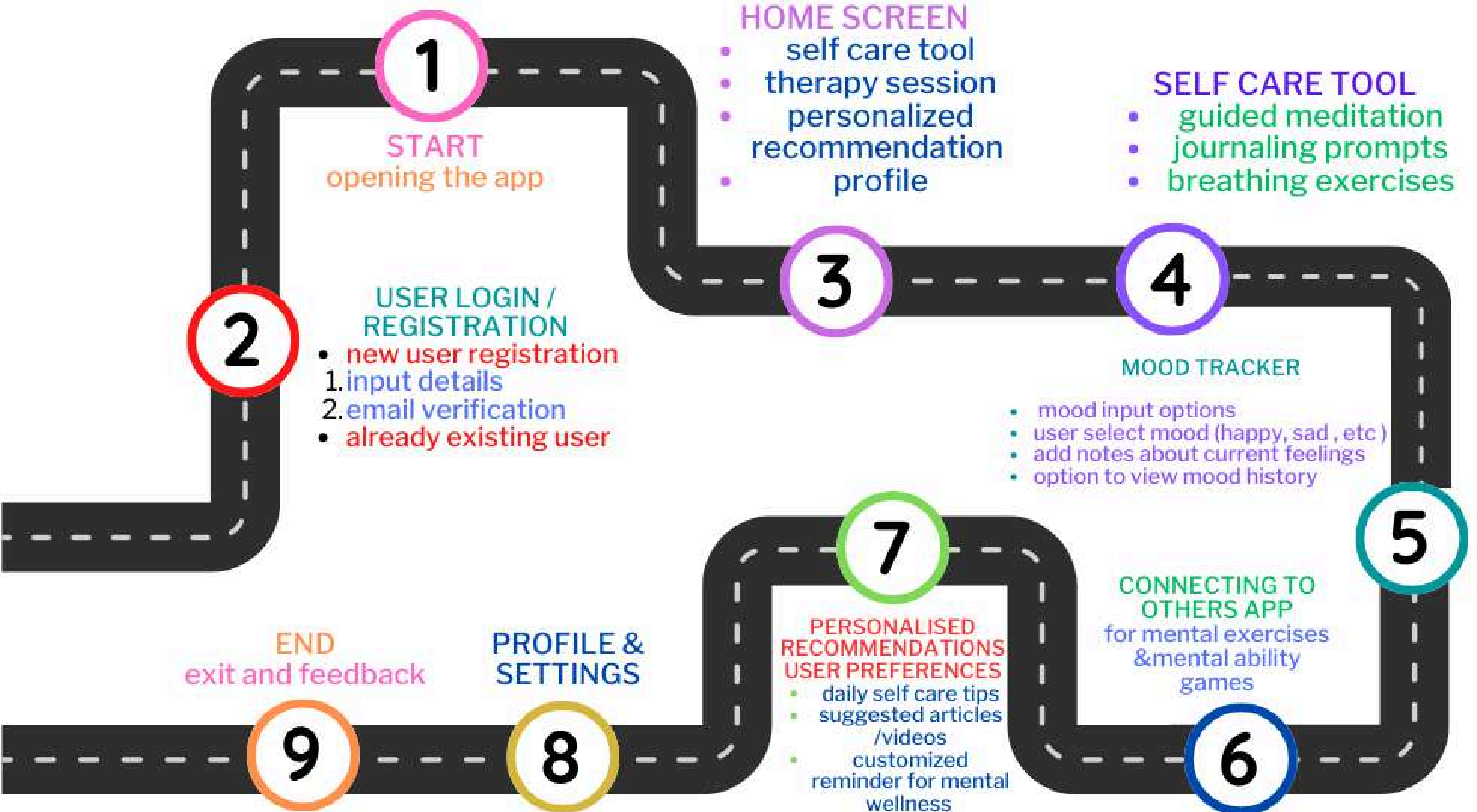
CONFIDENTIAL REPORT:

- YOUR INSIGHTS, MOOD, MENTAL WELL BEING AND REFLECTION WILL BE STORED CONFIDENTIALLY, ALLOWING YOU TO MONITOR YOUR GROWTH ALL WHILE MAINTAINING YOUR PRIVACY.

CONTACT OF THERAPIST:

- REACH OUT TO A LICENSED THERAPIST BY TAKING A SUBSCRIPTION. IF YOU EVER NEED PROFESSIONAL SUPPORT, OUR APP PROVIDE DIRECT ACCESS TO TRUSTED THERAPISTS.





References & Research

- WWW.GOOGLE.COM
- WWW.WHO.INT
- CHAT GPT
- AI TOOLS

Thank
you!