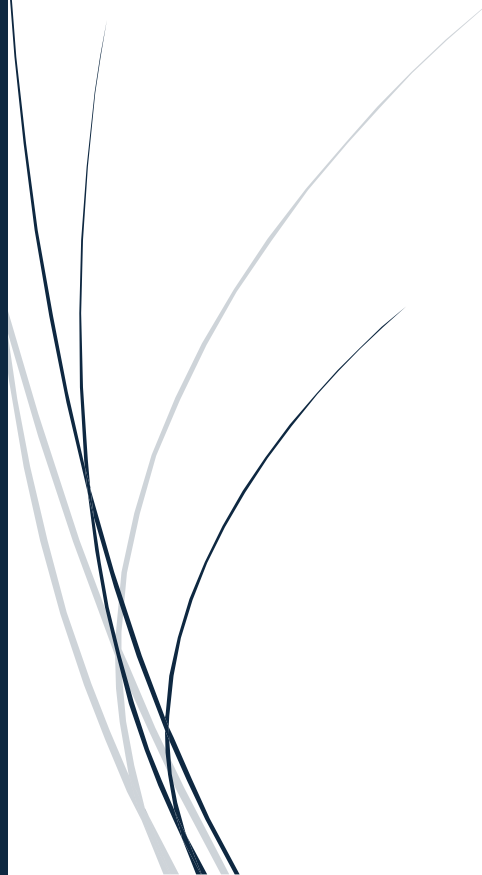# Zen Bridge Documentation

COMP 2681, Final Project

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Introduction

Zen Bridge is a non-for-profit mental health organization aimed at helping individuals in their mental health journey. It cultivates an ever-growing community based on social support and inclusivity. The company offers services called Zen Programs (online meditation and yoga sessions), and Bridge Programs which are counselling services such as, ADHD, anxiety, depression, PTSD to name a few. The Community Club is also run by Zen Bridge and allows individuals to connect with each other during in-person activities which can be viewed on the events page. Newcomers typically fill out a consultation form where they are contacted accordingly.

Project Objective

In a 2019 survey on working Canadians (Ipsos, 2019), 75% of respondents said they are reluctant to disclose a mental illness in fear of losing their job. Zen Bridge was founded with the goal of eliminating this stigma. The objective of this project is to increase positive outreach by 200% in the next year by connecting individuals in the Community Club events, where they can share and discuss their mental health concerns in a non-judgemental safe space. In addition, the Zen and Bridge Program provide tailored services and immediate assistance to individuals.

Project Description

This project provides a website as a user interface and accommodates mobile, tablet, and desktop devices. It offers compatibility with Google Chrome, Mozilla Firefox, and Safari web browsers. The project is developed in the HTM5, CSS3, Javascript languages and will be updated on a regular basis based on client feedback. The Zen Bridge business owners will have full autonomy in managing the Community Club events through Google Calendar, and any changes to the Zen Bridge programs or anything else can be made upon request.

Design

The design of this website has been derived from at least ten other mental health websites and resources to ensure the design is up to date with design trends. It follows a minimalist approach where there is not too much unwanted clutter, while providing an easy user-friendly experience that users are likely familiar with. White space is used to section parts of the website, use of contrasting colours for readable text, and a fair number of images throughout. The navigation bar can also be used to access everything on the homepage and also comes with a mobile screen navigation.

Additional Documentation

Our minimalist design provides our client with some customization ability. The carousel on the front page images can be changed based on client needs (i.e., adding seasonal photos during holidays). This can also be done on the larger images at the top of the other pages.

Client has full autonomy in changing the calendar events in the 'Events' page in case of any last-minute adjustments or general edits to the events. Zen and Bridge Programs may be edited to make changes as the organization grows. Consultation form validations can be adjusted based on business needs (i.e., making last name required).

All images in the Zen Bridge website are generated by Midjourney AI Bot.

Photo Type	Prompts
People	Meditation session, running club, yoga session, therapy session, two people meditating together, breath work meditation, vinyasa yoga, body scan meditation,
Scenery	Small bridge with nice scenic background, loving kindness meditation, a palm leafy wallpaper, Loughborough Kingston Ontario, Zen bridge.
Abstract images	Minimalist banner with arrows pointing with colours purple, green, and white; yoga inspired frame

Flow of Web Pages

Home Page

1. From the home page, click the left and right arrows on each end of the carousel to change the photos and the text that comes with it.

2. Followed by Bridge Programs, click the drop-down or type in the textbox, then click 'Learn More' to be directed to the respective Bridge Program or the 'Book a Free Consultation web form if you selected 'Ask Us'.
3. Followed by Zen programs, click the purple buttons and be directed to the Meditation, Yoga or Events page.

> *Hint: If you've made it to another page, click the logo on the top left to be redirected back to the home page (as a nice surprise, hover over the logo to make the lotus flower spin).*

4. A footer can be found at the bottom of every page, but only the home page will show the system date time when the website was last updated.
5. From the top of the home page, the navigation bar brings the user though to the same pages described in steps 2 and 3.
6. From the navigation bar, hover over Programs and you will be guided through the appropriate submenus.
7. From the navigation bar, click Events for the events page.
8. From the navigation bar, click About to be direct to the About Us section in the home page.
9. In a mobile device (up to 480 pixel-width), click the hamburger menu on the top left to access the navigation.

Meditation Page

1. From the Meditation page, click 'Listen' to hear a guided meditation audio (the audio control appears right above the three audio options).
2. An alert pops up when you toggle through different audio. Only one audio can play/appear at once.
3. Click 'Download' to be directed to a different website with download options.

Yoga Page

1. From the Yoga page, click 'Watch' to see a guided yoga video (the video appears underneath three video options.
2. An alert pops up when you toggle through different videos. Only one video can play/appear at once.
3. Click 'Download' to be directed to a different website with download options.

Bridge Programs

1. In any Bridge Program page, a list of available counselling services can be seen on the left, or underneath the bridge photo in mobile mode.
2. Each counselling session (except for 'Ask Us') opens up a description with a 'Book a Session' button at the bottom.
3. Clicking either 'Ask Us' or Book a Session button will direct the user to the 'Book a Free Consultation' page.

Events

1. From the top of the page, details about an upcoming major event can be found including a countdown. The countdown turns red if the event is less than 30 days away, green if 2-6 months away, or blue otherwise.
2. Community Events can be found underneath. These are non-major events that happen weekly. The user may click the two arrow buttons on the top left of the calendar, or toggle by Week, Month or Agenda mode on the top right.
3. System date and time can be found on top of the calendar.

Consultation Form

1. We're nearly finished! You've made it to this page every time you selected 'Ask Us' or clicked the purple 'Book a Consultation' button on the top right of every page.
2. This form contains form validations for all required fields with an * including the checkbox at the bottom. The placeholders on each textbox give instructions on how the input should be formatted.
3. In Type of Program, to select multiple options, hold alt + select from the options (Windows), or command + select from the options (iOS).
4. Clicking the 'Cancel Details' resets to a new form. Clicking 'Submit Details' provided all valid input sends your form to Zen Bridge.

References

Ipsos (2019). *Mental illnesses increasingly recognized as disability, but stigma persists*. Retrieved from https://www.ipsos.com/en-ca/news-