

# USER MANUAL



You can login to the system only using your university email address.

The screenshot shows a web browser window with the URL 127.0.0.1:8000. The page title is "Mental Health Care Website for University of Jordan Students". On the left, there is a login form with a "Login" heading, an email input field containing "abd0197459@ju.edu.jo", a password input field with masked characters, and a "Submit" button. Below the form, there is a link "Don't have an account? Signup now" and two buttons: "As Student" and "As Consultant". On the right, there is a large image with the text "You are not alone. You are seen. Let's get connected".

If not registered, choose to register as a student from here.

You enter any username  
you choose, your university  
email, and password.

The screenshot shows a web browser window with the URL `127.0.0.1:8000/studentSignup/`. The page features a dark blue header with the university's logo and name. Below the header, the page is titled "Signup" and contains three input fields: "Enter your username", "Enter your email", and "Enter your password". A dark blue "Submit" button is positioned below these fields. A link labeled "Already have an account? Login now" is located at the bottom of the form. To the right of the form is a large image of hands being held, with the text "You are not alone. You are seen. Let's get connected" overlaid on it. Two blue arrows point from the text boxes to the "Submit" button and the "Login now" link.

Mental Health Care Website for University of Jordan Students

Signup

Enter your username

Enter your email

Enter your password

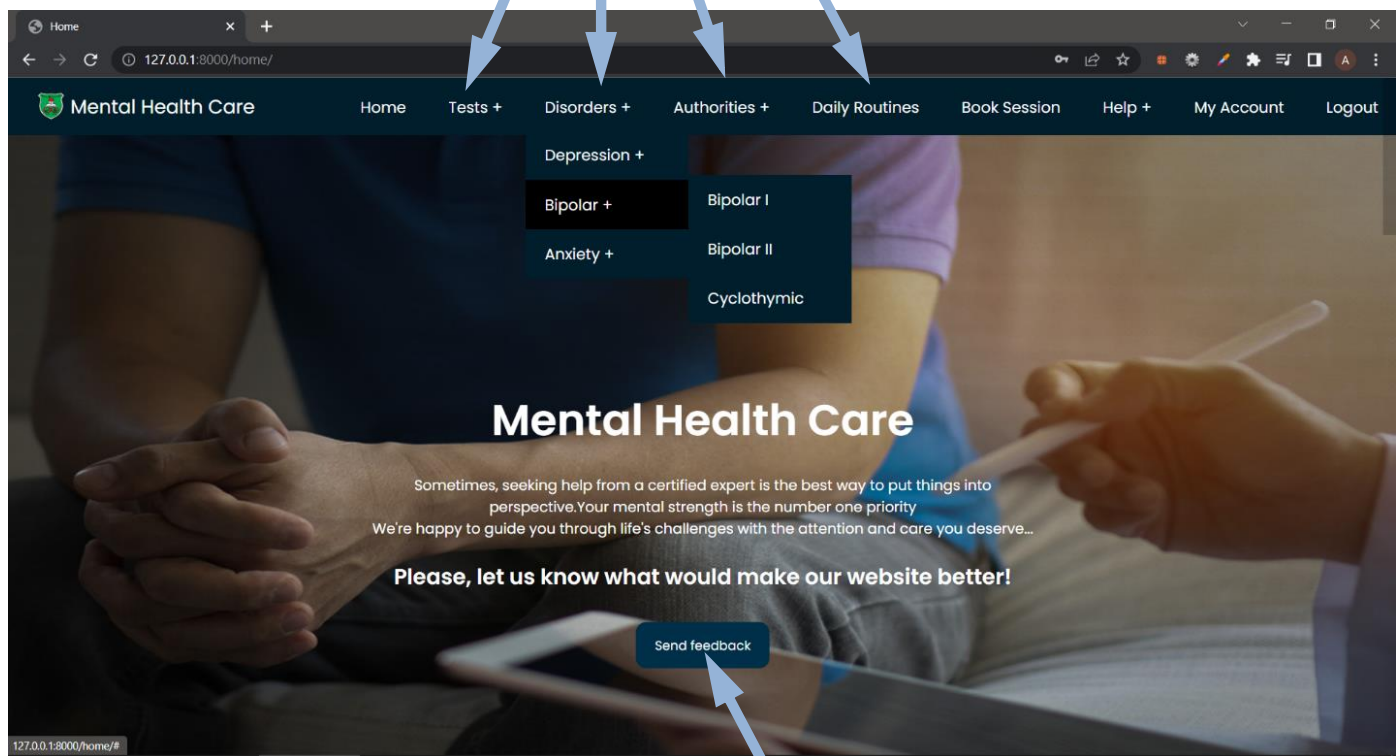
Submit

Already have an account? [Login now](#)

You are not alone.  
You are seen.  
Let's get connected

You click submit if data is  
valid an acceptance  
registration notification will  
appear on login page.

On these tabs, you will find educational things and some helpful websites if you need them.



This button here opens a pop-up screen for you to enter your opinion, either about our consultants or about the overall website.

**When you submit any feedback, it will appear here down in the home page, and you can view other's feedbacks.**

The screenshot displays a web browser window with the URL `127.0.0.1:9000/home/`. The page features a section titled "How We've Helped" with the subtitle "What our users say about Mental Care Website". Below this, a user profile for "Abdalahdi Elayan" is shown, with a date posted of "May 29, 2023". The user's feedback reads: "My Experience was really amazing with the consultants Here!". Navigation arrows are visible on either side of the profile. At the bottom of the page, there is a dark blue footer with three columns of text.

**How We've Helped**  
What our users say about Mental Care Website

**Abdalahdi Elayan**  
Date Posted: May 29, 2023

My Experience was really amazing with the consultants Here!

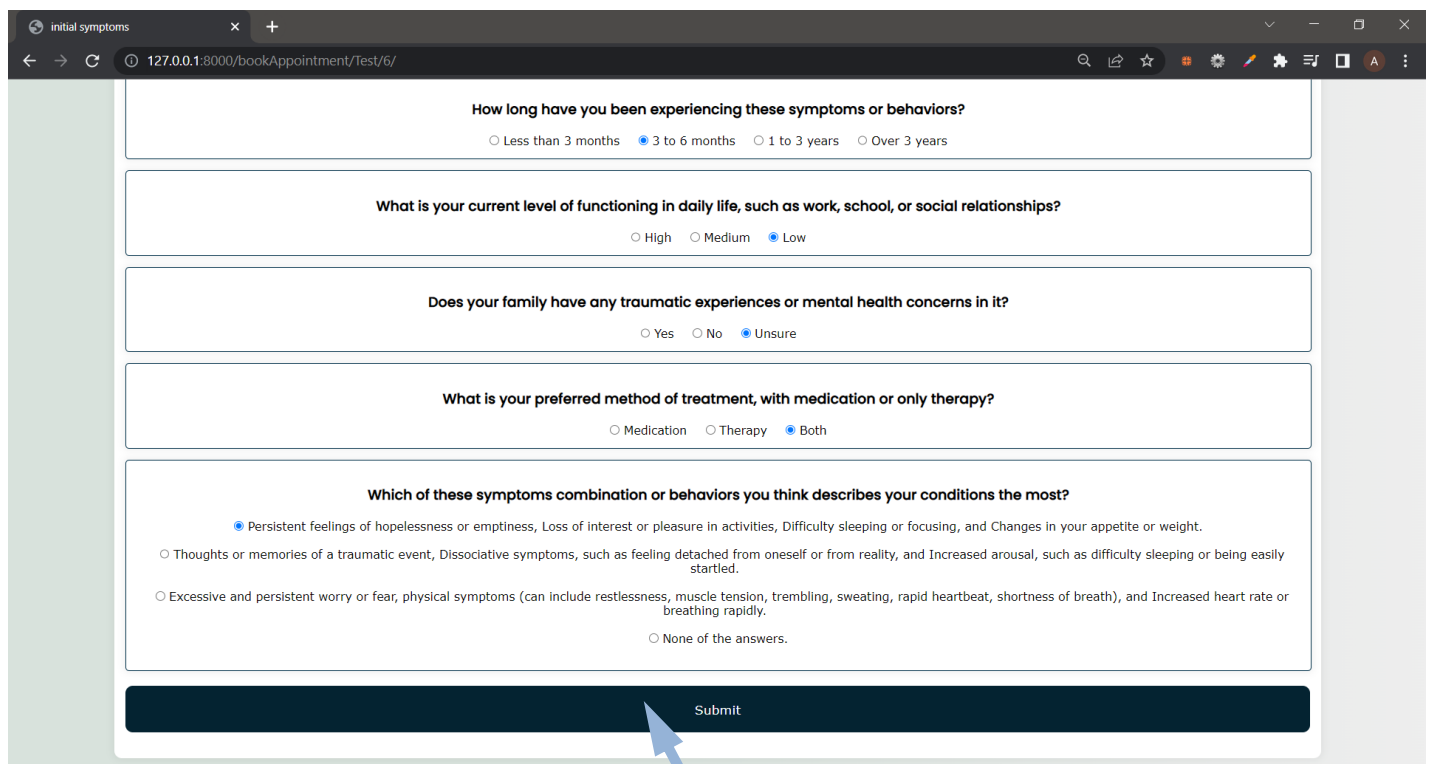
**Mental Health Care**  
Mental Health Care, a transformative platform dedicated to supporting the mental well-being of University of Jordan students.  
Minds that this website is not intended for personal disclosure of confidential thoughts or

**Our Services:**

- Mental Health Consultations.
- Support, to cope with mental health challenges.
- Educational Materials, to empower you with knowledge

We care deeply about your privacy and want you to feel secure when using our services. Rest assured, all your personal information is handled with utmost confidentiality and stored in a secure manner.

**One you click book session, this evaluation test will appear, please answer the questions transparently and accurately, all your answers are securely stored.**



initial symptoms

127.0.0.1:8000/bookAppointment/Test/6/

How long have you been experiencing these symptoms or behaviors?

☐ Less than 3 months ☒ 3 to 6 months ☐ 1 to 3 years ☐ Over 3 years

What is your current level of functioning in daily life, such as work, school, or social relationships?

☐ High ☐ Medium ☒ Low

Does your family have any traumatic experiences or mental health concerns in it?

☐ Yes ☐ No ☒ Unsure

What is your preferred method of treatment, with medication or only therapy?

☐ Medication ☐ Therapy ☒ Both

Which of these symptoms combination or behaviors you think describes your conditions the most?

☒ Persistent feelings of hopelessness or emptiness, Loss of interest or pleasure in activities, Difficulty sleeping or focusing, and Changes in your appetite or weight.

☐ Thoughts or memories of a traumatic event, Dissociative symptoms, such as feeling detached from oneself or from reality, and Increased arousal, such as difficulty sleeping or being easily startled.

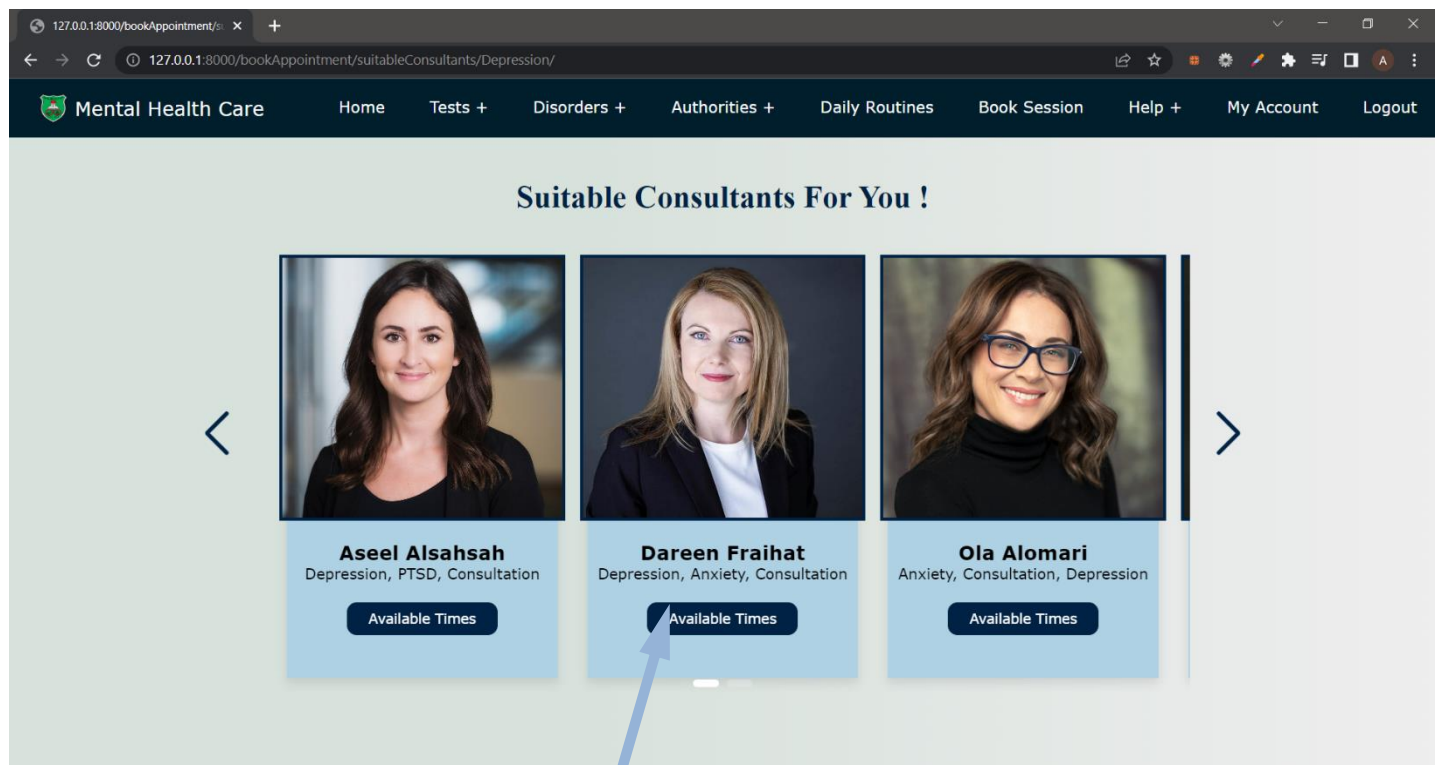
☐ Excessive and persistent worry or fear, physical symptoms (can include restlessness, muscle tension, trembling, sweating, rapid heartbeat, shortness of breath), and Increased heart rate or breathing rapidly.

☐ None of the answers.

Submit

**This button here opens a pop-up screen for you to enter your opinion, either about our consultants or about the overall website.**

Suitable consultants that suit you based on what you answered on the previous test will appear, choose one of them to proceed.



Click here to view his/her available times.



If you want to book with another consultant rather than this one, just press this button to go back to the suitable consultants page.

**Mental Health Care** Home Tests + Disorders + Authorities + Daily Routines Book Session Help + My Account Logout

**Aqeel Alsahsah**  
Depression, PTSD, Consultation

**Available Times:**

Session Time	May 29	May 30	May 31	Jun 01	Jun 02	Jun 03	Jun 04
09:00 - 09:20	Passed	Available	Available	Available	Available	Available	Available
09:50 - 10:10	Passed	Available	Available	Available	Available	Available	Available
10:40 - 11:00	Passed	Available	Available	Available	Available	Available	Available
11:30 - 11:50	Passed	Available	Available	Available	Available	Available	Available
12:20 - 12:40	Passed	Available	Available	Available	Available	Available	Available
13:10 - 13:30	Passed	Available	Available	Available	Available	Available	Available
14:00 - 14:20	Passed	Available	Available	Available	Available	Available	Available
14:50 - 15:10	Passed	Available	Available	Available	Available	Available	Available


This indicates that the session already passed the time, and you can't book it. Also, for the already booked ones a red button with the word booked will appear.

Clicking any of the times will book the session for you. You can cancel anytime in your own account portal.




If you tried to book a session and you already have a booked one within the next seven days, an error message will appear.

You only can book one session at a time.

**Mental Health Care**

HomeTests +Disorders +Authorities +Daily RoutinesBook SessionHelp +My AccountLogout



**Aseel Alsahsah**  
Depression, PTSD, Consultation

Go Back

### Available Times:

Session Time	May 29	May 30	May 31	Jun 01	Jun 02	Jun 03	Jun 04
09:00 - 09:20	Passed	Available	Available	Available	Available	Available	Available
09:50 - 10:10	Passed	Available	Available	Available	Available	Available	Available
10:40 - 11:00	Passed	Available	Available	Available	Available	Available	Available
11:30 - 11:50	Passed	Booked	Available	Available	Available	Available	Available
12:20 - 12:40	Passed	Available	Available	Available	Available	Available	Available
13:10 - 13:30	Passed	Available	Available	Available	Available	Available	Available
14:00 - 14:20	Passed	Available	Available	Available	Available	Available	Available
14:50 - 15:10	Passed	Available	Available	Available	Available	Available	Available

You already have a booked session with Aseel Alsahsah on 2023-05-30 at 11:30.

This button here on your account portal brings you to this page that contains your current booked session details.

This button indicated that your session didn't start yet, it will turn to green button that says "Enter Session" when it starts.

The screenshot shows a web browser window with the title 'My Sessions'. The URL is '27.0.0.1:8000/studentSessions/6/'. The page has a dark blue header with the title 'My Sessions'. On the left, there is a sidebar with a user profile 'Abdallah Elayan - Student' and navigation links: 'My History', 'My Sessions' (highlighted), and 'Back to Home'. At the bottom of the sidebar is a 'Logout' button. The main content area displays a table with the following columns: 'Consultant', 'Session Date', 'Session Time', 'Status', and 'Cancel Session'. There is one row of data for a session with consultant 'Aseel Alsahsah' on 'May 30, 2023' at '11:30 a.m.'. The 'Status' column for this session contains a light blue button labeled 'Come Back Later'. The 'Cancel Session' column contains a red button labeled 'Cancel'. Arrows from the text boxes point to the 'My Sessions' link in the sidebar, the 'Come Back Later' button, and the 'Cancel' button.

Consultant	Session Date	Session Time	Status	Cancel Session
Aseel Alsahsah	May 30, 2023	11:30 a.m.	Come Back Later	Cancel

Clicking this button will cancel your booked session if you no longer need one.

This button here on your account portal brings you to this page that contains your previous sessions history details.

Document

127.0.0.1:8000/studentHistory/6/

### My History

Abdullah Elayan – Student

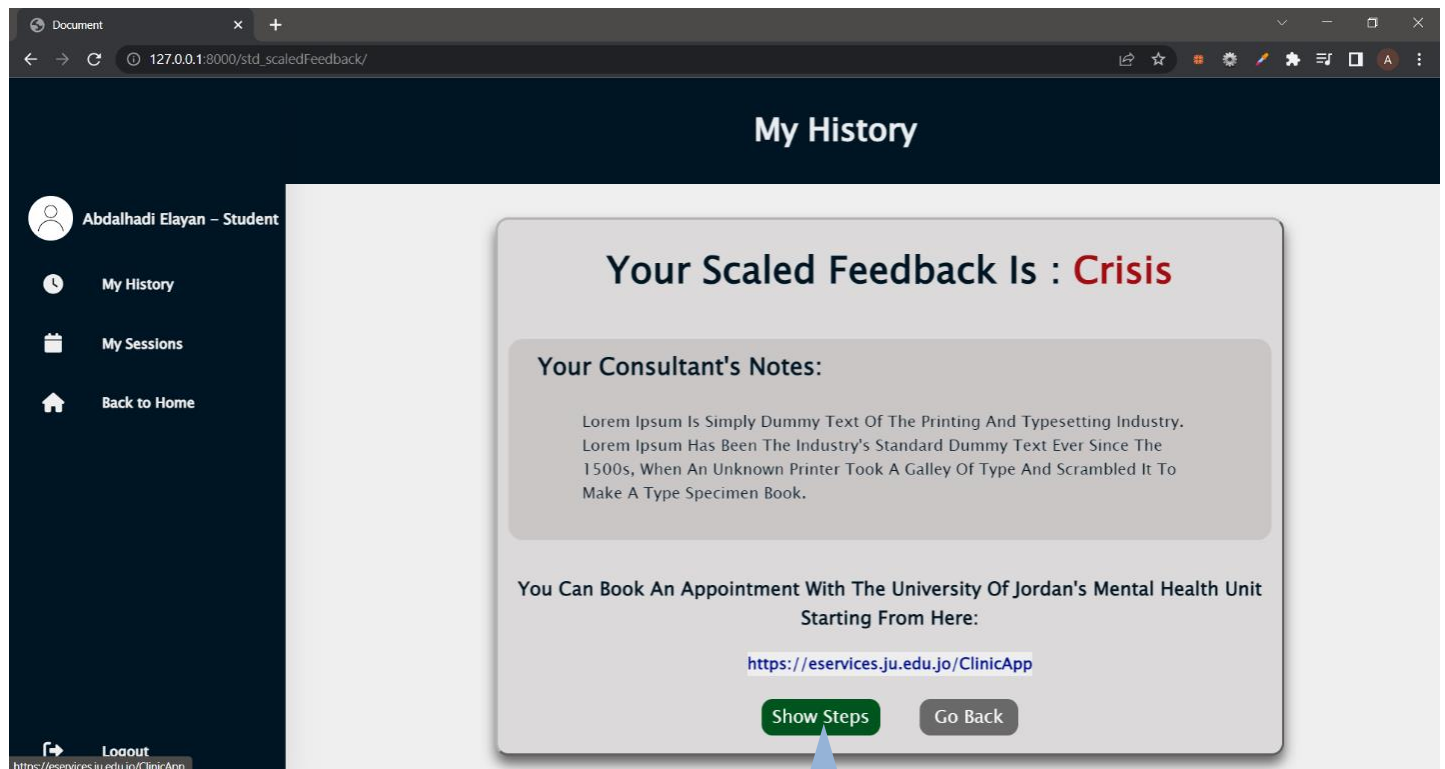
- My History
- My Sessions
- Back to Home
- Logout

Consultant	Session Date	Status
Dareen Fraihat	May 27, 2023	<a href="#">View Feedback</a>
Ola Alomari	May 27, 2023	<a href="#">View Feedback</a>
Ola Alomari	May 27, 2023	<a href="#">View Feedback</a>
Aseel Alsahsah	May 12, 2023	<a href="#">View Feedback</a>

Clicking this button will let you view the session's scaled feedback that your consultant gave you after the session.

This page shows the scaled feedback, it contains the stage, and the notes your consultant wrote.

If your scale was Normal, None, or Moderate, then you'll Just get the stage and notes. But if you got Crisis, you'll also get the link to book an appointment with the Mental Health Unit in the JU Hospital.

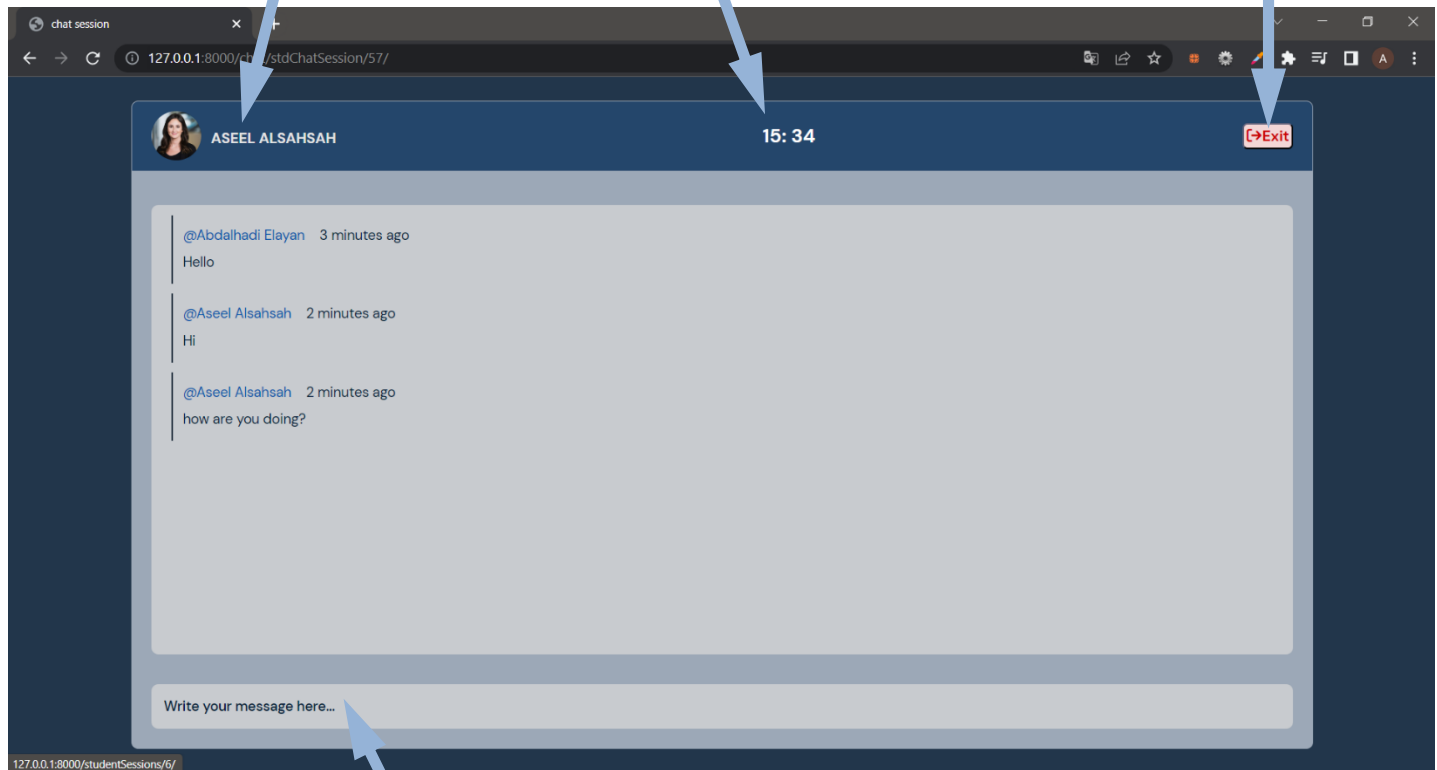


This button will show a whole manual for the booking appointment with their website.

This screen will appear once you click enter session, and that is the temporary chatting session between you and your consultant.

Here, you'll find the consultant's name, and a timer. This timer shows a countdown till the session end time.

This button will let you exit the session when it ends.



This is where you write your messages.

press enter to send them.