



FACULTY: INFORMATION TECHNOLOGY

DEPARTMENT: *SOFTWARE ENGINEERING*
 NETWORK AND COMMUNICATION
 SYSTEM INFORMATION
 MANAGEMENT

COURSE NAME: MOBILE PROGRAMMING

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WellNest App Documentation

A Student Mental Wellness & Peer Support App

Overview

WellNest is a **mental wellness app** designed to help students track their moods, write journal entries, and connect with peer support groups. The app provides a safe and supportive environment for students to reflect on their emotions, access guided meditation, and seek help when needed.

Built using **Flutter**, WellNest is a fully functional mobile application that integrates **offline storage** for journals and mood logs, ensuring users can access their data anytime, anywhere.

Core Features

1. Mood Tracking & Journaling:

- Users can log their moods and write personal reflections.
- Moods are visualized using a color-coded system and a calendar view.

2. Anonymous Peer Support Chat:

- Secure and anonymous chat for students to support each other.
- Multiple support groups are available for different mental health topics.

3. Guided Meditation & Stress Relief:

- Relaxation exercises, breathing techniques, and calming music.
- Includes a 5-minute breathing exercise and a 10-minute guided meditation.

4. Emergency Contact Integration:

- Quick access to university counselors or emergency helplines.
- Direct call and text options for immediate assistance.

5. Offline Storage:

- Journals and mood logs are stored locally using **SQLite**.

Project Structure

The app is structured into the following screens:

1. Register Screen:

- Allows users to create an account with full name, email, and password.

- Includes form validation and a smooth UI with wavy shapes.
- 2. **Login Screen:**
 - Users can log in using their email and password or sign in with Google.
 - Features a clean design with curved shapes and intuitive navigation.
- 3. **Home Screen:**
 - The main hub with options to access Discover, Support Groups, Therapists, and Journal.
 - Features a welcoming message and visually appealing cards for each feature.
- 4. **Discover Screen:**
 - Provides immediate help options and guided meditation resources.
 - Includes a 5-minute breathing exercise, 10-minute guided meditation, and relaxing music.
- 5. **Support Groups Screen:**
 - Displays a list of support groups for various mental health topics.
 - Users can join a group and participate in anonymous chats.
- 6. **Therapists Screen:**
 - Lists available therapists with their specialties.
 - Users can contact therapists via call or text.
- 7. **Emotional Journey Screen:**
 - Visualizes the user's mood history using a calendar and color-coded indicators.
 - Displays recent journal entries for quick access.
- 8. **Mood Tracking Screen:**
 - Allows users to select their current mood using an interactive gauge.
 - Navigates to the Journal Screen to log their thoughts.
- 9. **Journal Screen:**
 - Users can write and save journal entries with their selected mood.
 - Entries are stored locally and displayed in the Emotional Journey Screen.
- 10. **Emergency Contacts Screen:**
 - Provides a list of emergency contacts, including campus security and health services.

- Users can directly call the contacts from the app.

Technical Implementation

1. UI/UX Design

- The app features a **clean and modern design** with a soothing color palette (light blue, green, and purple).
- Custom clippers are used to create **wavy shapes** for a visually appealing layout.
- **Google Fonts** are integrated for consistent typography.

2. State Management

- **StatefulWidget** is used for screens that require dynamic updates (e.g., mood tracking, journaling).
- **GlobalKey** is used for form validation in the Register and Login screens.

3. Data Persistence

- **SQLite** is used for offline storage of journal entries and mood logs.
- The DatabaseService class handles all database operations, including inserting and retrieving entries.

4. Navigation

- **Navigator** is used to navigate between screens.
- A **Custom Bottom Navigation Bar** is implemented for easy access to key features.

5. Third-Party Libraries

- **url_launcher**: For making phone calls and opening URLs.
- **youtube_player_flutter**: For playing guided meditation videos.
- **audioplayers**: For playing relaxing music and sounds.
- **google_fonts**: For custom typography.

Screenshots

Create Account

 Full Name

 Email

 Password

 Confirm Password

Sign Up

[Login](#) Instead

Login

 Email

 Password

Login

Create Account [Sign Up](#)



WellNest



Heyy !!!
Take whatever you need

Discover

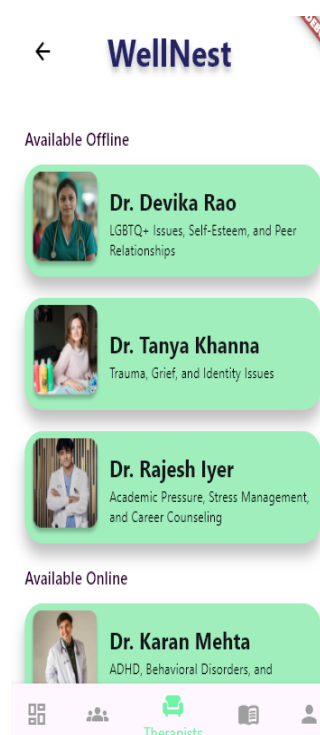
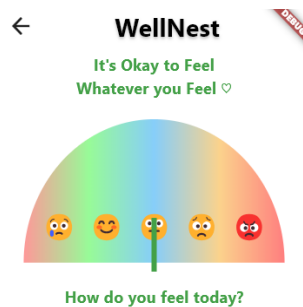
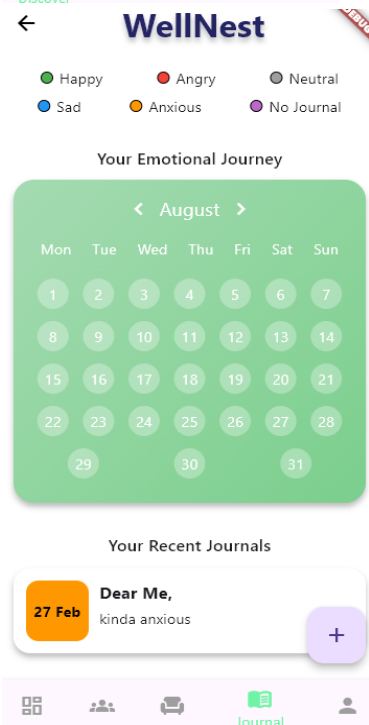
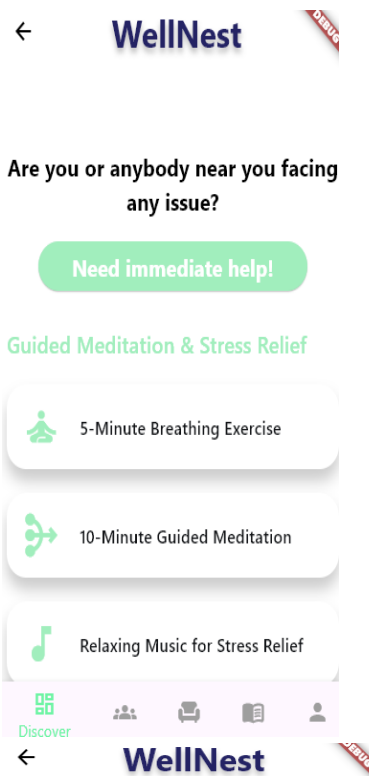


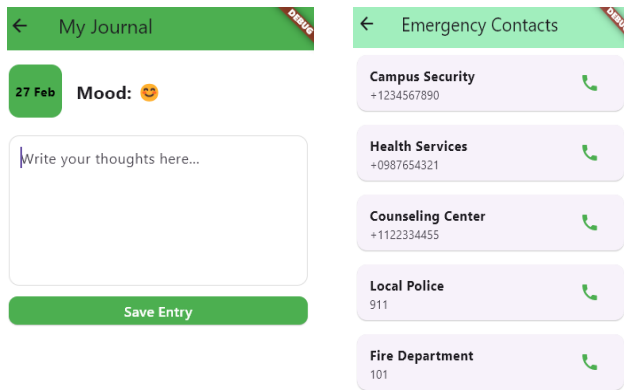
**Support
Groups**



Therapists







Conclusion

WellNest is a **user-friendly and impactful app** that addresses the mental health needs of students. By combining mood tracking, journaling, peer support, and guided meditation, the app provides a holistic approach to mental wellness.

The project was a great learning experience in **Flutter development, UI/UX design,** and **data persistence**. I'm excited to continue improving the app and adding more features in the future!