

[Home](#)

[About Us](#)

[Service](#)

[Contact](#)

Track 1: Student Lifestyle

Mental Health Support For Students

PRESENTED BY: JN1

1. CHOI JENG YEE

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MOBILE APPLICATION

The logo for 'MindFULLY' is displayed on a white rounded square background. 'Mind' is written in a purple script font, and 'FULLY' is written in a bold, purple, all-caps sans-serif font.

MindFULLY



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[Home](#)

[About Us](#)

[Service](#)

[Contact](#)

Introduction

Mindfully is a mobile application designed to support students' mental health and overall well-being. The app provides a safe and accessible platform where students can manage stress, track their moods, and access helpful resources anytime, anywhere. With features such as guided mindfulness exercises, mood journals, self-care reminders, and connections to professional support, Mindfully aims to reduce the stigma around mental health and encourage students to take proactive steps in maintaining their emotional balance. By combining technology with care, the app empowers students to cultivate resilience, improve focus, and achieve a healthier state of mind in both academic and personal life.





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[Home](#)

[About Us](#)

[Service](#)

[Contact](#)

Key Features

- 📖 Courses: mental health education & coping strategies
- 🎮 Games: fun stress-relief activities
- 💬 Anonymous Chat: safe space to express feelings
- 👤 Meet Friends: connect with supportive peers
- 📅 Events/Workshops: discover & join campus activities with friends





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[Home](#)

[About Us](#)

[Service](#)

[Contact](#)

Problem Statement



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- Many students face stress, anxiety, and isolation
- Barriers: stigma, lack of support, limited resources
- Struggles affect academic performance and relationships



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Home

About Us

Service

Contact

Solution Overview

- **Solution 1**

All-in-one mobile app for student mental health & well-being

- **Solution 2**

Combines self-care tools + community connection + campus activities





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Home

About Us

Service

Contact

User-Friendly Interface

The Mindfully app is designed with a user-friendly and calming interface that makes it easy for students to navigate. Using a **soft macaron color** palette of **pink, warm tones, green, and blue**, the app creates a welcoming atmosphere that **helps reduce stress while promoting comfort**. Its clean layout, big and clear buttons, and friendly icons ensure that students can quickly access courses, games, chats, and events without confusion. By combining simplicity with soothing colors, Mindfully **feels less like a clinical tool and more like a supportive companion** in everyday student life.





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[Home](#)

[About Us](#)

[Service](#)

[Contact](#)

Benefits for Users



- **Better Mental Health Support**

Access to courses, games, and mindfulness tools helps students manage stress, anxiety, and emotional challenges anytime, anywhere.

- **Stronger Social Connections**

Anonymous chat, friend-making features, and campus events create a safe space for students to connect, share, and reduce feelings of loneliness.

- **Improved Student Life Balance**

With self-care reminders, fun activities, and event participation, students can maintain both their well-being and academic performance more effectively.



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[Home](#)

[About Us](#)

[Service](#)

[Contact](#)

Customer Testimonial



Lim Jia Chun

As a university student, I often feel stressed and overwhelmed. Mindfully has been a game-changer for me. The courses helped me learn how to manage my emotions, and I love being able to join campus events directly through the app. The anonymous chat makes me feel safe to share, and the calming colors make me want to come back every day. It feels like having a supportive friend in my pocket.

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Home

About Us

Service

Contact



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