JOYJAR: A Digital Intervention for Mental Wellbeing Enhancement

JoyJar Feature List:

1. Members (Service Users)

- **Account Management**
  - Register with email
  - Login/logout with session persistence
  - Password reset via email verification
  - Delete account with data privacy options

- **Content Interaction**
  - Browse resources by category (Anxiety, Depression, Mindfulness, etc.)
  - Save favourite articles/tools to "Wellness Jar"
  - Rate helpfulness of resources (1-5 stars)
  - Comment on community posts (moderated)

- **Wellness Tools**
  - Complete daily mood check-ins
  - Track progress in therapeutic programs
  - Set custom self-care reminders
  - Download CBT worksheets/guides

- **Support Services**
  - Book teletherapy sessions (if subscribed)
  - Join scheduled group support circles
  - Access crisis resources 24/7

- **Communication**
  - Receive personalized wellness newsletters
  - Opt-in for motivational push notifications
  - Message moderators (non-urgent queries)

2. Mental Health Professionals

- **Client Management**
  - Verify credentials (license validation)
  - Set availability calendar
  - Conduct secure video sessions

- **Content Contribution**
  - Submit evidence-based articles
  - Create guided meditation audio
  - Design therapeutic challenge programs

- **Community Support**
  - Moderate discussion forums
  - Host live Q&A webinars
  - Flag urgent user concerns

3. Administrators

- **User Management**
  - Suspend/delete problematic accounts
  - Assign professional verification badges

- **Content Oversight**
  - Approve/reject all community posts
  - Emergency edit/remove harmful content
  - Audit resource effectiveness metrics

- **Platform Operations**
  - Configure crisis hotline integrations
  - Generate usage analytics reports
  - Manage subscription billing systems

- **Safety Features**
  - Trigger emergency protocols
  - Monitor suicide risk keywords
  - Initiate wellness check requests