Mental Health Support for Students

Proactive self-care, stigma-free support, made for campus life.

Our team

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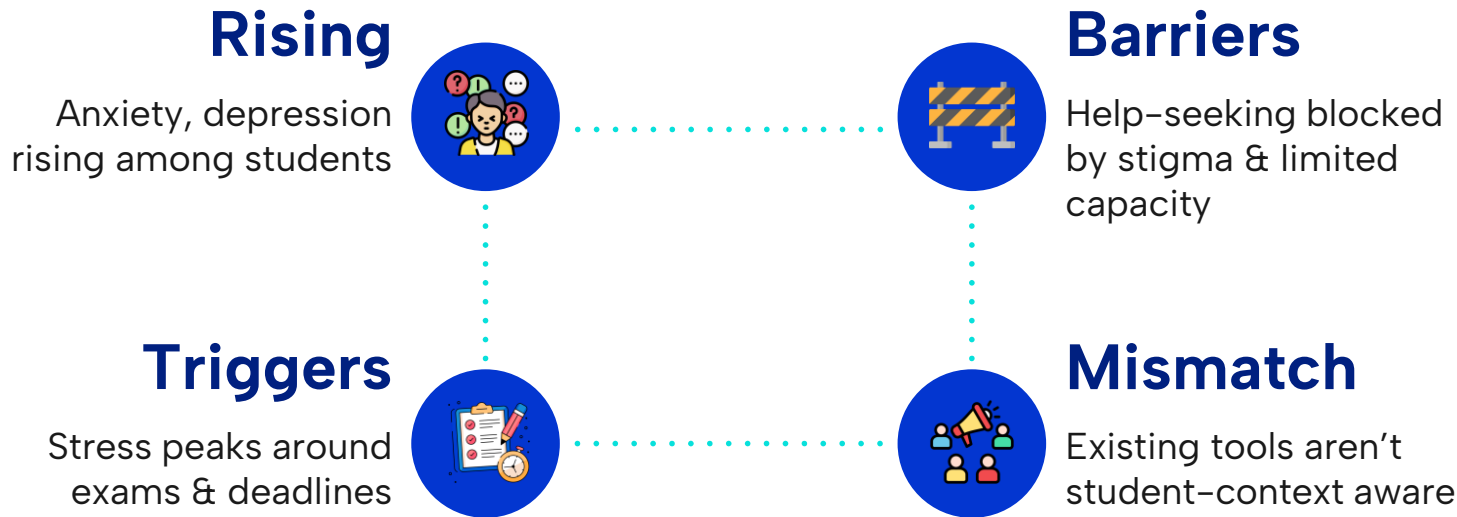## Solution
Tailored app to support student well–being

01 Problem & Why It Matters

Problem & Why It Matters

Rising
Anxiety, depression rising among students

Barriers
Help–seeking blocked by stigma & limited capacity

Triggers
Stress peaks around exams & deadlines

Mismatch
Existing tools aren't student–context aware

02 Opportunity

Opporturnity

Meet students **where they are** – phone

Complement– not replace –counselling services

Turn calendar data + mood signals into **timely nudges**
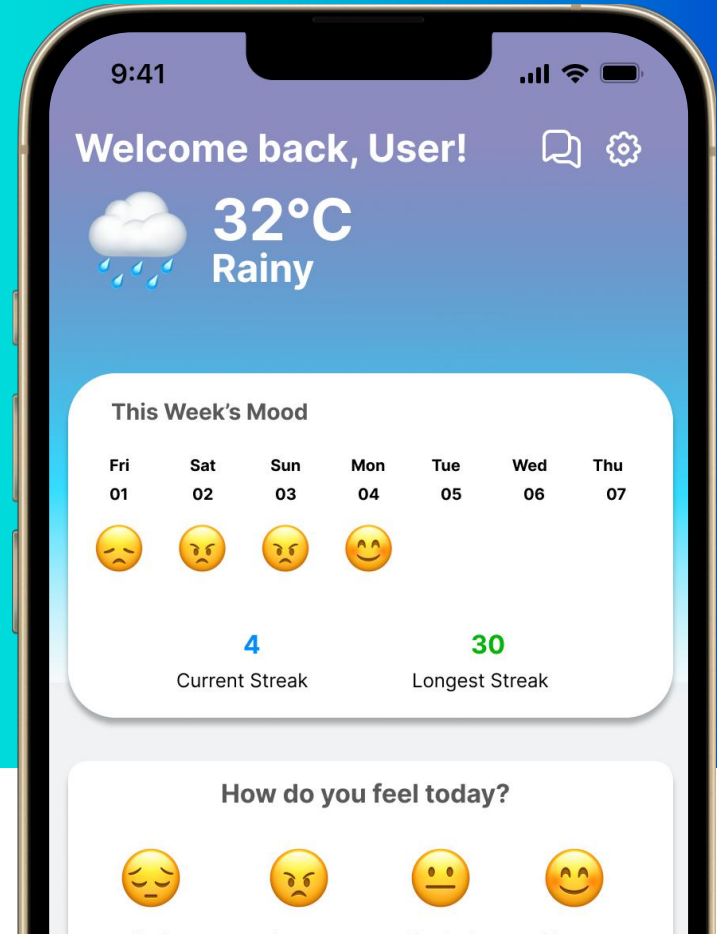
Privacy–first design to **reduce help–seeking friction**

03 Solution

Main Function

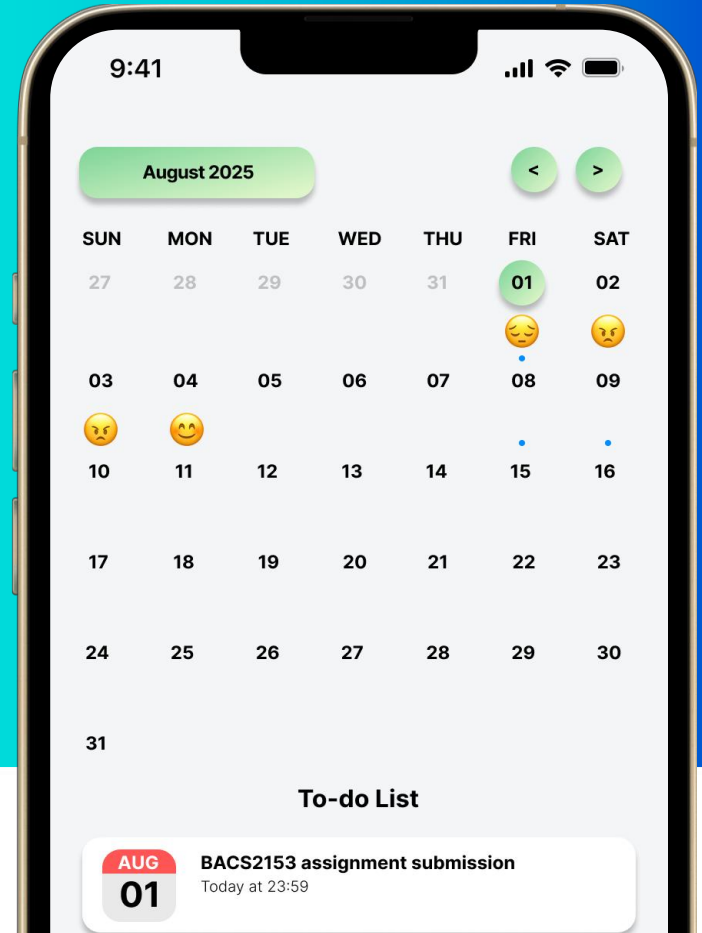Personalized daily check-ins
& wellness score

9:41

Welcome back, User!

☁️🌧️ **32°C**
Rainy

This Week's Mood

Fri	Sat	Sun	Mon	Tue	Wed	Thu
01	02	03	04	05	06	07
😞	😠	😠	😊			

4
Current Streak

30
Longest Streak

How do you feel today?

😔 😠 😐 😊

Main Function

Mood tracking with patterns & predictions

Main Function

Smart calendar sync for exam/deadline stress

Main Function

Coping tools (breathing, study breaks, sleep)
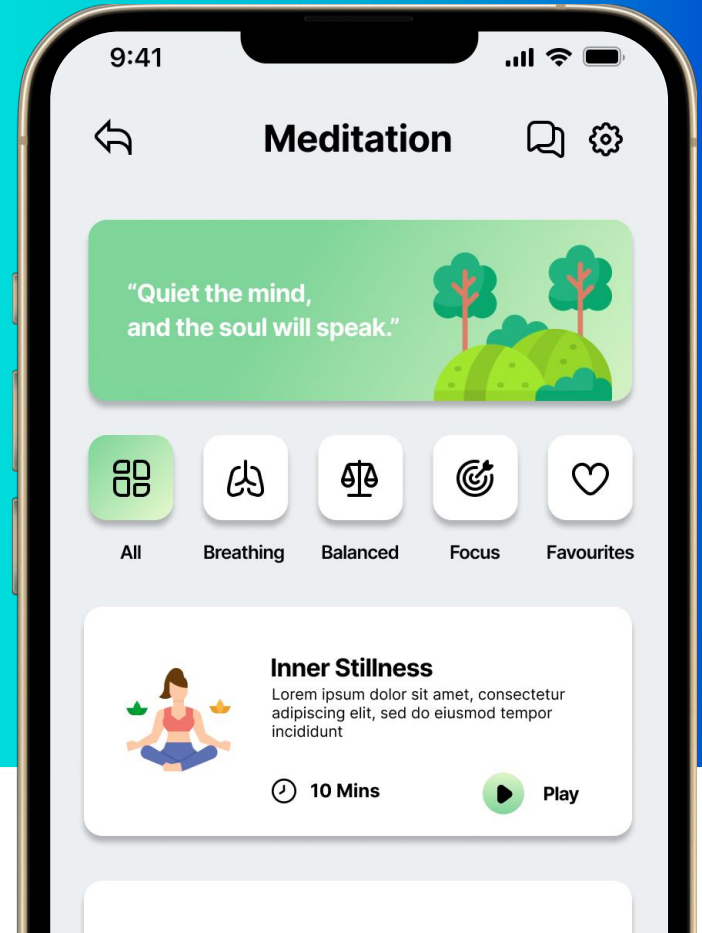
Main Function

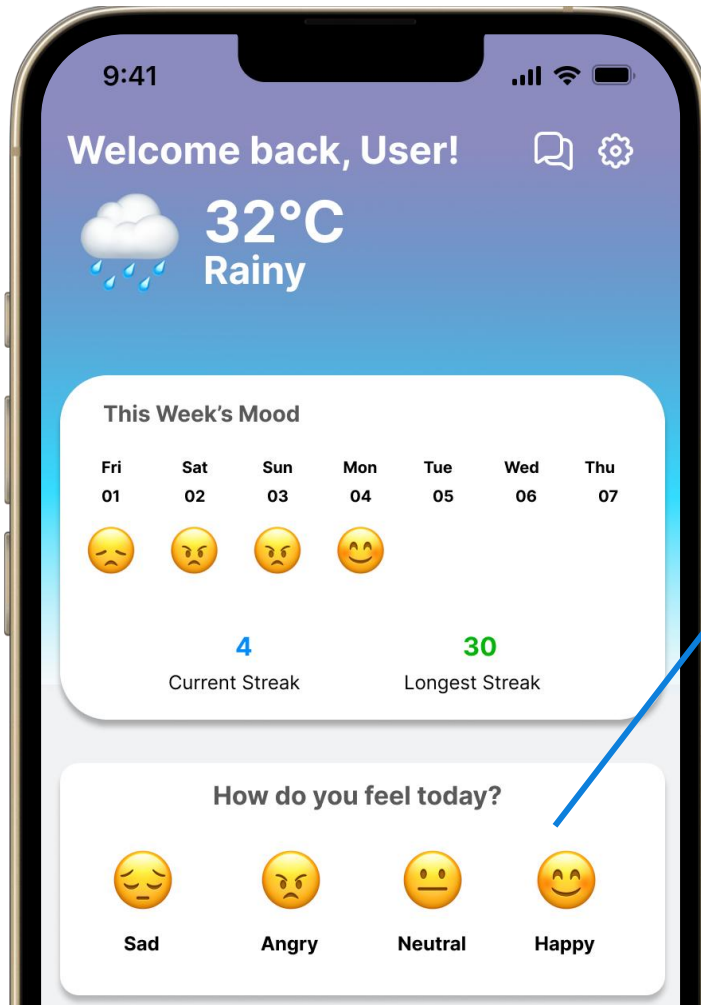Anonymous community with campus resources
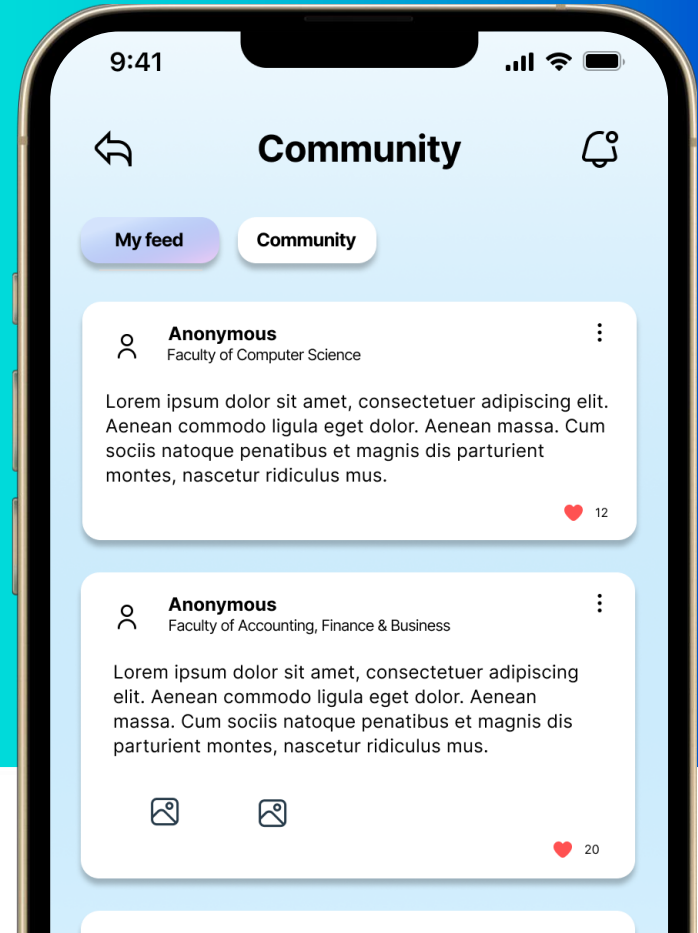
App Navigation

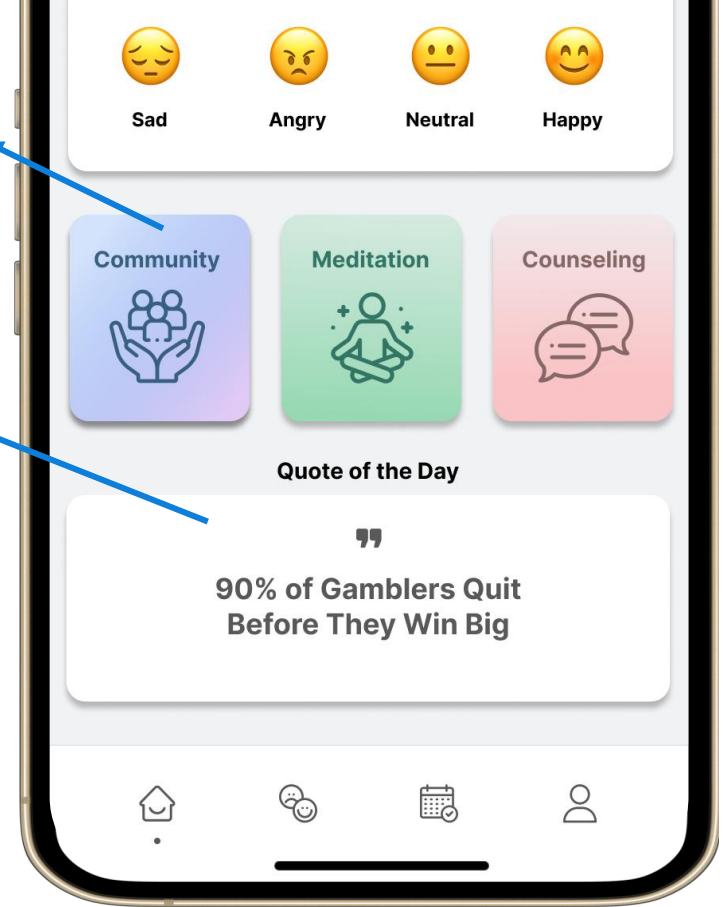Bottom Tabs (Home, Mood Calendar, Community)

Quote of the Day

"

90% of Gamblers Quit Before They Win Big
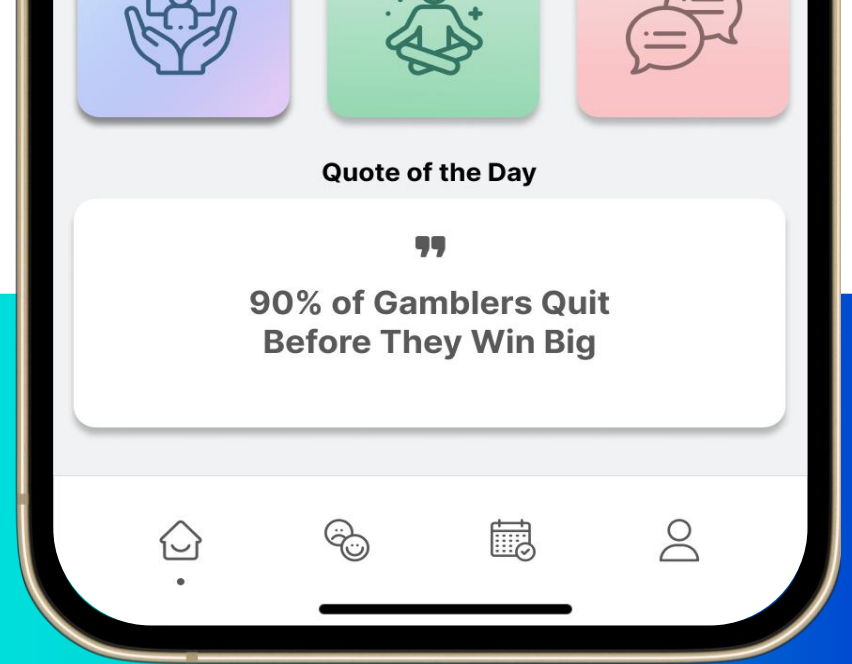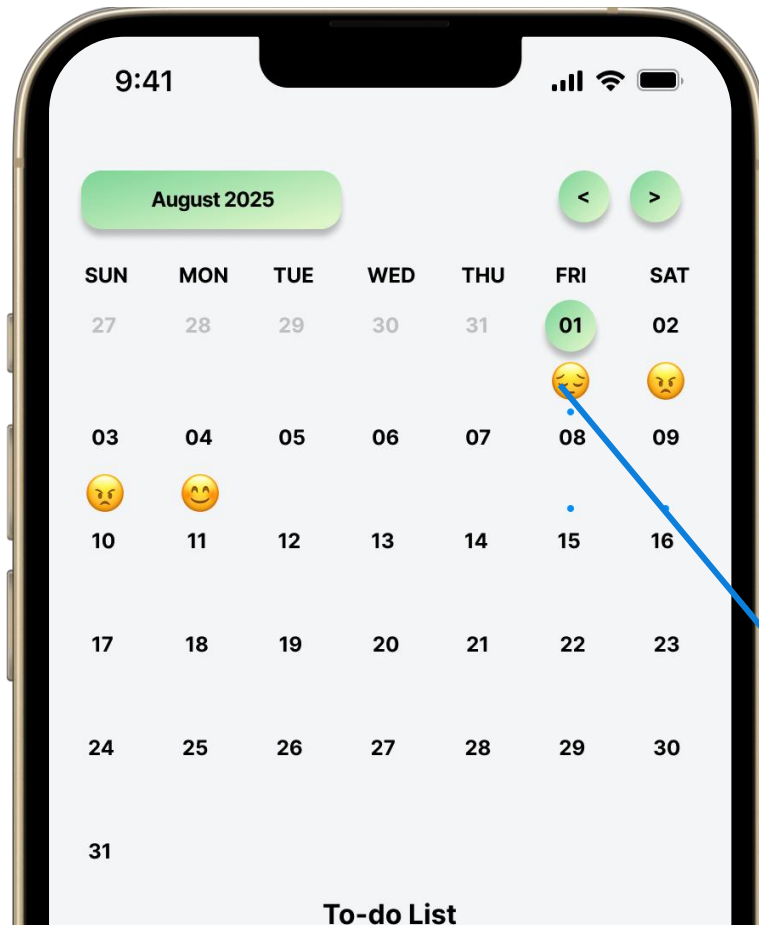
Quick Actions

Quote of the Day

Daily Check-In

Home Page

9:41

Mood

How are you feeling right now?

Happy

Share with us!

type something...

Add some photos?

Mood Selection

Current mood description

Photos related to current mood

Mood Tracking
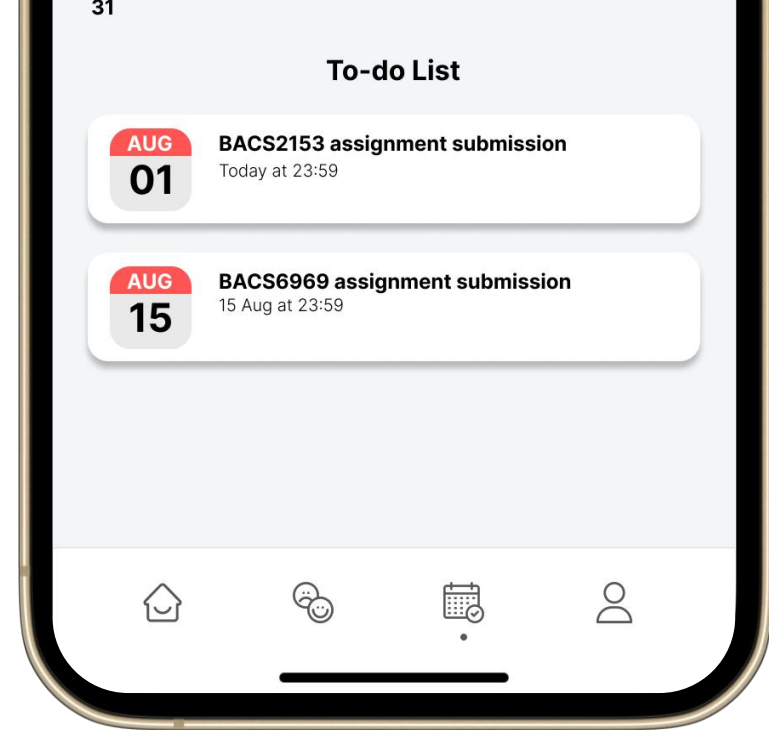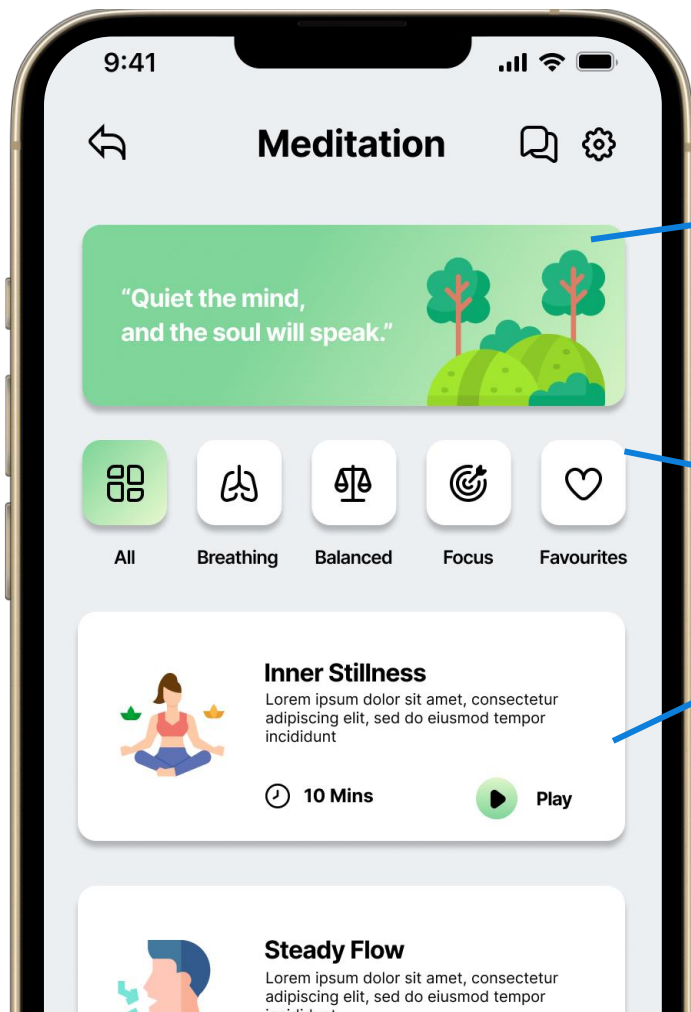
Past Mood History

To-do List
(Sync with Google Calendar)

Calendar
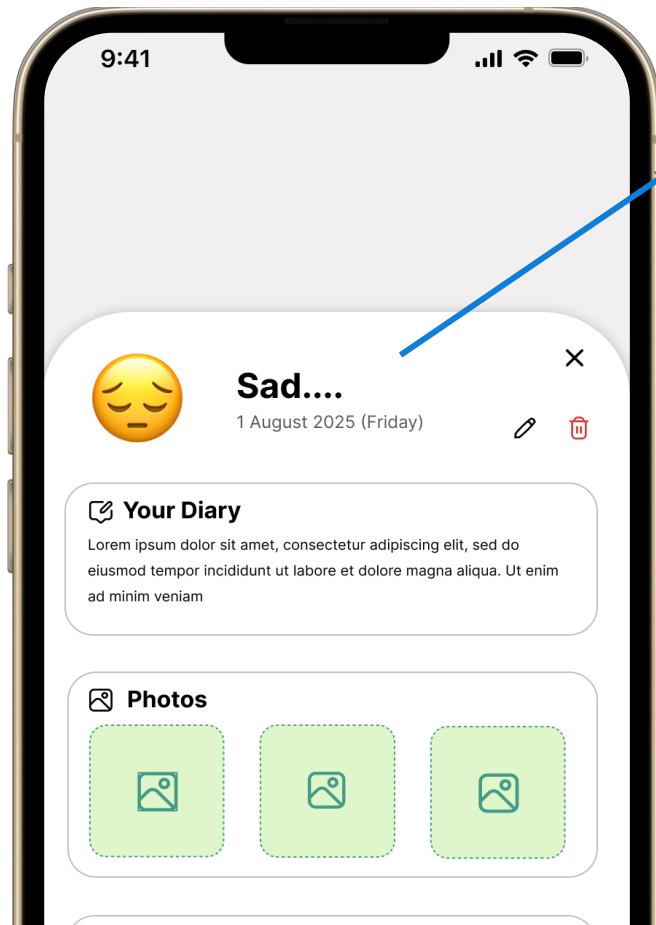
Past Mood History

Deadline on that date
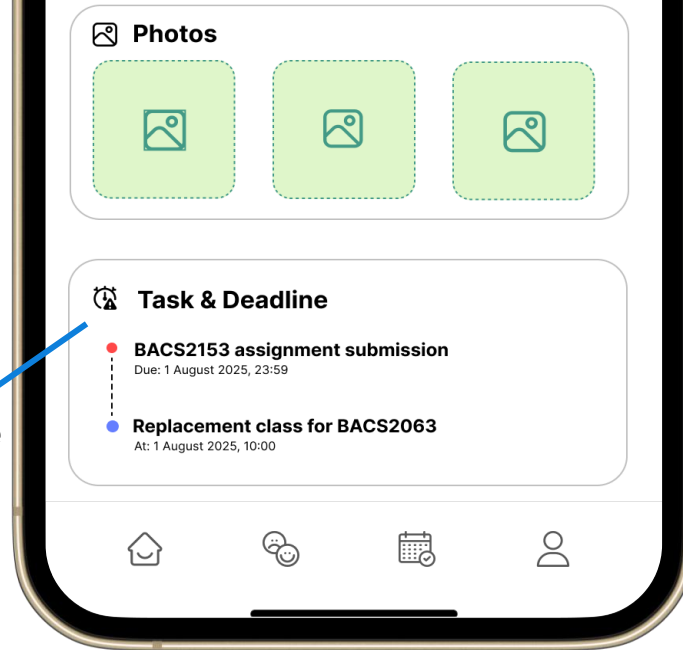
Calendar

Quote

Types of Mediation

Activities

Meditation
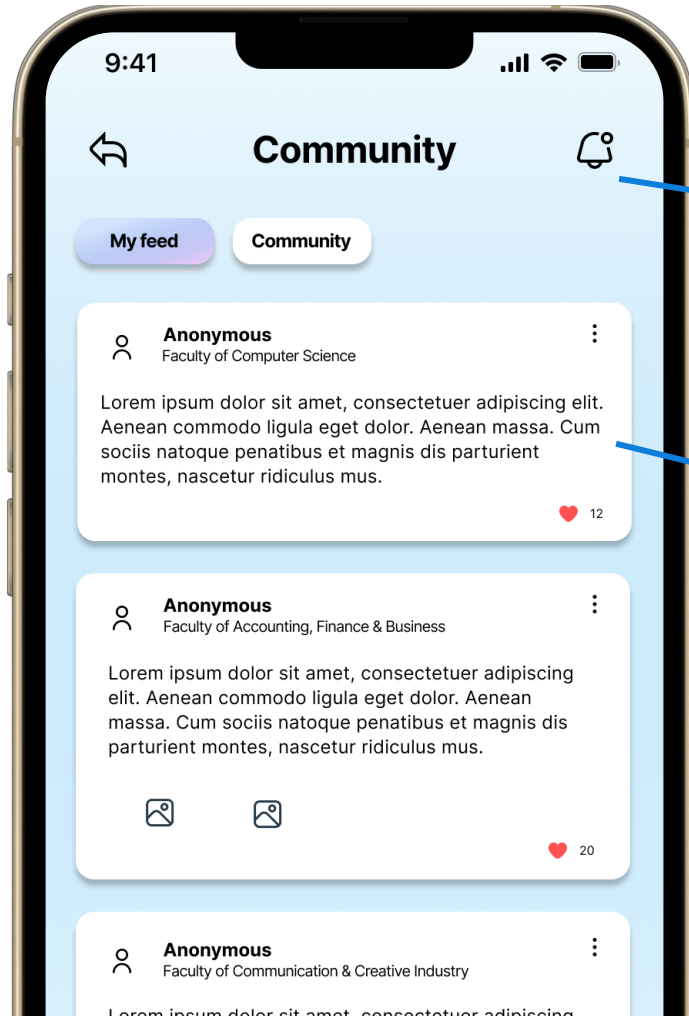
Notification

Community Posts

Community

Emergency Info

Quote

Counsellors Details

Live Chat

Book Appointment
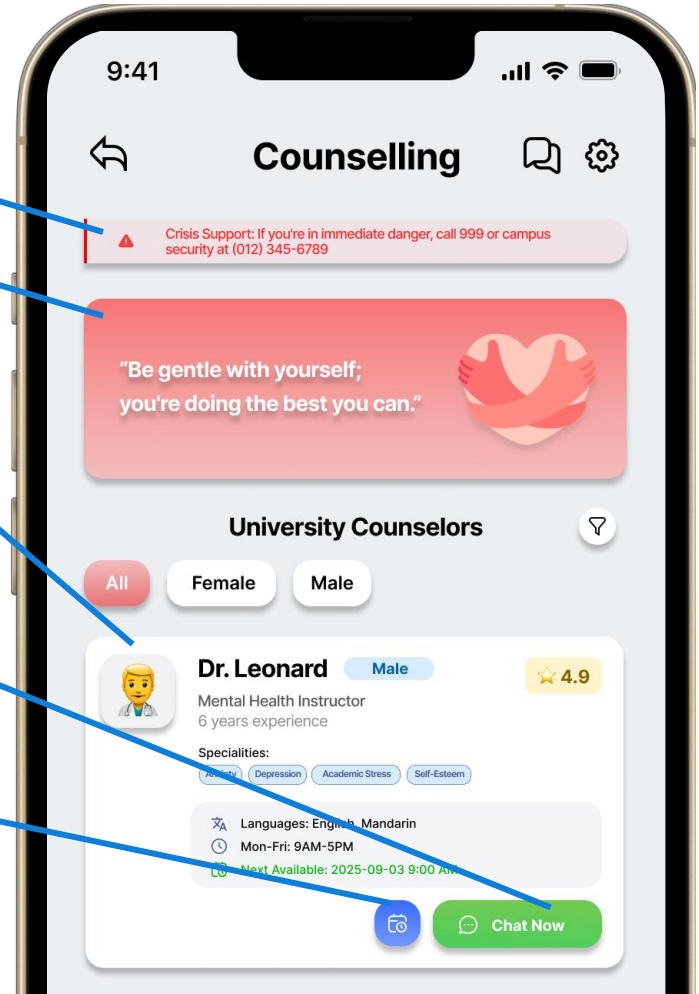
9:41

Counselling

⚠ Crisis Support: If you're in immediate danger, call 999 or campus security at (012) 345-6789

"Be gentle with yourself; you're doing the best you can."

University Counselors

All   Female   Male

Dr. Leonard   Male   ⭐ 4.9
Mental Health Instructor
6 years experience

Specialities:
Anxiety   Depression   Academic Stress   Self-Esteem

🗚 Languages: English, Mandarin
🕐 Mon-Fri: 9AM-5PM
📅 Next Available: 2025-09-03 9:00 AM

💬 Chat Now

Counselling

Book Appointment

Live Chat Support

Counselling
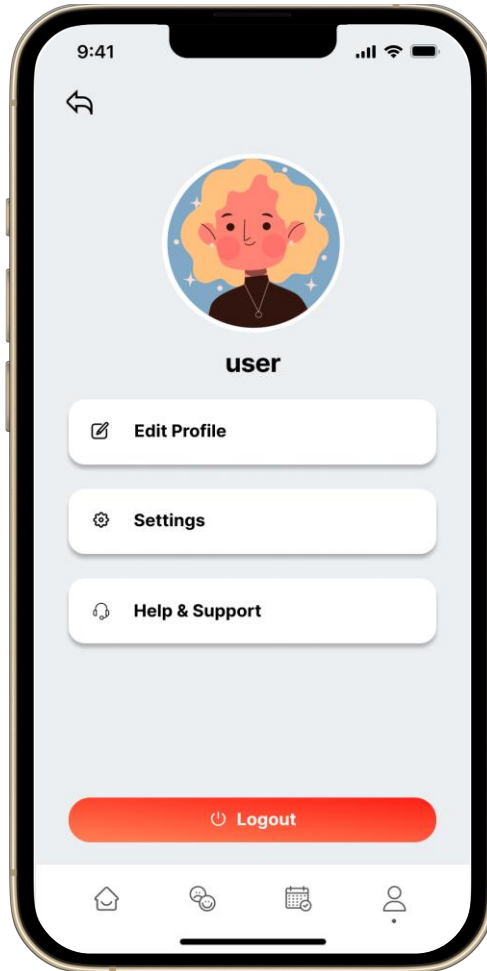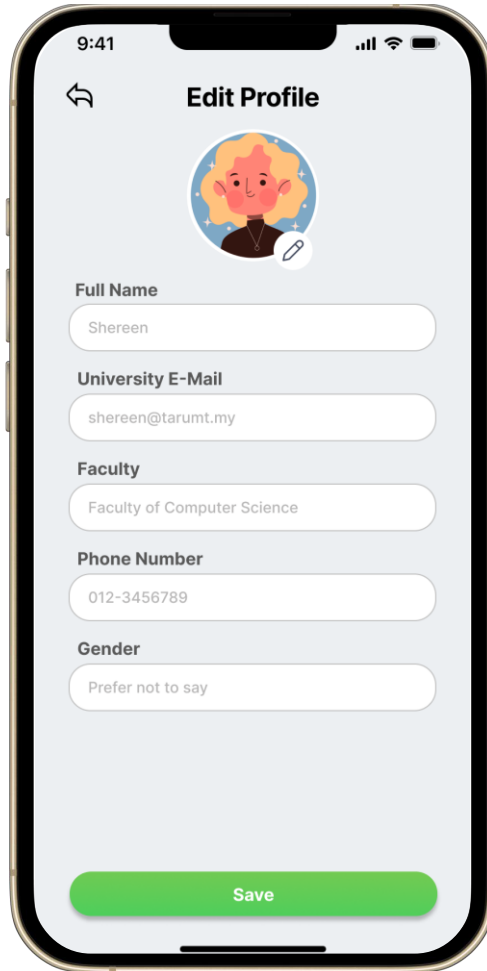
User Profile

User will be able to
1. Edit Profile
2. Manage Settings
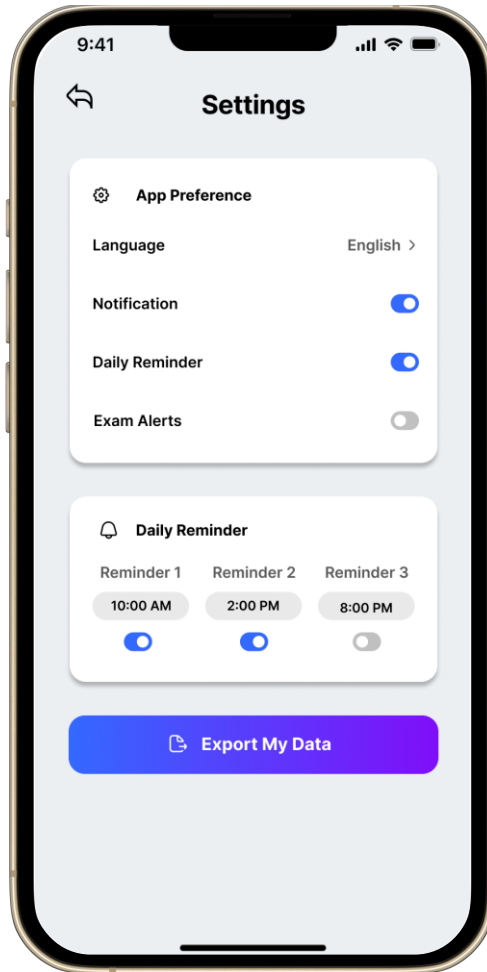3. Access Help & Support
4. Logout

Edit Profile

User will be able to edit fields such as :
1. Full Name
2. University E-Mail
3. Faculty
4. Phone Number
5. Gender

App Settings

User will be able to :
1. Set Language
2. Enable Notifications
3. Enable Daily Reminders
4. Enable Exam Alerts
5. Configure Daily Reminder
6. Export User Data

A private, student-first mental health app that turns your daily check-ins and calendar into timely, personalized support—so you get the right nudge before stress becomes a crisis.

Figma Design

Check out our Figma design now! Fresh from brainstorming and ready for use.

Thanks!

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