



# Mental Health



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**Brain Buddies**



# Motivation/Why?

We all struggle with mental health and decided that tackling this problem will benefit us academically as well as personally.

- Constant fatigue
- Recurrent depression
- Finding motivation/purpose



# Problem definition

Students struggle with a numerous of mental health related problems.

Among them are:

- Time management
- Getting enough sleep
- Consistency/sticking with routine
- Relapse to unhealthy mental states.



# Existing solutions

- Therapy (individual/group)
- Support groups
- Medication
- Self-help products (books/apps)
- Being more physically active

Patent: Detection of biomarkers for  
neuropsychiatric disorders  
AU2006214242A

