



# Serene Mind Mental HealthCare App

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# INTRODUCTION

It is all too easy for our mental health to be impacted by the stresses and challenges of daily life, and it gets too difficult to take care of our sanity amidst the everyday hustle.

But don't you worry, we got this covered!

We carefully-designed a self-help app that can help you track your mental health and daily activities to help you not forget to take care of yourself in-between the hectic routine.

Perhaps, it won't be too hard to have a Serene Mind after all.

Three decorative flowers are located in the top-left corner: a blue five-petaled flower, a white daisy with a red center, and a green five-petaled flower.

# 01

## Intro & Sign- up Screen

You can enter a **subtitle** here if you need it





# Serene Mind

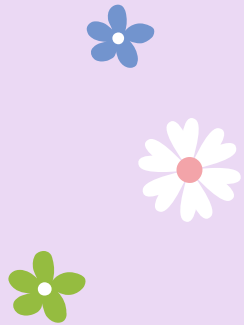


## ***Sign in***

Username

Password

Don't Have an account, [Sign Up now](#)



# 02

## Features Screens

You can enter a **subtitle** here if you need it

iPhone 13 Pro Max - 3

I AM

HE

SHE

OTHERS

Age

19

Proffession



Q/A



Mon ,Jan 1st

8AM.

How are you feeling ?



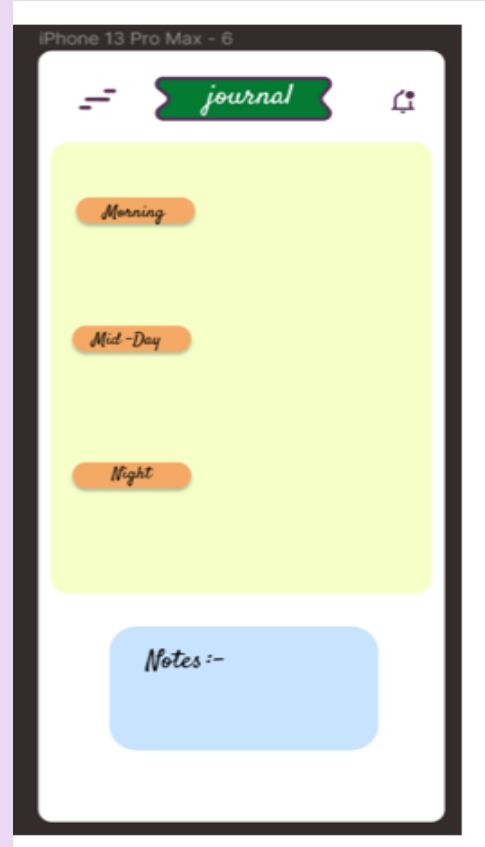
How much energy do you have?

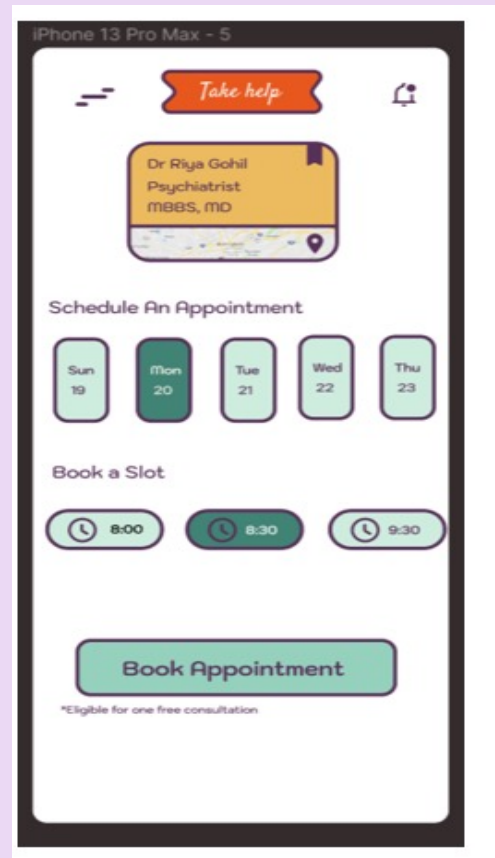
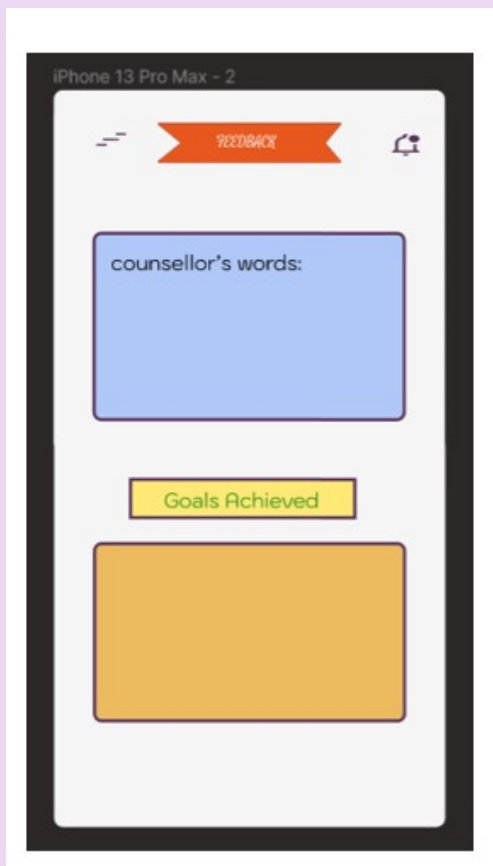


what is your current level  
of anxiety(/10)?

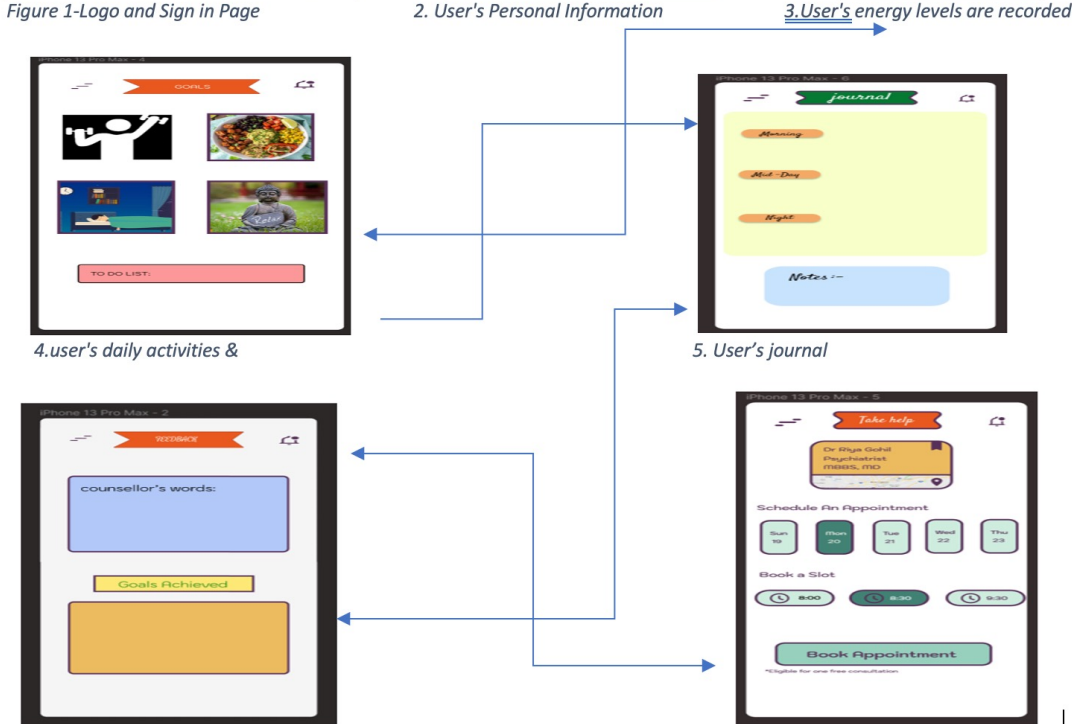
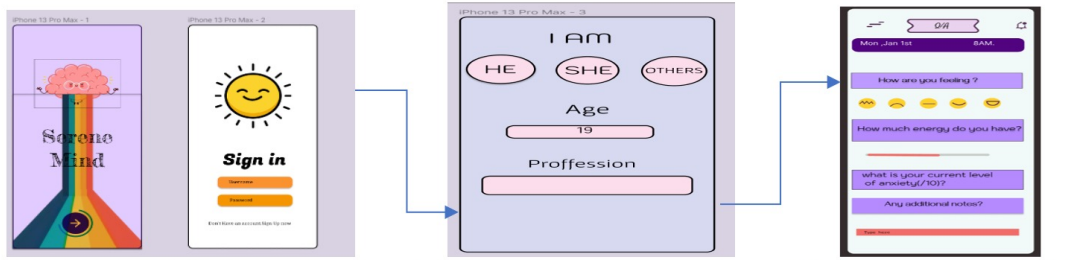
Any additional notes?

Type here









# THANKS!

