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**Website Name: Thrive2bemindful**

**Description:**

This website was created to assist the millions of people that struggle with mental illness but do not have access to treatments or are not ready to seek help. Due to COVID-19, many people have suffered tremendous losses that result in deteriorating mental health. With many practices becoming overloaded with patients and inabilities to pay for treatments, there is a high demand for cost efficient ways to seek help. This site will provide resources to learn about mental illnesses, tips and activities to improve mental health, and further resources if more help is needed.

Users will be prompted to choose between 3 categories: learn, activities, and resources. The first category, learn, is to educate on mental illnesses in general and specific to the user. The activity option will provide the user with daily tips and exercises that can be done to improve their mental health. Resources is the final category that will provide links to further help. It will list various hotlines for different situations and other free resources.

**Actors:**

- User: The user may choose from using the basic level of the website or unlock all benefits for a subscription fee.
- Advertisers: allowed to post advertisements on the site
- Add administrator - approving ads
- anonymous users - users without accounts

**Organizational Benefits:**

Upkeeping mental health during a pandemic heavily affects productivity of employees. COVID-19 causes countless stressors for many people that may result in declining mental health. By offering employees access to this site, their overall health will improve as well as productivity.

# Use Cases

## Use Case 1: User chooses to navigate on free version of website

### Preconditions:

- User does not have a preexisting account
- User does not have a subscription
- Website displays a home page with five main tabs: “Home Page”, “Learn”, “Activities”, “Resources”, and “Subscribe”.

### Postconditions:

- The user is only granted access to “Home Page”, “Learn”, “Resources”, and “Subscribe.” If they do not sign up for the subscription, their access will be limited to these tabs only.

### Main Course:

- When accessing the home page, the user will be prompted to “log in” to their accounts or “continue to free site”.
- Once the user selects “continue to free site”, the user may choose to navigate to any of the tabs.
- The options are:
  - Home Page
  - Learn
  - Activities
  - Resources
  - Subscribe

### Alternate Courses:

1. “Learn” tab
  - a. This section of the site provides a list of mental illnesses to choose from and learn more about. It will have information on the chosen illness including general information/overview, symptoms, treatment options, and what specialists to see.
  - b. The most common mental illnesses spiked due to COVID-19 and provided information on are:
    - Depression
    - Anxiety
    - Substance abuse
    - Post Traumatic Stress Disorder
2. “Activities” tab

- a. Because this user does not have an account or subscription to the site, the user will not have access to this tab. The user will be prompted to click on one of the two options:
    - i. “Create an account and subscribe to access activities.”
    - ii. “Return to Home Page.”
- 3. “Resources” tab
  - a. On the resources page, the users will be provided with a list of hotlines and additional resources and organizations including:
    - i. National Suicide Prevention Lifeline
    - ii. Crisis Text Line
    - iii. Abuse hotline
    - iv. Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline
    - v. National Institute of Mental Health (NIMH)
    - vi. The National Alliance on Mental Illness (NAMI) emergency mental health hotline
- 4. “Subscribe” tab
  - a. On the subscribe tab, the option to access the full site with activities designed to improve the mental illness specific to the user will be provided. The user may choose to “Return to Home Page” or “Subscribe”. If the user wants to subscribe, they will be prompted to create a new account and receive a confirmation email.

## **Use Case 2: User creates an account and signs up for the subscription**

**Preconditions:** User does not already have a preexisting account

**Postconditions:** User creates a new account and enters payment information

### **Main Course:**

- When the user enters the home page, the user will be prompted to “log in” to their accounts or “continue to free site”. The user does not yet have an account so they will choose “continue to free site”.
- Once the home page has been entered, the user may choose to navigate to any of the tabs.
- The options are:
  - Home Page
  - Learn
  - Activities
  - Resources
  - Subscribe
- The user will select the “Subscribe” tab to sign up to access the full site.
- The subscribe tab will relay information on the amenities of the full version of this site and the cost of the subscription. The user will then be able to sign up for an account and enter payment information.
- The user will receive a confirmation email once they have signed up.
- The user may now access the full website, including the “Activities” tab.

### **Alternate Courses:**

1. “Learn” tab
  - a. This section of the site provides a list of mental illnesses to choose from and learn more about. It will have information on the chosen illness including general information/overview, symptoms, treatment options, and what specialists to see.
  - b. The most common mental illnesses spiked due to COVID-19 and provided information on are:
    - Depression
    - Anxiety
    - Substance abuse
    - Post Traumatic Stress Disorder
2. “Activities” tab
  - a. The activities section will provide either tips or exercises to improve mental health

- b. Activities will include:
  - i. Ways to be productive
  - ii. How to motivate yourself
  - iii. How to seek help
  - iv. Struggling to get out of bed? Try these exercises
  - v. Self love checklist
  - vi. Self Affirmations
  - vii. Ways to distract yourself
- 3. “Resources” tab
  - a. On the resources page, the users will be provided with a list of hotlines and additional resources and organizations including:
    - i. National Suicide Prevention Lifeline
    - ii. Crisis Text Line
    - iii. Abuse hotline
    - iv. Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline
    - v. National Institute of Mental Health (NIMH)
    - vi. The National Alliance on Mental Illness (NAMI) emergency mental health hotline
- 4. “Subscribe” tab
  - a. Because the user already purchased a subscription, they will be prompted to “Return to Home Page”.

## **Use Case 3: User already has an account**

### **Preconditions:**

- The user already has a preexisting account, but is not logged in yet.

### **Postconditions:**

- The user is logged into their account and continues to navigate through the site.

### **Main Course:**

- When the user enters the home page, the user will be prompted to “log in” to their accounts or “continue to free site”. The user already has an account so they will choose to “log in”.
- Once the user inputs their username or email and password, they will be able to continue to the full version of the site with access to all tabs.
- The tab options are:
  - Home Page
  - Learn
  - Activities
  - Resources
  - Subscribe

### **Alternate Courses:**

1. “Learn” tab
  - a. This section of the site provides a list of mental illnesses to choose from and learn more about. It will have information on the chosen illness including general information/overview, symptoms, treatment options, and what specialists to see.
  - b. The most common mental illnesses spiked due to COVID-19 and provided information on are:
    - Depression
    - Anxiety
    - Substance abuse
    - Post Traumatic Stress Disorder
2. “Activities” tab
  - a. The activities section will provide either tips or exercises to improve mental health
  - b. Activities will include:
    - i. Ways to be productive
    - ii. How to motivate yourself
    - iii. How to seek help
    - iv. Struggling to get out of bed? Try these exercises

- v. Self love checklist
- vi. Self Affirmations
- vii. Ways to distract yourself

3. “Resources” tab

- c. On the resources page, the users will be provided with a list of hotlines and additional resources and organizations including:
  - i. National Suicide Precenton Lifeline
  - ii. Crisis Text Line
  - iii. Abuse hotline
  - iv. Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline
  - v. National Institute of Mental Health (NIMH)
  - vi. The National Alliance on Mental Illness (NAMI) emergency mental health hotline

4. “Subscribe” tab

- a. Because the user already purchased a subscription, they will be prompted to “Return to Home Page”.

**Exceptions:**

- The user accidentally selects “continue to free site”.
  - The user must select “Subscribe” in order to login to access the paid version.