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Requirements

**Account Creation**

* **Inputs:** The user will enter a username, password, and email address. A verification email will then be sent to the customer.
* **Outputs:** Once the username and password is verified, the user will be asked to verify their account through a link in the email. Once the account is verified, the user will be prompted to access the full functionality of the site.
* **Data System Must Store:** All account information entered when the account is created must be stored securely in the database so that the data is not compromised.
* **Computations:** The email must be validated that it has not already been used for account creation. Password strength must also be verified and users should be notified of weak, okay, or strong passwords.

**All Website Users**

* Should have access to the following pages:
  + Home page
  + Learn page
    - This page will consist of information on mental illnesses provided from trusted sources including the National Institute of Mental Health and the Centers for Disease Control and Prevention.
    - Information on these mental illnesses:
      * Depression
      * Anxiety
      * Substance abuse
      * Post Traumatic Stress Disorder
  + Activities page
    - Tips and exercises to improve mental health including:
      * Ways to be productive
      * How to motivate yourself
      * How to seek help
      * Struggling to get out of bed? Try these exercises
      * Self love checklist
      * Self Affirmations
      * Ways to distract yourself
  + Resources page
    - Additional help including various hotlines and organizations including:
      * National Suicide Precention Lifeline
      * Crisis Text Line
      * Abuse hotline
      * Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline
      * National Institute of Mental Health (NIMH)
      * The National Alliance on Mental Illness (NAMI) emergency mental health hotline

**Non-Functional**

* The website should display the four tabs clearly for users to navigate through the site. These tabs include “Learn”, “Activities”, “Resources”, and “Dashboard”.
* Any personal or sensitive information must be disclosed and encrypted in a database that only qualified personnel may access.