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COSC 412

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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 or free 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 seeked.

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 with an account creation.
* Administrator: I am the only administrator and project manager. This role will have access to make changes to the site.
* Anonymous users: users without accounts will be able to visit the site without an account

**Organizational Benefits:**

COVID-19 causes countless stressors for many people that may result in declining mental health. Failing to maintain mental health during a pandemic can heavily impact daily lives negatively and result in much more detrimental issues. By offering the amenities on this site, their overall health will improve as well as productivity and quality of life.

**Use Cases**

**Use Case 1: User chooses to navigate without an account**

**Preconditions:**

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

**Postconditions:**

* The user will not be able to clip any articles, posts or activities to their dashboard.

**Main Course:**

* When accessing the home page, the user will have the option to navigate through the site with an existing account or continue without one.
* If the user chooses to move forward without an account, there is no account creation necessary and he or she may continue to navigate to any of the tabs.
* The options are:
  + Home Page
  + Learn
  + Activities
  + Resources
  + Dashboard

**Alternate Courses:**

1. “Learn” tab
   1. 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.
   2. 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
   1. The activities section will provide either tips or exercises to improve mental health
   2. Activities will include:
      1. Ways to be productive
      2. How to motivate yourself
      3. How to seek help
      4. Struggling to get out of bed? Try these exercises
      5. Self love checklist
      6. Self Affirmations
      7. Ways to distract yourself
3. “Resources” tab
   1. On the resources page, the users will be provided with a list of hotlines and additional resources and organizations including:
      1. National Suicide Precention Lifeline
      2. Crisis Text Line
      3. Abuse hotline
      4. Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline
      5. National Institute of Mental Health (NIMH)
      6. The National Alliance on Mental Illness (NAMI) emergency mental health hotline
4. “Dashboard” tab
   1. On the dashboard tab, the option to clip any articles, activities, or resources will be made available to users with accounts. The user may choose to “Return to Home Page” or “Create an account.” If the user wants to create an account, they will be prompted to do so and enter the required information and receive a confirmation email once completed.

**Use Case 2: User creates an account**

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

**Postconditions:** User creates a new account

**Main Course:**

* 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
  + Dashboard
* The user will select the “Dashboard” tab to reach the section of the site that requires an account to utilize.
* Once the user clicks the “create a new account” button and fills out the necessary information, the user will receive a confirmation email.
* The user may now access the full website, including the “Dashboard” tab.

**Alternate Courses:**

1. “Learn” tab
   1. 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.
   2. 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
   1. The activities section will provide either tips or exercises to improve mental health
   2. Activities will include:
      1. Ways to be productive
      2. How to motivate yourself
      3. How to seek help
      4. Struggling to get out of bed? Try these exercises
      5. Self love checklist
      6. Self Affirmations
      7. Ways to distract yourself
3. “Resources” tab
   1. On the resources page, the users will be provided with a list of hotlines and additional resources and organizations including:
      1. National Suicide Precention Lifeline
      2. Crisis Text Line
      3. Abuse hotline
      4. Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline
      5. National Institute of Mental Health (NIMH)
      6. The National Alliance on Mental Illness (NAMI) emergency mental health hotline

**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 go to the dashboard page to log into their existing account.
* 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
  + Dashboard

**Alternate Courses:**

1. “Learn” tab
   1. 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.
   2. 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
   1. The activities section will provide either tips or exercises to improve mental health
   2. Activities will include:
      1. Ways to be productive
      2. How to motivate yourself
      3. How to seek help
      4. Struggling to get out of bed? Try these exercises
      5. Self love checklist
      6. Self Affirmations
      7. Ways to distract yourself

3. “Resources” tab

* 1. On the resources page, the users will be provided with a list of hotlines and additional resources and organizations including:
     1. National Suicide Precention Lifeline
     2. Crisis Text Line
     3. Abuse hotline
     4. Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline
     5. National Institute of Mental Health (NIMH)
     6. The National Alliance on Mental Illness (NAMI) emergency mental health hotline

4. “Dashboard” tab

1. On the dashboard tab, the option to clip any articles, activities, or resources that users want to save will be made available to users with accounts.

**Exceptions:**

* The user accidentally selects “continue to site”.
  + The user must select “Dashboard” in order to login to access the full version.