Phase 1: Problem Understanding & Industry Analysis

---

1. Requirement Gathering

- Schools, colleges, and corporates are struggling to manage mental health concerns due to:
    - Lack of early detection.
    - Manual tracking of sessions and case notes.
    - No centralized platform for progress monitoring.
- **Requirements:**
    - Wellness survey/check-in system.
    - Counselor–patient assignment.
    - Session booking + reminders.
    - Automated high-risk alerts.
    - Dashboards for progress and trend analysis.

---

2. Stakeholder Analysis

- Patients (Students/Employees): Fill wellness check-ins, book sessions.
- Counselors/Psychologists: Manage therapy sessions, record case notes, assign activities.
- Admins/HR/School Authorities: Oversee wellness reports and organizational health.
- Family/Guardians (optional): Receive updates on progress where required.

---

3. Business Process Mapping

1. Wellness Check-In: Patient fills stress/mood survey.
2. Risk Analysis: System calculates wellness score → if high-risk, alert counselor.
3. Counselor Assignment: Auto-match based on specialization (career stress, trauma, workplace burnout).
4. Session Scheduling: Patient books → reminders sent.
5. Progress Monitoring: Counselor logs notes, activities, milestones.

6. Feedback & Follow-Up: Automated reminders + post-session surveys.

7. Reporting: Dashboards for organization-wide mental wellness trends.

---

4. Industry-specific Use Case Analysis

- Education: Schools & universities monitor student stress and academic anxiety.

- Corporate: Companies track workplace burnout and support employee wellness.

- Healthcare/NGOs: Community organizations manage therapy programs for mental health awareness.

---

5. AppExchange Exploration

- Survey Tools (FormAssembly, GetFeedback): Inspiration for wellness check-ins.

- Health Cloud: For secure patient–provider relationships.

- Calendar/Appointment Apps: For scheduling models.

- NeuroWell takes these inspirations but creates a dedicated mental wellness solution customized for early detection + progress monitoring.