Mental Health Assistant

The Mental Health Assistant is an app which can be used as a mental health assistance tool. We plan to implement features such as a pill reminder and tracker, an overall mood evaluator, user entered stress/depression/anxiety levels, a medication refill reminder, bios recording an tracking as well as an appointment reminder. Furthermore, we want to give health professionals access to their patient’s evaluation and bios reports.

Users and health professionals must first create and log into their own account where they will be required to give information such as name, e-mail, phone number and emergency contact information. The purpose of this is to be able to track their progress. Once logged in, the user will be able to navigate throughout the app via a main menu. The user can select “Medication Info” to enter new medication information which will include medication name, dosage amount and frequency. From there they can edit or delete any information as they so choose.

In “Appointment Tracker”, the user can create an appointment as well as edit or delete any appointment they have entered. The purpose of this is to promote organization for someone who may have trouble staying up to date with their engagements. The user can check in with the “Pill Reminder” to ensure they have taken their medication for the day which will prevent situations where they may have forgotten which medication they have taken for the day and which medication they may have forgotten to take. The user will be reminded to take their medication by an alarm which they have set at a specified time. Furthermore, the user can also set a prescription refill reminder, ensuring they never run low of their medication.

The user can enter counsellor, psychiatrist or doctor information with the “Professional Info” option. Fields will include health professional name, address, phone number and e-mail address. The user can also edit or delete information. The “Mental Pick Me Up” is a section that will include a series of non-offensive jokes or pictures which can serve as a mental and emotional boost for the user.

Under the “Evaluation” option, the user can enter their daily overall mood which will consist of three options: a happy face, a content face and a sad face. On scales of 1-10, the user may also enter their current anxiety, depression and stress levels. This will be used to historically track their progression. In addition to mood tracking, the Mental Health Assistant will also record bios including pulse, heart rate and blood pressure. Much like the mood evaluation, this will allow the user to see what kind of progress they have made health wise. Recorded information will be stored to an external storage database.

From the health professional perspective, they will be required to create an account using special credentials. They must provide their name, office address, e-mail address, phone number and there will be a verification process ensuring they are a legitimate health professional. Once logged into the app, the health professional will have the option to add or remove a patient to or from their “List of Patients”. They will also be able to provide feedback which will be e-mailed directly to the client. Finally, the health professional will be able to view the user’s evaluation scores and recorded bios information. This will allow the health professional to keep up to date with how their patient is doing as well as give them the ability to view their patient’s history.