

Hypotheses for mental wellness general business case

1. Users highly focused on mental health value multiple features including journals, habit and mood trackers, calming sounds/white noise, and access to professional support.
2. People who are disabled may have trouble seeing a mental health therapist, they will benefit greatly from the chat bot and self assessing features.
3. Data security is highly valued because mental health can be very personal.
4. Being a working wife and mother can take a toll on your mental health and if you're always busy there's little time for therapy. The habit tracker and its features are a great way for you to zone into your mental wellness, while being in the comfort of your home.
5. The habit/mood tracker will aid health professionals in understanding their patient's background.
6. Users will desire a properly trained chatbot that will be able to alert them to bigger problems in their mental health and connect them with the necessary resources.
7. The habit tracker is an efficient way for therapists and social workers to track and monitor how well the client is dealing with their mental wellness. Therapist may have asked the client to try out new coping techniques and journal about it. The therapist will be able to see the journal entry and review before the session with client.