



1/4



Alex



Hey! I'm Sparky!

I'm your friendly guide, here to help you shine bright through the awesome adventure of high school. Let's do this together!

Let's Go!



Talk



Mood



Quest



Community



Alex



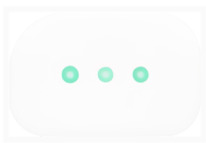
Hey there! How are you feeling today?
Remember, I'm here to listen and help you navigate any challenges you might be facing. Let's work together to make today a great day!

I'm feeling a bit overwhelmed with school and social stuff. It's hard to keep up.



I understand. It's completely normal to feel overwhelmed sometimes. We can explore some strategies to manage these feelings. How does that sound?

I just feel like I want to kill myself sometimes.



Tell me more

Okay

Got it, thanks!

Type a message...



Talk



Mood



Quest



Community



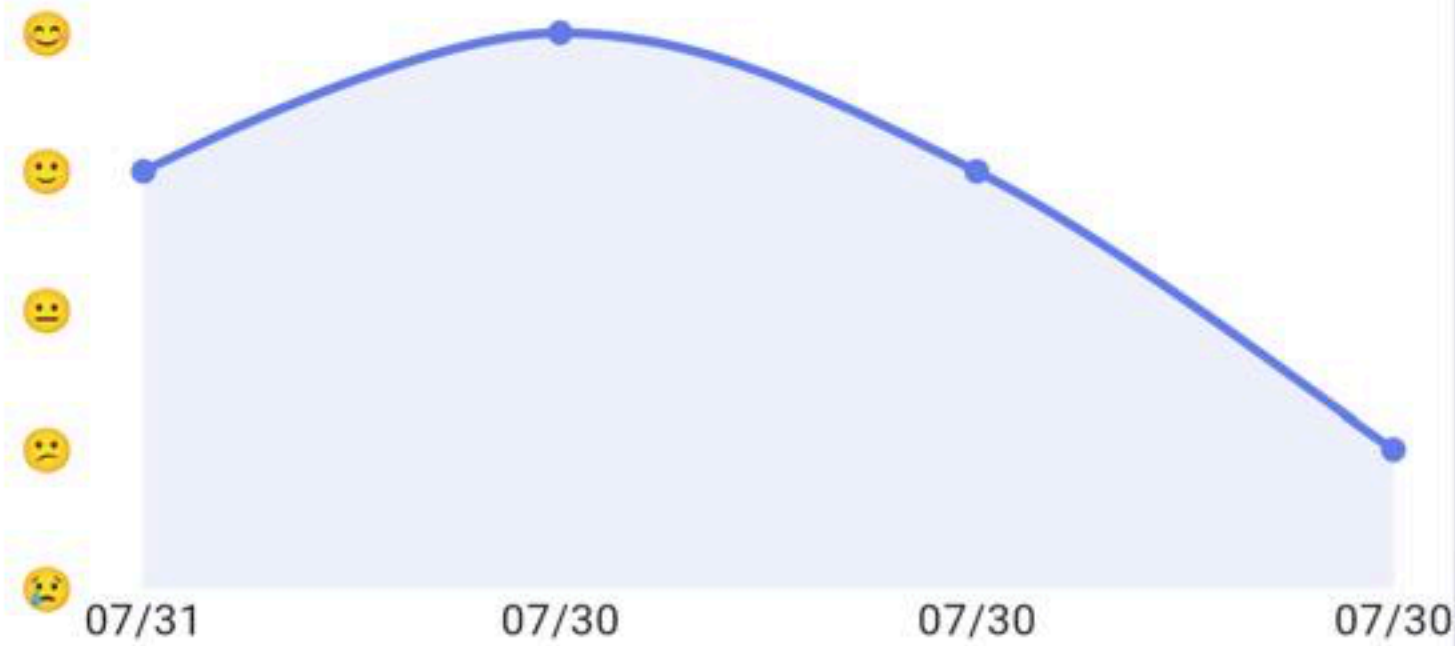
How are you feeling today?

Check In

♥️ AI Mental Health Assistant

Your supportive companion for mental health and emotional well-being

How are you feeling?



Mood Stats

Current Mood



Bad

Average Mood



3.8

Total Entries



4



Talk



Mood



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Community



How are you feeling today?

Check In

Your Progress



3 days
Streak



150
XP Earned

Today's Recommendations

MINDFULNESS

Guided Meditation

5 min



SOCIAL

Connect with Peers

Join a group chat



Talk



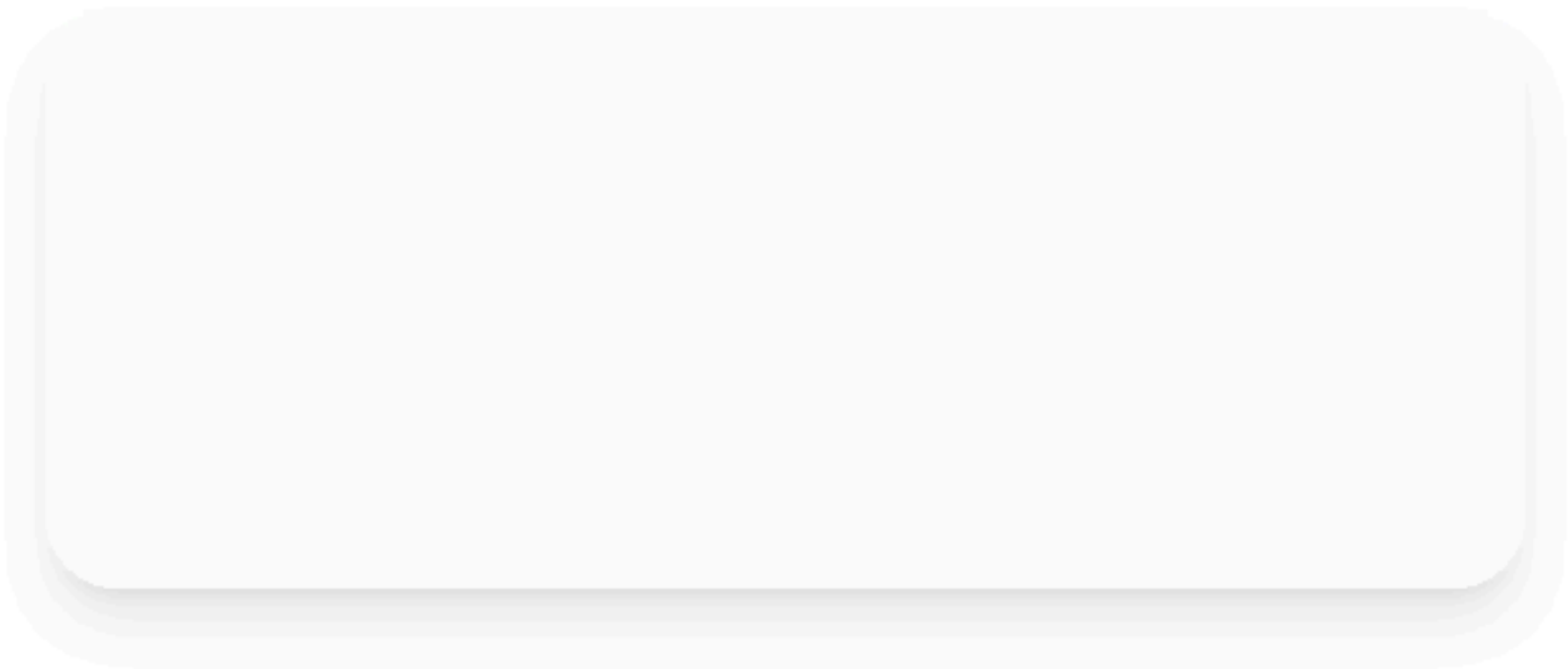
Mood



Quest



Community



Talk



Mood



Quest








Community



Community Hub



Leaderboard

	1. Alex Level 5	12,345 XP
	2. Jordan Level 4	11,876 XP
	3. Riley Level 3	10,521 XP
	4. Casey Level 2	9,234 XP
	5. Jamie Level 1	8,765 XP

Team Challenges

- Challenge 1

Mindfulness Moments

Practice mindfulness for 15 minutes daily.

12 👍


- Challenge 2

Gratitude Journal

Write down three things you're grateful for each day.

8 ❤️





Talk



Mood



Quest



Community