

# Health Talk

## 1. Project Vision and Scope

Health Talk aims to create a supportive and safe platform for individuals dealing with mental health challenges, loneliness, or introversion. The app will create meaningful connections, allowing users to engage in conversations about their feelings, share experiences, and build a sense of community. Our goal is to encourage real connections and support without the stress that often comes with dating apps.

### Target Audience:

- **Individuals with Mental Health Challenges:** Those seeking a non-judgmental space to discuss their struggles.
- **Introverts:** People who find it difficult to initiate conversations in traditional social settings.
- **Anyone Feeling Lonely:** Individuals looking for companionship and understanding.

### Key Features:

1. **User Profiles:**
  - Customized profiles that highlight interests, preferred conversation topics, and emotional needs.
  - Options for anonymity to ensure comfort in sharing personal experiences.
2. **Matchmaking Algorithm:**
  - Intelligent matching based on shared interests, experiences, problems.
  - Ability to filter potential connections based on specific needs (e.g., someone to discuss anxiety, depression, addictions, etc.).
3. **Communication Tools:**
  - Text, voice, and video chat options to enable different ways of communicating.
  - Ability to create small group chats or discussion groups.
4. **Discussion Groups:**
  - Themed groups for users to engage with others facing similar challenges or interests.
  - Support circles focused on specific issues like anxiety, loneliness, or coping strategies.
5. **Resources & Support:**
  - Access to articles, videos, and tools related to mental health and wellness.
  - Option to connect with professional counselors for emergency support.
6. **Feedback & Safety Features:**
  - Users can rate interactions to foster a supportive environment.
  - Reporting tools for inappropriate behavior to maintain a safe space.
  - KYC authentication to avoid multi accounts or banned people to create new
7. **Community Guidelines:**
  - Clear rules to ensure respectful and constructive interactions.

- Regular moderation to prevent toxic behavior and ensure a supportive atmosphere.

#### **Non-Goals:**

- **Avoiding a Dating App Experience:** The primary focus is on support and friendship rather than romantic connections.
- **Not a Substitute for Professional Help:** While facilitating peer support, the app should not replace professional therapy or counseling.

## **2. User Personas and Use Cases**

### **1. Individuals with Mental Health Challenges**

#### **Profile**

- **Demographics:** Individuals experiencing anxiety, depression, PTSD, or other mental health struggles.
- **Behaviors:** Often hesitant to share feelings openly, seeking empathetic connections in a non-judgmental space.
- **Goals:** To find emotional support, understanding, and shared experiences with peers.

#### **Why They Will Use the Product**

- Need a safe and supportive platform to discuss their struggles without fear.
- Value in connecting with others who "get it" and sharing coping strategies.
- Access to mental health resources.

#### **Key Use Cases**

- Joining discussion groups about specific challenges (e.g., anxiety support).
- Engaging in one-on-one chats with matched peers who have similar experiences.
- Accessing mental health articles and self-help tools to improve well-being.

#### **Interaction with the Product**

- Create an anonymous profile to feel safe while sharing personal stories.
- Use filters to find peers who understand their struggles.
- Participate in moderated group discussions to build a sense of community.

## 2. Introverts

### Profile

- **Demographics:** Quiet, introspective individuals who find it hard to initiate social interactions in traditional settings.
- **Behaviors:** May avoid large social platforms or prefer smaller, meaningful interactions.
- **Goals:** To build genuine connections in a less intimidating environment.

### Why They Will Use the Product

- Need a platform that facilitates connections in a low-pressure environment.
- Value in starting conversations based on shared interests or feelings.
- The option to remain anonymous reduces the stress of social interaction.

### Key Use Cases

- Matching with people who share similar interests or personality types.
- Participating in small, themed group discussions.
- Using text-based communication before progressing to voice or video chats.

### Interaction with the Product

- Fill out a detailed profile highlighting interests and conversation preferences.
- Use matchmaking features to find like-minded individuals.
- Start text conversations or join smaller group chats to ease into socializing.

## 3. Individuals Feeling Lonely

### Profile

- **Demographics:** Individuals experiencing social isolation due to life circumstances (e.g., living alone, moving to a new place, bereavement).
- **Behaviors:** Actively seeking companionship but wary of judgment.
- **Goals:** To feel less alone and build meaningful connections without the pressure of forming romantic relationships.

### Why They Will Use the Product

- Need companionship and understanding from a supportive community.
- Value in forming platonic relationships and feeling part of a group.
- Access to like-minded people for conversations and shared activities.

### Key Use Cases

- Finding peers to talk to during moments of loneliness.
- Joining themed group discussions to connect with others in similar situations.
- Using communication tools to build lasting friendships.

## Interaction with the Product

- Use filters to connect with people facing similar circumstances.
- Join community-driven discussion groups to share experiences.
- Access the resource center for tips on overcoming loneliness and improving mental well-being.

### Use Case 1: One-on-One Conversation Matching

**Title:** User finds a peer for a one-on-one conversation.

**Actors:** Sarah (social anxiety problem)

**Steps:**

1. Sarah logs into the app and navigates to the matchmaking feature.
2. She selects filters to find peers interested in discussing “social anxiety” and “student life.”
3. The app displays a list of potential matches based on shared interests and needs.
4. Sarah selects a match and initiates a text conversation.
5. The conversation proceeds, fostering mutual understanding and support.

**Outcome:** Sarah feels less isolated and finds comfort in sharing her experiences with someone who understands.

---

### Use Case 2: Joining a Themed Discussion Group

**Title:** User participates in a group discussion about workplace stress.

**Actors:** James (loneliness)

**Steps:**

1. James logs in and browses the available discussion groups.
2. He selects a group titled “Coping with Burnout in Professional Life.”
3. He reads the group guidelines and joins the group.
4. James shares his experiences and listens to others’ stories in a moderated environment.
5. He learns new coping strategies and feels less alone in his struggles.

**Outcome:** James gains insights and feels part of a supportive community.

---

### Use Case 3: Accessing Mental Health Resources

**Title:** User uses the app to find self-help tools.

**Actors:** Sarah

**Steps:**

1. Sarah navigates to the “Resource Center” tab on the app.

2. She searches for resources on managing social anxiety.
3. The app recommends articles, videos, and exercises tailored to her search.
4. Sarah bookmarks an article on breathing techniques for later use.
5. She practices the techniques during moments of stress.

**Outcome:** Sarah improves her ability to manage anxiety through self-help tools provided by the app.

## 3. Functional and Non-Functional Requirements

### Functional Requirements

1. **User Registration and Authentication**
    - Users can register using email, phone, or third-party platforms (e.g., Google, Apple).
    - Options for anonymous or pseudonymous profiles.
  2. **User Profiles**
    - Users can create customized profiles including interests, preferred conversation topics, and emotional needs.
    - Options for anonymity and selective visibility of personal information.
    - Profile editing features for updates and changes.
  3. **Matchmaking Algorithm**
    - Algorithm to match users based on shared interests, experiences, or emotional needs.
    - Filters for specific needs like discussing anxiety, depression, or loneliness.
  4. **Communication Tools**
    - Support for text, voice, and video chat options.
    - Ability to create small group chats with specific themes.
  5. **Discussion Forums**
    - Themed groups for specific issues such as anxiety, loneliness, and coping strategies.
    - Support for users to join and leave groups easily.
    - Moderation tools for group discussions to ensure constructive and respectful engagement.
  6. **Helpful resources panel**
    - Access to curated articles, videos, and tools on mental health topics.
    - Ability to bookmark or save resources for later use.
-

## Non-Functional Requirements

### 1. Performance

- Fast and seamless matchmaking with minimal latency.
- Real-time communication support with low latency for voice and video calls.
- Scalability to support a growing number of users and simultaneous connections.

### 2. Security

- End-to-end encryption for all text, voice, and video communications.
- Secure storage of user data with strong encryption standards.
- Regular security audits and compliance with privacy regulations (e.g., GDPR, HIPAA).

### 3. Privacy

- Anonymous profile options with clear privacy settings.
- Ability for users to delete their data permanently.
- Transparency in data usage policies and practices.

### 4. Localization

- Multi-language support to cater to a diverse user base.
  - Region-specific resources
-