

Splash
Screen: This
will appear
when the user
first opens the
app. Note, this
logo will
change.

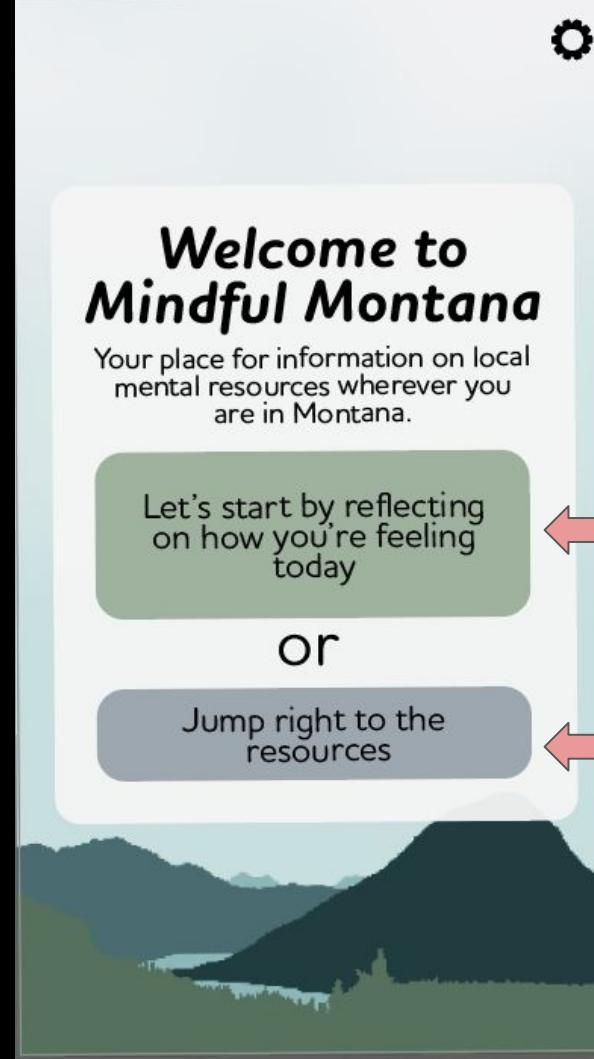


Title Screen: After the splash screen, the user can press the 'begin' button to start the app. Layout is also subject to and will change.



This Begin
Button is where
users will enter
the app

Welcome Screen: User can immediately begin by reflecting on how they are feeling or jumping to resources near them.

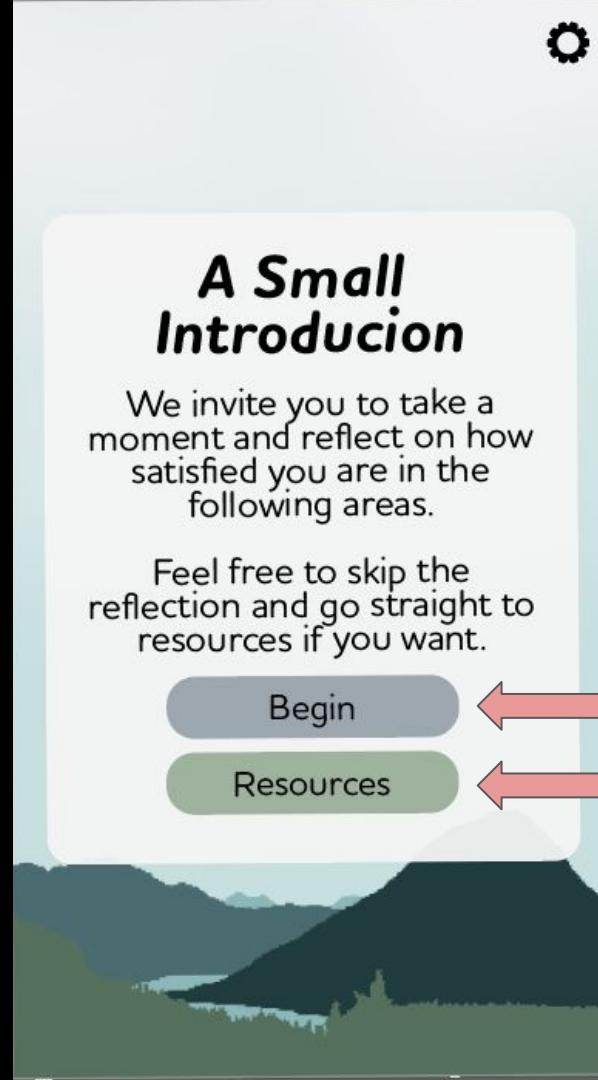


Settings button that allows users to alter things they need.

This button will take users to the next screen before they begin the reflection.

This button will allow users to jump right to the resource search page.

Intro Screen: This will appear right before one begins the reflection. Helps to provide context of what the reflection is and users can back out if they're not ready.



Allows user to begin the reflection.

Another button that would let people jump right into the resources.

Question 1: Seed at the bottom is concept for the tree growing that happens when users take the reflection. Helps to provide context for the tree they will see later. Leaf in center can move to help users place how they're feeling.

**Question 1:
Work**

Generally, how would you describe your relationship with your daily work?

Unsatisfied Neutral Satisfied

Continue

Save survey and go to resources

The user can select how they are feeling with the leaf notch.

After selecting how they feel, they can hit continue to the next question.

At any point during the reflection, their results can be saved and they can jump to resources.

Tree starts growing at the bottom



Question 2: Stress Management

Generally, how well do you manage your stress on a day to day basis?



Continue



*Save survey and
go to resources*

The following questions won't have many notes following them as they're fairly self explanatory.
This assessment has 10 Questions total.

Question 3: **Personal Relationships**

How satisfied are you with your personal relationships?



Continue

*Save survey and
go to resources*



Question 4: Sleep

How satisfied are you with
your sleep?



Continue

*Save survey and
go to resources*



Question 5: Money

How do you feel about your current financial situation?



Continue

*Save survey and
go to resources*



Question 6: Exercise

How satisfied are you with
your relationship to
exercise?



Continue

Save survey and
go to resources



Question 7:

Alcohol and Substance Use

How would you describe
your alcohol and or
substance use?



Continue

Save survey and
go to resources



Question 8: Nutrition

How satisfied are you with
the quality of your diet?



Continue

*Save survey and
go to resources*



Question 9: Screen Use

How do you feel about your
recreational screen use?



Continue

*Save survey and
go to resources*



Question 10: Overall

How satisfied are you with
your overall quality of life?



Continue

Save survey and
go to resources

Screen that appears after the Reflection: Allows users to place themselves one one of the five mental health states depending on how they are feeling overall.

Thank you for taking a moment to reflect

We all have a variety of experience with our own mental health.

Displayed below are five mental health states.



- *High Performing*
- *Fulfilled*



- *Positive*
- *Socially Engaged*



- *Withdrawn*

Users can scroll through the different emotional states and see where they place themselves first.

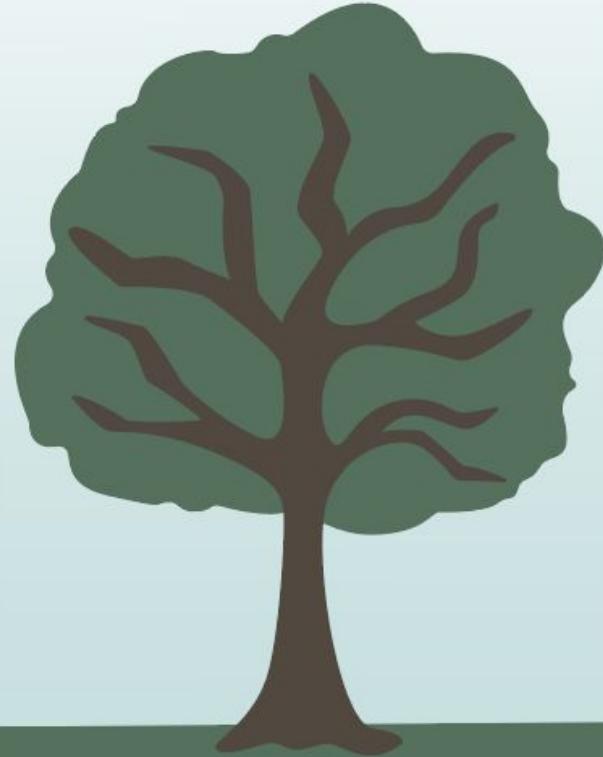
(Continued): Continuation from previous slide. Users can scroll up and down to see all the five states.

- *High Performing*
 - *Fulfilled*
- *Positive*
 - *Socially Engaged*
- *Withdrawn*
 - *Irritable*
- *Anxious*
 - *Minimal Social Interaction*
- *Exhausted*
 - *Hopeless*

*NOT PICTURED:
There will be a continue button at the bottom of this where users can then go to the next screen.

After the states of being screen, the user will see their tree. The art and design team is intending to have each branch represent one of the questions. On the branch will be a level of foliage that represents how the user answered the question.

*This image represents
your reflection in the form of a
tree at varying levels of growth*



*NOT PICTURED
Continue button at the bottom after user sees this screen

Final Screen:

This is the final screen users will see before they can see resources.

Shows users their tree and the five states of being hexagons. Users can click on the hexagon that best represents them, then they can save and see resources near them.

After selecting one of the five mental states below, they can now go to the resource page.

Remember:

We are never fixed in one mental state.

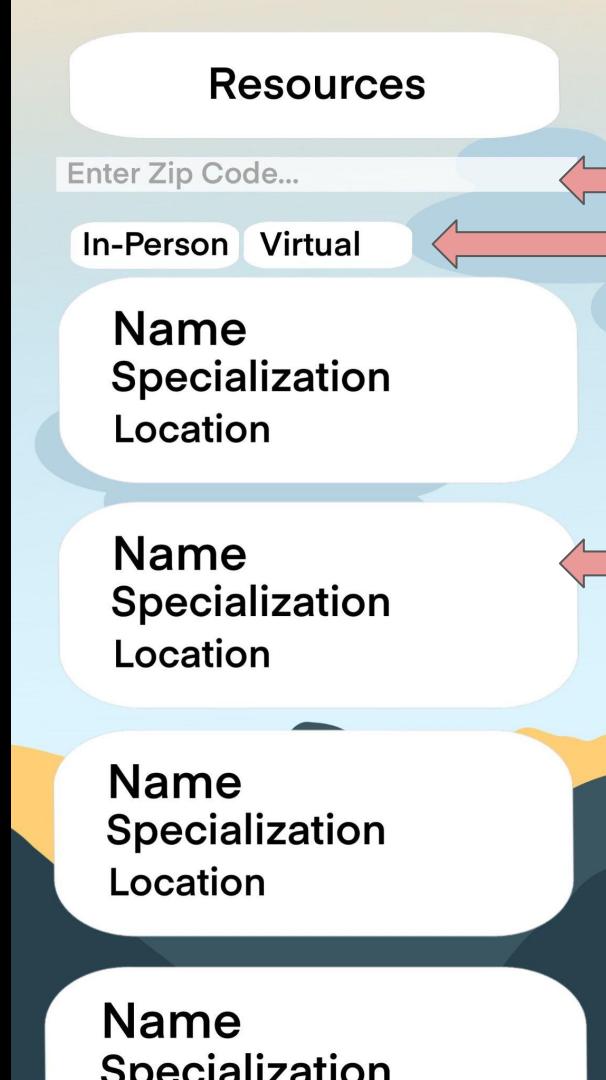
Looking at your tree, where would you place yourself on the continuum?



See Resources

Users will select one of the five mental states that best reflect how they are feeling.

Resource Screen: Users can find resources by typing in their Zip Code. There will be two tabs representing both in-person and virtual options. All the results will display the name of the provider, specific specializations (PTSD, substance use counseling, etc.) and their location.



Search Bar where users can enter zip code(s).

Filter Tab where users can filter between in-person and virtual options.

Users can scroll and then click on the info bubbles here for more information.

Resource Screen
Continued: When a user clicks on a specific provider's box/bubble, they will get more details. This mockup includes details such as distance from user, a map of where they are at, accepted insurance, whether they are in-person or virtual, their phone number, and a disclaimer informing users to call or contact the provider for full details.

The mockup shows a provider profile screen. At the top, a large white rounded rectangle contains the word "Name". Below it, three sections are listed vertically: "Specialization", "Location", and "Distance from You". Under "Location", there is a small map of a city area with several yellow location markers. To the right of the map is a red arrow pointing towards the text "If in-person, this map can show where they are and when pressed, could open link in a maps app." Below the map, the text "In-Person" and "Accepted Insurance Companies" is displayed. At the bottom, a large white rounded rectangle contains the text "Phone Number". Below this, a smaller white rounded rectangle contains a "Disclaimer" message: "Disclaimer: We highly suggest contacting this provider for full details regarding price, availability, hours, etc."

NOT PICTURED Back button at the top left to bring users back to the resources page.

If in-person, this map can show where they are and when pressed, could open link in a maps app.