TEAM 1 Presents

- UN 2021 SUSTAINABILITY GOALS -

Brief Description of the App

About:

Scope: Created the concept and design for a mental health and well-being mobile app to meet UN sustainability goals.

Goals: Create a mobile app that reduces suicides, and improves mental health by giving those in need, tools, resources, and others to talk to. Our app will provide users access to mental-health professionals, positivity podcasts, and ways to reduce anxiety and depression.

Outcomes: Drafted several prototype designs screens for the mobile app, created a detailed report that explains the concepts behind functionality and design of the app, and created a narrative video to showcase our concept.

Additional Thoughts:

- App Support and Moderators
    - Peer facilitators and ways of regulating issues.
- Ways of presenting information that make it accessible and approachable.
    - Include user friendly images and graphics that feel welcoming
- Language of the App
    - How can we make the app calm, friendly, and approachable for everyone?
- Discrete images and language, to be sensitive about mental health
    - Prevent users from feeling unwelcome or uncomfortable with the app

Prototyped App Screens

Outline:

Home

- Search Bar
- Instant Messaging
- Get help button
- Reach out, Headspace, Support, Well Being

Headspace

- Intro screen
- Main screen for headspace that leads to each of these. Just a button with text will do.
- Self-help resources
    - Books, audiobooks, videos, podcasts, etc.
    - Screen that has buttons for each of these options.
- Local resource finder
    - Zip code search
    - Search bar with fake map and title
- Specialized Resources
    - Dealing with Covid-19. People dealing with isolation.
    - Just a small description
- Safety classes
    - Goal: Assist educators with teaching and being aware of mental health issues and safety. Help them identify signs of mental health issues and teach them how to approach people. Ex: Driving instructors, FireArms Instructors.
    - Goal: Teach People to be aware of being safe and being mindful of mental health when operating potentially dangerous equipment.
    - Maybe just a brief description of what it does overall and some fake classes with descriptions
- Understanding Mental Health Issues
    - Resource and reference guide for understanding mental health issues.
        - Goal: Help others understand someone struggling with mental health issues
        - Goal: Better understand why you are struggling with mental health issues.
        - A couple classes with brief descriptions and stock pictures.

Support

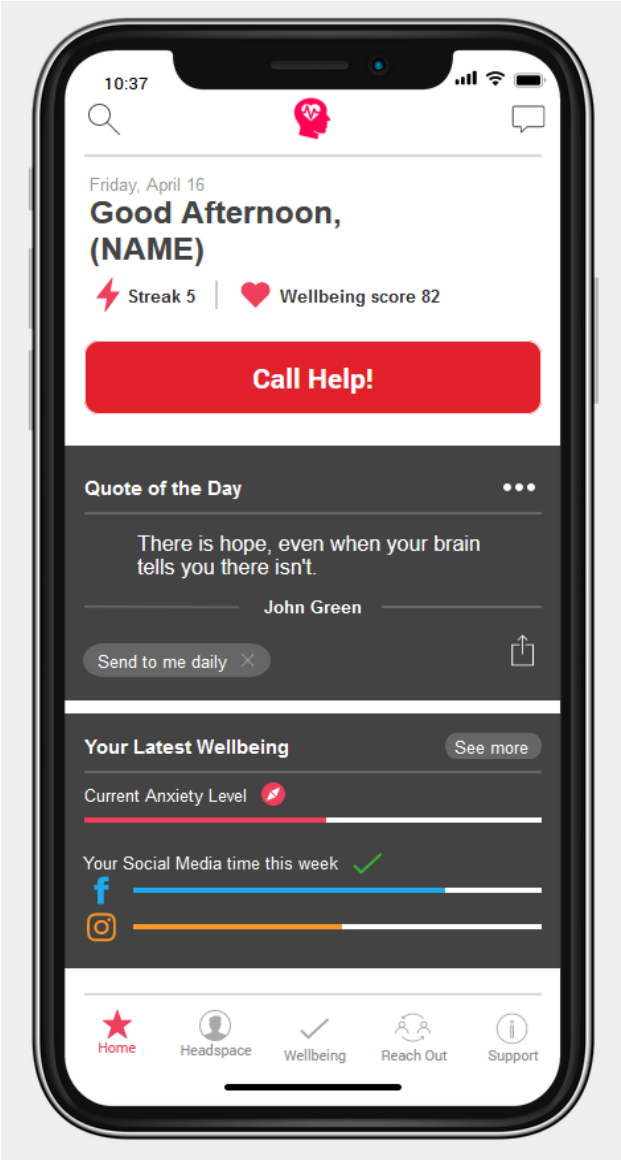
- Mental health check-ins
    - Goal: Others can check on people you have not heard in a while
    - Mediums
        - Mental health professionals can reach out and check on a patient
        - Peers in the mental checking group are reminded and encouraged to check on those they have not heard from in a while.
- Notifications from the app (Just shown on lock screen)
    - Goal: App reaches out to user to remind them to take actions to better their health and the health of their peers
    - “Take a Break” reaches out you and reminds you to take a break from Social media
    - Gives user a reminder, to send someone you haven’t talked to in awhile, or heard from a friendly check up.

Your Well being / Profile

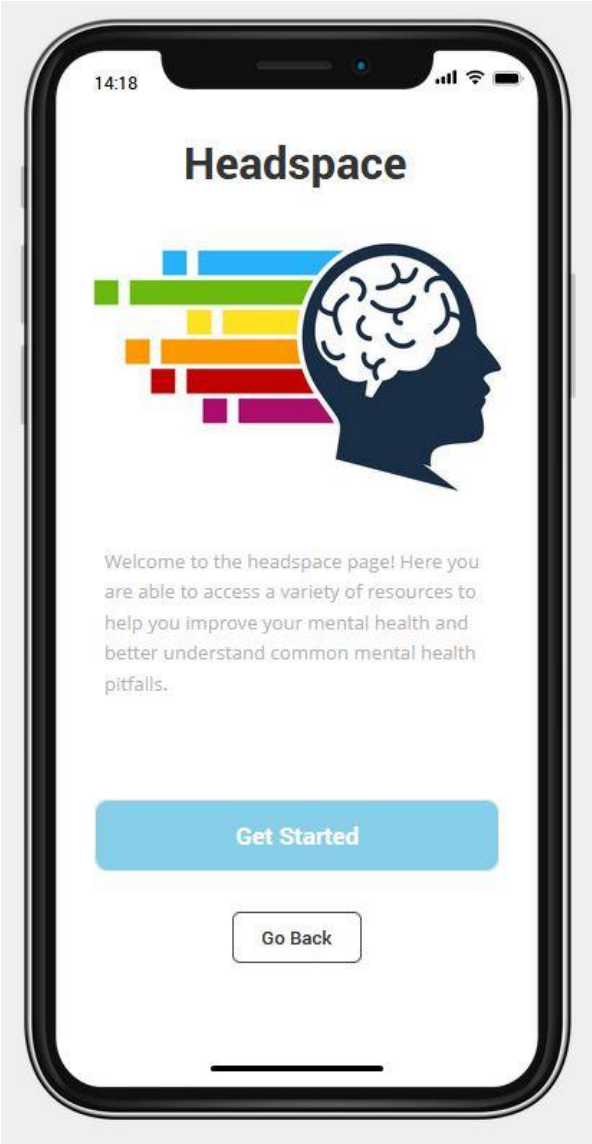
- Main Page of My Profile
- Quizzes that lead to resources
    - Reach out to friends, get more sleep, talk to someone, listen to this podcast, groups to join, here’s how to ... (blank)
    - Ex: Start quiz now/Start Mental Checkup
- Metrics Page + Progress Reflection
    - Ex: “You should really talk to someone about (blank)”; “you could use less social media time”

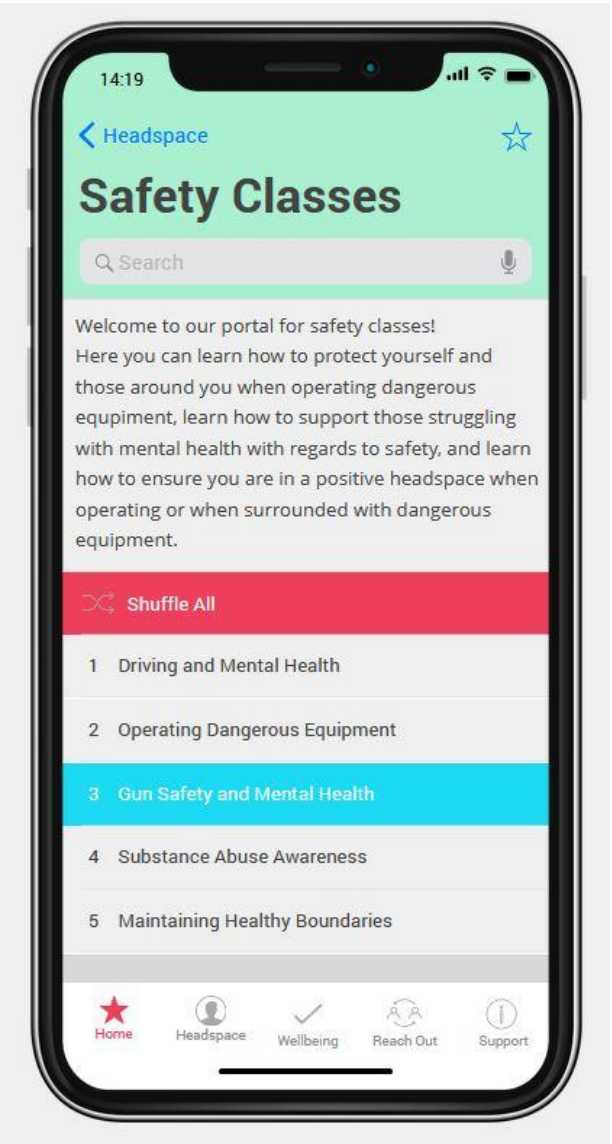
Sample App Pictures:

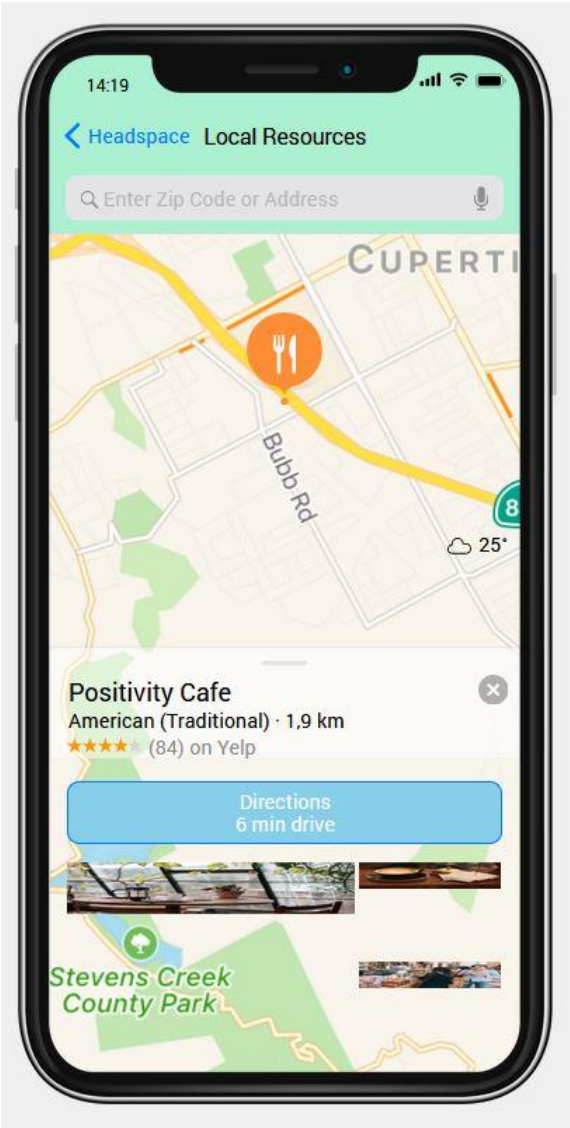
Home

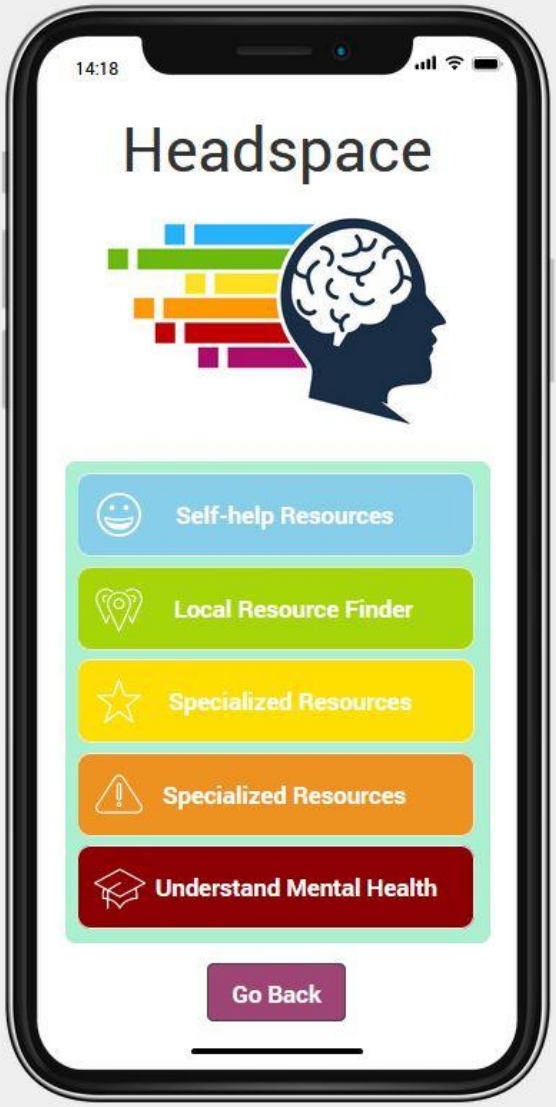


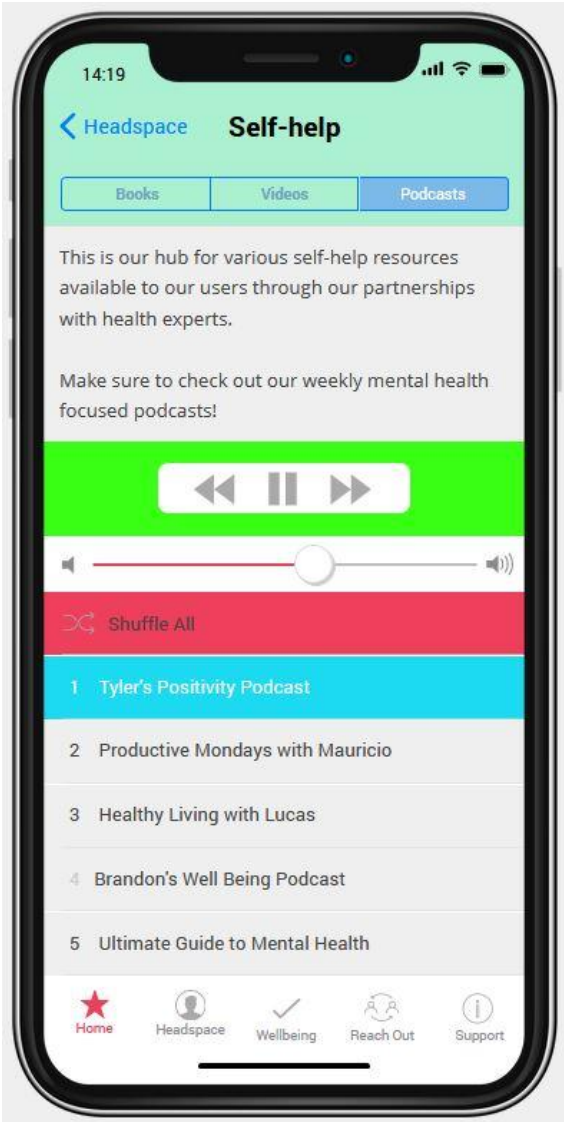
Headspace

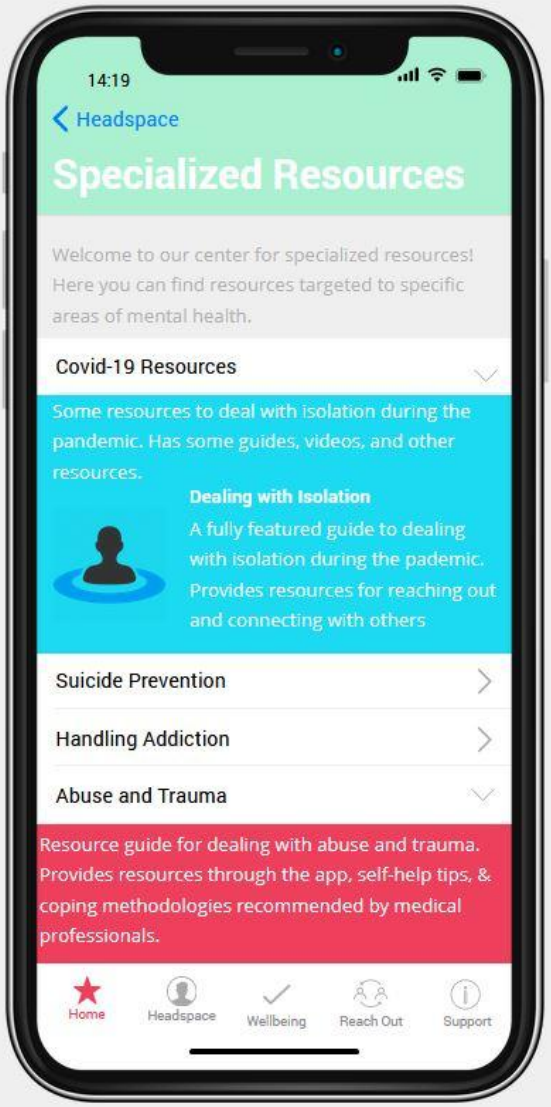

14:18
Headspace
Welcome to the headspace page! Here you are able to access a variety of resources to help you improve your mental health and better understand common mental health pitfalls.
Get Started
Go Back

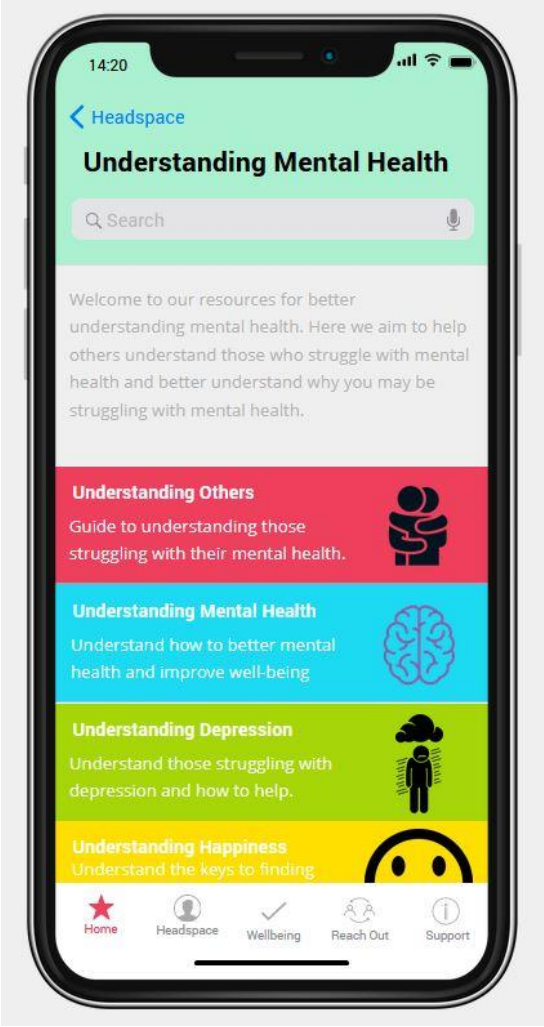

14:19
Headspace
Safety Classes
Search
Welcome to our portal for safety classes!
Here you can learn how to protect yourself and those around you when operating dangerous equipment, learn how to support those struggling with mental health with regards to safety, and learn how to ensure you are in a positive headspace when operating or when surrounded with dangerous equipment.
Shuffle All
1 Driving and Mental Health
2 Operating Dangerous Equipment
3 Gun Safety and Mental Health
4 Substance Abuse Awareness
5 Maintaining Healthy Boundaries
Home
Headspace
Wellbeing
Reach Out
Support


14:19
Headspace
Local Resources
Enter Zip Code or Address
CUPERTI
Bubb Rd
8
25°
Positivity Cafe
American (Traditional) · 1.9 km
(84) on Yelp
Directions
6 min drive
Stevens Creek
County Park


14:18
Headspace
Self-help Resources
Local Resource Finder
Specialized Resources
Specialized Resources
Understand Mental Health
Go Back


14:19
Headspace
Self-help
Books
Videos
Podcasts
This is our hub for various self-help resources available to our users through our partnerships with health experts.
Make sure to check out our weekly mental health focused podcasts!
Shuffle All
1 Tyler's Positivity Podcast
2 Productive Mondays with Mauricio
3 Healthy Living with Lucas
4 Brandon's Well Being Podcast
5 Ultimate Guide to Mental Health
Home
Headspace
Wellbeing
Reach Out
Support

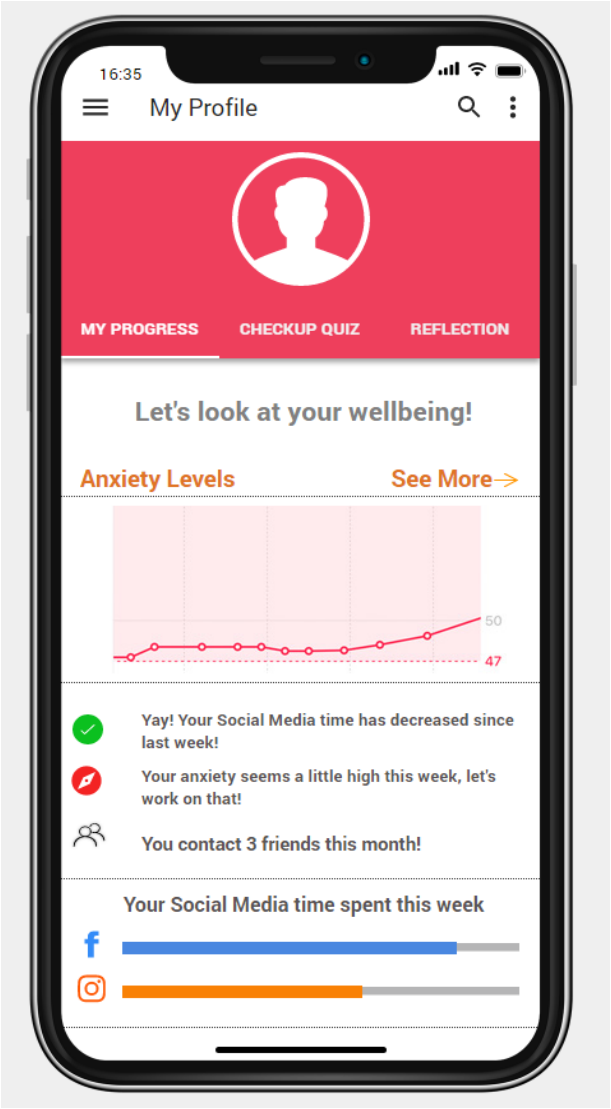

14:19
Headspace
Specialized Resources
Welcome to our center for specialized resources! Here you can find resources targeted to specific areas of mental health.
Covid-19 Resources
Some resources to deal with isolation during the pandemic. Has some guides, videos, and other resources.
Dealing with Isolation
A fully featured guide to dealing with isolation during the pademic. Provides resources for reaching out and connecting with others
Suicide Prevention
Handling Addiction
Abuse and Trauma
Resource guide for dealing with abuse and trauma. Provides resources through the app, self-help tips, & coping methodologies recommended by medical professionals.
Home
Headspace
Wellbeing
Reach Out
Support

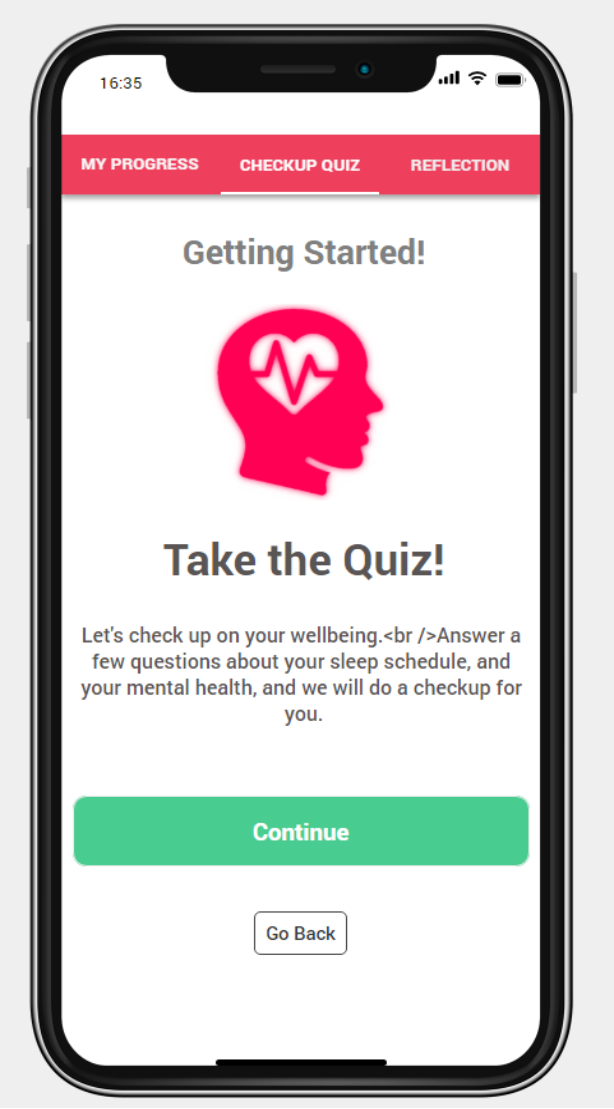

14:20
Headspace
Understanding Mental Health
Search
Welcome to our resources for better understanding mental health. Here we aim to help others understand those who struggle with mental health and better understand why you may be struggling with mental health.
Understanding Others
Guide to understanding those struggling with their mental health.
Understanding Mental Health
Understand how to better mental health and improve well-being
Understanding Depression
Understand those struggling with depression and how to help.
Understanding Happiness
Understand the keys to finding
Home
Headspace
Wellbeing
Reach Out
Support

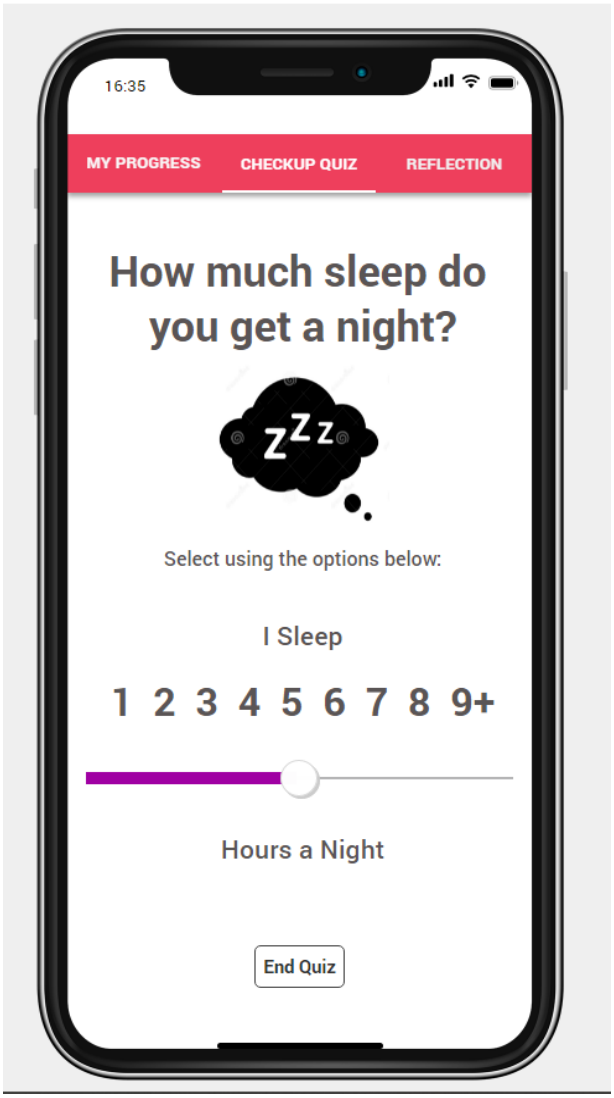
Support

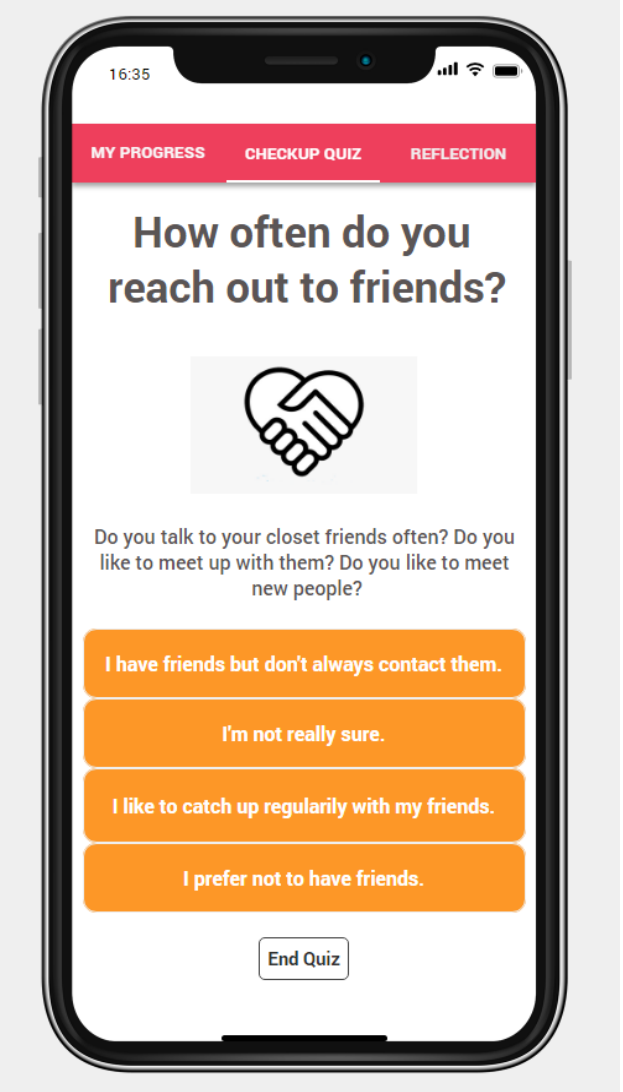
11:11
Saturday, February 17
NOTIFICATION
Now
John is Checking in
Hey man, I haven't heard from you in a while.
Let me know how things are going ...
Slide for more
NOTIFICATION
Now
Health Professional Follow Up
Hello (name), this is Rebecca! I just wanted
to follow up with you after our meeting the ...
Slide for more
WEATHER
Show More
Colorado Springs
Mostly Sunny
Chance of Rain: 0%
63°
67°/40°

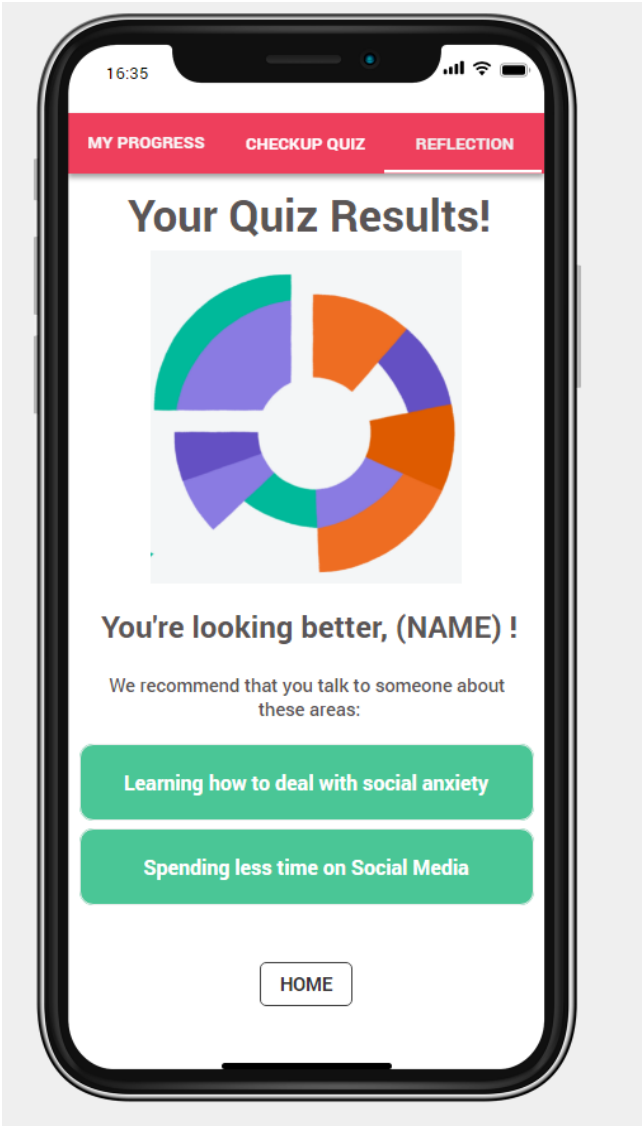
Profile and Well-Being






16:35
MY PROGRESS
CHECKUP QUIZ
REFLECTION
How much sleep do you get a night?
zZz
Select using the options below:
I Sleep
1 2 3 4 5 6 7 8 9+
Hours a Night
End Quiz


16:35
MY PROGRESS
CHECKUP QUIZ
REFLECTION
How often do you reach out to friends?
Do you talk to your closet friends often? Do you like to meet up with them? Do you like to meet new people?
I have friends but don't always contact them.
I'm not really sure.
I like to catch up regularily with my friends.
I prefer not to have friends.
End Quiz


16:35
MY PROGRESS
CHECKUP QUIZ
REFLECTION
Your Quiz Results!
You're looking better, (NAME) !
We recommend that you talk to someone about these areas:
Learning how to deal with social anxiety
Spending less time on Social Media
HOME

Notifications

Moving Forward / Future Development

Reach Out

- Main page that has buttons for each of these options.
- Friends and Community
    - Purpose: Ability to make friends and reach out to others in your community.
    - Online groups and clubs you can join.
        - Help people find people with similar interests.
        - Assist in participating in group activities such as in person or virtual hangouts, games etc.
    - Connect with one person or connect with multiple people in a group
        - One button that says “Connect with people”
    - Could do a one on one chat or group chat, or keep it as simple as buttons that fulfil each option (ex: find people with similar interests). Have some basic descriptions. Keep in mind it does not have to be local connections, people can also just do online groups based upon interests or other things.
- Talk to a professional
    - Purpose: Ability to talk to a mental health professional.
    - Instant chat or meeting
- Suicide prevention
    - Button that says I need help. Will connect you to someone or the suicide prevention lines.
    - If you want you could do a general support line or you could have specific options.