Osmany Argueta
Nick Gutierrez
Nickosi Arrindell
Ajish Sam
Jashua V

Project Description:

The Online Mental Health Platform is a group project geared towards providing an easy-to-use way for individuals who are trying to find a way to exercise and take care of their mental health in a positive manner. The platform consists of a web-based application that offers a variety of mental health programs, meditation routines, and self-help resources.

Users should be able to create their own experience based on their personal mental health goals and track their progress. The platform will provide guided videos, where they can follow along with a professional to complete exercises such as meditation and breathing techniques, educational awareness about mental health, and general forms to see how you are doing with your mental health management. In addition to personalized tools, there will also be information sections for the common mental health issues people face, like depression and anxiety, where they can learn about these issues and educate themselves on important matters.

Users will have access to a "safe space" form that allows them to talk about what is happening in their minds. These forms will only be accessible to each individual user, encouraging users to use this section and preventing them from feeling embarrassed if other people were to see their thoughts.

By creating the Online Mental Health Platform, we strongly wish to promote mental health nurturing and awareness for all individuals who are having a hard time with their own mental health or know someone who is.

World Assumptions:
- Users have access to the Internet (e.g., computers, phones, tablets).
- Users have a quiet place where they are able to relax.
- Users are willing to take time out of their day to work on their mental health.

User Requirements:
- User-friendly interface that allows people to quickly find what they are looking for and navigate the website.
- Personalization to their activities.

- Access to numerous mental health programs, exercises and self-help resources.
- Forms that help you vent and talk about your conflicts.
- Specifications and interface needs: responsiveness across all devices, secure data storage, user authentication, interactive tools for mood tracking, and routing visuals.

Program and hardware:
- Developing an application using Java and its frameworks.
- A Firebase backend to store user forms that will enable them to track their mental health journey by seeing previous discussions they've made about how they're feeling at the current moment.
- Integration with mental health tracking APIs such as MoodScope.