# ACT I: Problem Statement

## **Victim:** I feel so frustrated today. Wow! I really need some help but I do not know whom to reach out to! I am too afraid to ask, approach or speak to anyone. I wish I had some magic to make these feelings and emotions disappear.

Did U know - Statistics : More than 1 in 5 US adults live with a mental illness. Over 1 in 5 youth (ages 13-18) either currently or at some point during their life, have had a seriously debilitating mental illness. About 1 in 25 U.S. adults lives with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.

# ACT II: Solution

HAHAHAHA … Fear not Farzana! It is I, the Wizard of Wellness, coming forth with a great solution to all your problems!

I present to you an accessible antidote, The Wellness Wizard!

# ACT III: Feature List

The app to facilitate your and all your loved one’s mental health needs with just a tap of your finger in the comfort of your own space. The app includes:

* A daily mean to journal your current feelings - A Mood Tracker
* A list of resources to help you connect with the right professionals and Support Group - A Resource List - Therapist Suggestions
* An accessible way to enjoy Telemedicine and chat based support - A Chat feature
* Keep track of your medication - A Medication
* Track your overall mental health history - Your History
* Find a therapist, pantry, a professional, health care fair, dietician or a specific feature by using the option of - A Search

My Apprentice Anika will demonstrate the app for you!

# ACT IV: Demonstration

Hi There, let’s walk you over our application!

So first you download our app from the App Store.

Then you click on the app from your phone Home page and you are greeted by the Mighty Wizard! (**Splash Screen**)

Then you see the **login** screen where you need to enter your credentials. But wait, you need to create one first! So you click on “**Sign up**”.  
You enter your details and click on SignUp.   
  
Now that you are onboard, let’s see what you can do!  
  
First, on the **dashboard** : (jenny)

* You will see the featured topics which in this case as you can see is a free consultation for the app user/s.
* Then you get to see a graph depicting your mood trend over time as you have recorded daily!
* Lets tour the **Mood Tracker (**navigate from menu**)**
* Now, let’s talk about the other features on your dashboard (return back to dashboard)
  + **Questionnaire**to help you know what you are feeling or dealing with? (walk over of survey questionaire and back to dashboard)
  + Here is the **Repository** with a list of all available resources at your fingertip. (walk over of resource list and back to dashboard)
    - **Therapist suggestion**
    - **Reviews**
  + Now let’s see what **Your History** has! **:** (walk over of history and back to dashboard) So it has records of all your activity across the app.
  + So as you can see, we also would share motivational articles and videos on the dashboard for you to drive your mood for the day and share useful tips. (walk over of the daily reminder portion and come back to dashboard)
* Now as you can see we have multiple options on the navigation bar! So first off we have the Search, Home, Chat and the Menu.
  + The **Search** would allow you to find anything and everything that is available on the app. Example, Find a therapist, pantry, a professional, health fair, dietician or a specific feature by using the option. (Demonstrate Search)
  + Then the **Home** button would bring you back to the dashboard no matter where you are on the app. (Go to Dashboard)
  + Now from the **Chat** you can chat with our automated chatbot and our support team to help you navigate through our app or to simply make you feel like you have someone to share your feelings with. (Demonstrate Search)
  + Now let’s see what else you can do on the app! So all ad hoc features are accessible from the **Menu**, first of there is a tab taking you to the **About Section** which shares a basic summary about the app.
    - Option to Edit your information related to your profile on the app.
    - The mood tracker as our wizard had talked about previously.
    - Recent records which gives you a glimpse of your mental health over the past week.
    - An ofcourse option to Sign Out by clicking on the “**Log Out**”, so no one can use your phone and access your data without your consent.

(Walkover the Menu)

# END ACT: Conclusion, Acknowledgements and what nots

So now you know the best tool to help you out there with your mental health!

We could not have come up with the solution presented to you without the team effort of all the marvelous members in this group and the best instructors out there! Jeff, Marla & Asia!  
  
 Hope you had a wonderful time, we are the wellness Wizards. Good Evening and thank you for attending our presentation!