**Outcomes**

The main outcome we want for our app is to supplement the mental health community, especially in Universities, to obtain better outcomes. We plan to do this in a few different ways. Our goal is to encourage more engagement in mental health programs, more informed mental health policy, feedback for the user for their own mental health, and methods of reducing mental health strain on the user. These outcomes will have the best possible impact on the mental health community.

**Engagement in Mental Health**

One area that we hope to improve is getting students/patients to interact more with the services provided. The current trend is that the rate of which students drop out because of mental health is on the rise. There could be several reasons why this is the case. One possible reason is that people do not know of or are reluctant to use mental help programs on campus. An app that attracts people to mental health services would help not only the user by getting them the help they need, but also help the university lower dropout rates. Having more people engaging in mental health services help the users as well as the universities.

**Informed Mental Health Policy**

Success in mental health programs can be a difficult metric to measure. From a university perspective, there needs to be evidence that the money is spent wisely because they are a publicly funded institution. Data would show what programs were more effective over other programs year to year, and month to month. Additionally, this can show trends that would otherwise not be noticed by mental health professionals. By collecting data about the aggregate mental health of the campus, universities can make better and more effective program decisions.

**Feedback for Users**

It is not just important for the universities to see the trend of stress within the lives of students, but the students themselves can get valuable information about themselves. Studies have found that journaling and tracking can be a excellent way of stress reduction. Students can then predict when they will be most stressed during a semester (e.g around due dates and midterms), and have a coping strategy in place ahead of time. This can also be helpful when combined with other tracking the student does such as nutrition or fitness. Feedback provides valuable information for the users as well as the universities.

**Mental Health Strain**

We want to look in an app that would not just serve those who need the programs offered by universities, but also those who are stressed without being overwhelmed. Throughout a semester, student stress levels can range from mild to severe. An app that addresses the mild stress and provide relief, can then be relied to help the same user when their stress levels become quite high. This keeps users engaged with the app, and gives an easier transition to those whose stress levels increase to an overwhelming amount to engage in the mental health services. We want those who are not yet needed of mental health services to find the feature fun and calming. Fun and interactive features allows mental health services to intervene before users become too overwhelmed.