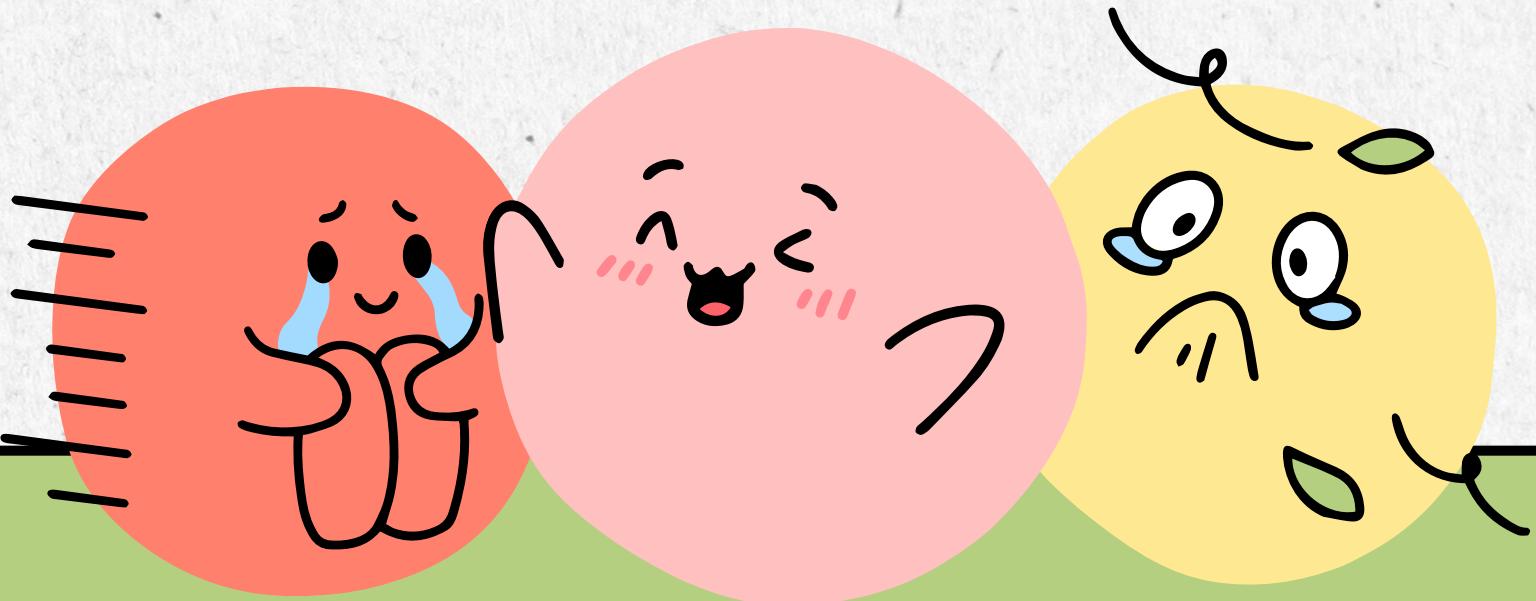


HEALTHY MINDS

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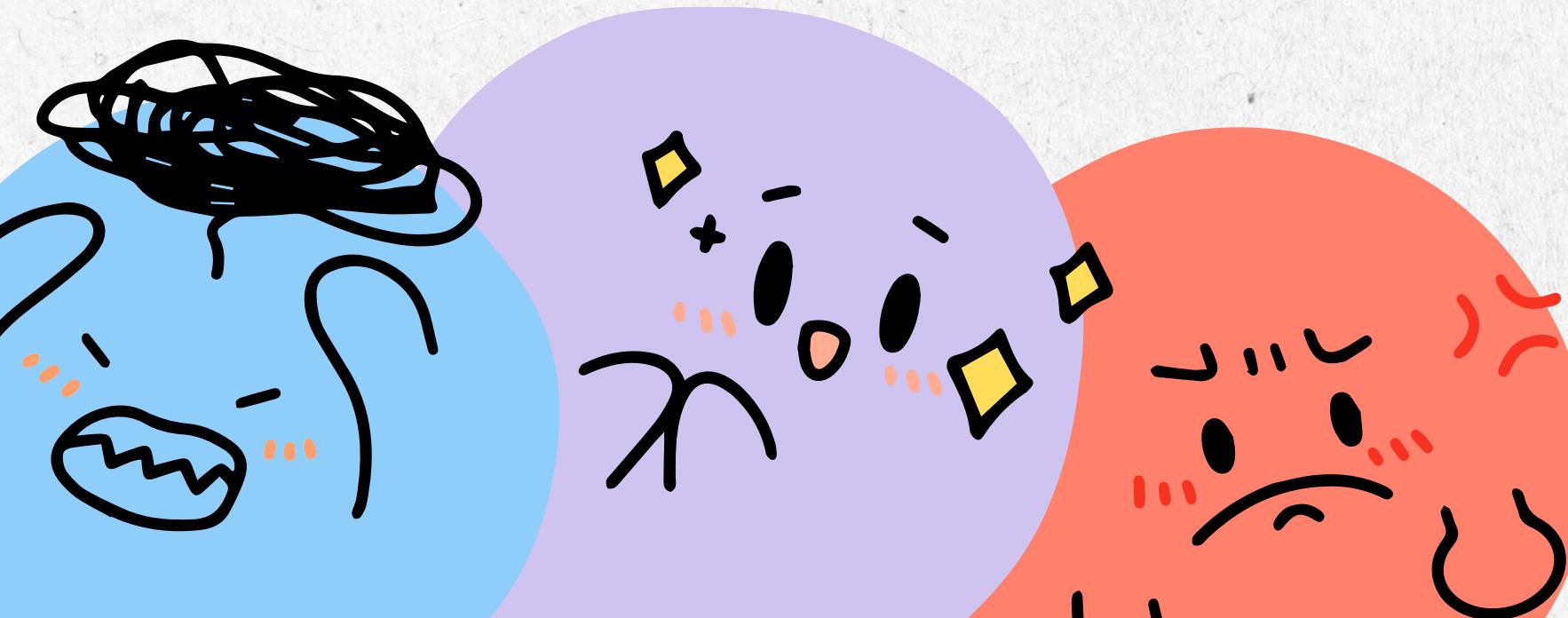


PROBLEM SET TO SOLVE

During this whole semester and while developing this web page the problematic we've always had in mind was mental health and how much it affects people our age and in general. This all came to mind thanks to the third sustainable goal, that establishes that by 2030, premature mortality from non-communicable diseases will be reduced by one third through prevention and treatment and mental health and well-being will be promoted.

LAYOUT OF THE PROPOSED SOLUTION

We wanted to address the issue from its root, that's why our approach for the web page was to help people to have an initial approach to mental health.



01

The first way in which we wanted to implement our solution was with the mood tracker and the blog, this way, people can have a clear and complete documentation of how they have been feeling and how certain things they go through can affect their mood.

02

Another way in which we approached the problematic was by adding different testimonies of people dealing with mental health related diseases so that people can get a sense of belonging and for them to know that they are not going through it alone.

03

We also implemented several resources and information regarding mental health ways in which people can contact professionals so that once they've started to identify which mental disorder they might be dealing with depending on their symptoms they can easily reach an expert on the matter so that they can get a complete and accurate diagnostic as well as the proper treatment.



EVOLUTION OF THE SOLUTION

As we developed the webpage, we ensured that each feature addressed the core problem of mental health awareness and support. Initially, we focused on creating a user-friendly interface to encourage engagement.

This evolved into a comprehensive platform that combined functionality with accessibility.

The addition of the mood tracker allowed users to monitor their emotional patterns over time, helping them gain insight into how external factors influence their mental state. The blog feature gave users a safe space to share experiences and read about others' journeys, fostering a sense of community and understanding. Integrating testimonies brought real-world stories to light, showing users they are not alone. As the project matured, we included a resources section that connected users to mental health material and information, bridging the gap between initial awareness and actionable steps toward proper care. These additions collectively contributed to making the webpage a starting point for mental health support.

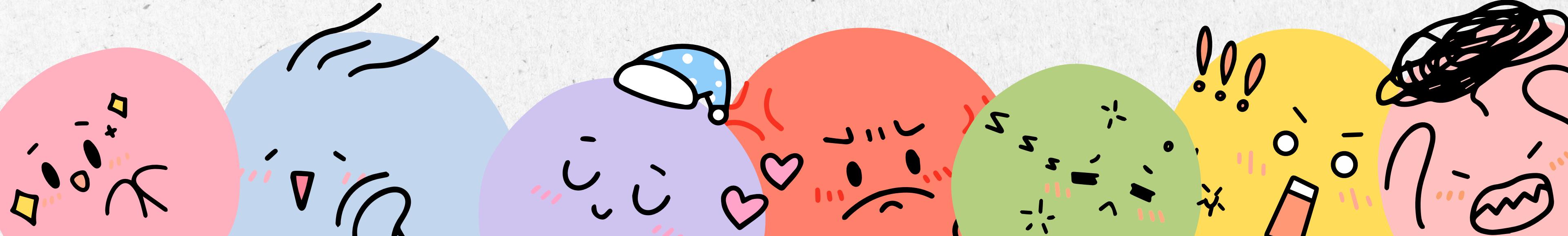
FACED CHALLENGES

One of the major challenges was connecting the backend services to the React-based frontend. Ensuring smooth communication between components required meticulous debugging and a deep understanding of state management and data flow in the MERN stack.

Creating the RESTful API endpoints was a significant technical challenge. We had to ensure that the backend could handle various requests, such as user registrations and blog post submissions, while maintaining data security and accuracy.

Implementing cookies and managing user sessions securely presented a steep learning curve. Ensuring the privacy of user data while enabling features like login persistence required us to carefully configure middleware and authentication protocols.

BEST TECHNICAL PIECES WE DEVELOPED



Log in

The login system was crucial for creating a personalized experience for users. It allowed us to securely store user credentials and provide access to mood tracking and blog features, helping users feel more engaged and connected to the platform.

Cookies

Cookies were implemented to ensure a smoother user experience. They allowed for session persistence, which made it easier for users to return to their accounts without repeated logins, encouraging regular use of the platform's resources.

Blog

The blog was a pivotal element in addressing the problem. It provided users with a space to express their thoughts and read stories from others, fostering a supportive online community and promoting shared experiences.

Express session

Using Express sessions enhanced the platform's security and functionality. It enabled us to store user-specific data on the server, ensuring that sensitive information like mood tracker entries and blog posts remained private and accessible only to the correct user.

The background features several colorful, hand-drawn style speech bubbles containing cartoon faces. A green bubble at the top left has a black cat-like face with yellow eyes and a small crown. A yellow bubble next to it contains a blue, worm-like character with a smiling mouth. A purple bubble on the left shows a face with orange freckles and a neutral expression. A pink bubble on the right shows a red, textured face with a wide-open mouth and a black, spiky headpiece. A blue bubble at the bottom left shows a face with yellow stars and a small crown. The overall aesthetic is playful and informal.

FINAL PRODUCT

<https://prototype-2oyg.onrender.com/blog>

THANK YOU