Why is this app beneficial?

it will be a non judjmental and open space

The app will be free

It can be used on any campus in the U.S

There will be somewhere people will be able to meet and talk on forums

It will give tips about ways to improve your own health.

It provides a way for you to constantly check on yourself and evaluate your emotions.

Can refer you to local therapist if mental health is on a steady decline

If the user does not feel safe talking in an in real life setting they can just post it online

What are great customization aspects of the app?

Desktop and Mobile

Customizable profile picture

IOS and Android

Windows and Mac

They should be able to change the color of the background of what they are writing on

Custom fonts and font sizes.

Users could have a Personal Bio.

Users could have a winstreak that increases every day they log an entry

How can this make you maintain mental health?

It allows for a space for people to vent out their issues

Writing improves self-awareness and self-esteem

It pushes you to be consistent with evaluating your own mental health

Students will motivate others to be their best selves.

You can use the app to meet and vent to people with similar issues

Daily reminder notification to log your mental health and talk about your day

Gives the constant reassurance that you have somewhere to go to talk about your issues

This allows for the user to never feel like help is far away

What would users be able to do?

Write a response based on a given prompt

Choice to create a display page or stay anonymous

Write a log about what happened during their day

Could users be able to doodle in their journal?

Give out daily reminders to type into their journal.

Students need a lot of space on the app to write

Community board where people can talk about different ways they deal with issues

Users could be able to give information about what school they go to.

Can users add pictures to their entries?

Will users be able look back at previous entries?

How can this app effect people of all age groups?

Works as a safe space for kids, teens, and young adults who feel unheard.

Many people struggle with mental health, even though college students are the focus this app can help anyone,

Allows anyone of any age to feel like they have a place to talk to.

Can be used to teach young adults self awareness.

Gives teenagers a place to talk if they feel like they have nobody around them they can go to.

Many times, people feel scared to talk about what they're going through the app will help them come out of their shells.