

Mental Health Journaling Platform

Welcome to your safe space for mental health journaling

[Get Started](#)

By clicking Sign Up you're confirming that you agree with our [Terms and Conditions](#).

Welcome to the Mental Health Journaling Platform

Take control of your mental health with our journaling platform.

[Log In](#)

By clicking Sign Up you're confirming that you agree with our [Terms and Conditions](#).

COLUMN 1

[Link One](#)
[Link Two](#)
[Link Three](#)
[Link Four](#)
[Link Five](#)

COLUMN 2

[Link Six](#)
[Link Seven](#)
[Link Eight](#)
[Link Nine](#)
[Link Ten](#)

COLUMN 3

[Link Eleven](#)
[Link Twelve](#)
[Link Thirteen](#)
[Link Fourteen](#)
[Link Fifteen](#)

COLUMN 1

[Link Sixteen](#)
[Link Seventeen](#)
[Link Eighteen](#)
[Link Nineteen](#)
[Link Twenty](#)

COLUMN 4

[Link Twenty One](#)
[Link Twenty Two](#)
[Link Twenty Three](#)
[Link Twenty Four](#)

COLUMN 5

[Link Twenty Five](#)
[Link Twenty Six](#)
[Link Twenty Seven](#)
[Link Twenty Eight](#)

COLUMN 6

[Link Twenty Nine](#)
[Link Thirty](#)
[Link Thirty One](#)
[Link Thirty two](#)

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Email marketing

Medium length title for an article

 By Lauren Best

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[Read More](#)[9 min read](#)

Sign In

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☒ Stay signed in

[Forgot Password?](#)

Sign in

or continue with

 Google



Home Dashboard (Main Page)

Profile icon

Home Dashboard



Write Journal

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[View Journals](#) →



AI Insights

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[Mood Tracker](#) →



Profile

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[Settings](#) →



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[Personal Info](#) →

Logo

Clean and calming design

Enter your journal entry

Submit

Your Journals

Date

View

Edit

Delete

AI Insights

Mood Tracker

Actions

Settings

Personal Info

Privacy Policy

Terms of Service

Contact Us

Follow Us

Facebook

Instagram

X

LinkedIn

Youtube

Track Your Mood

Select Your Mood

Choose your mood for each day or over a range of days using the calendar view or slider.

Save

Cancel

Mood Tracker

A calendar view or slider where users can select their mood each day or over a range of days. Includes options like "Happy," "Sad," "Anxious," etc.

Select Mood

Save Mood

Mood Tracker

Track Your Mood

Select your mood each day or over a range of days.

Options

Happy,Sad,Anxious

Calendar View

Use the calendar to easily track your mood each day.

Save

Cancel →



Mood Tracker Screen

A calendar view or slider where users can select their mood each day or over a range of days. Includes options like "Happy," "Sad," "Anxious," etc. for CTA section.

Save Mood

View Mood History

Join our newsletter

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Placeholder

Button

By subscribing you agree to with our [Privacy Policy](#)

Column One

Link One

Link Two

Link Three

Link Four

Link Five

Column Two

Link Six

Link Seven

Link Eight

Link Nine

Link Ten

Column Three

Link Eleven

Link Twelve

Link Thirteen

Link Fourteen

Link Fifteen

Column Four

Link Sixteen

Link Seventeen

Link Eighteen

Link Nineteen

Link Twenty

Column Five

Link Twenty One

Link Twenty Two

Link Twenty Three

Link Twenty Four

Link Twenty Five

Column Six

Link Twenty Six

Link Twenty Seven

Link Twenty Eight

Link Twenty Nine

Link Thirty

Write your journal entry here

Journal Entry

Journal Entry

Start writing...

Submit

Add mood tags or emojis

Journal Entry Screen

A text box for users to write their journal entry, with options to add mood tags or emojis, time/date stamp, and a submit button.



Journal Entry Screen

A text box for users to write their journal entry, with options to add mood tags or emojis, time/date stamp, and a submit button.

Journal Entry

Write your journal entry

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Mood Tags or Emojis:

Select the mood tags or emojis that represent your current emotions.



Mood Tags or Emojis:

Time/Date Stamp: Current timestamp will be added automatically.

Submit

Button →



Journal Entry

Write your journal here

0

Mood Tags

0

Emojis

0

Time/Date Stamp

1

Submit

1 Million +

Short heading goes here

1 Million +

Short heading goes here

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Journal Entry

Write your journal entry here

Write your thoughts...

Submit

By clicking Submit, you confirm that you agree to our Terms and Conditions.



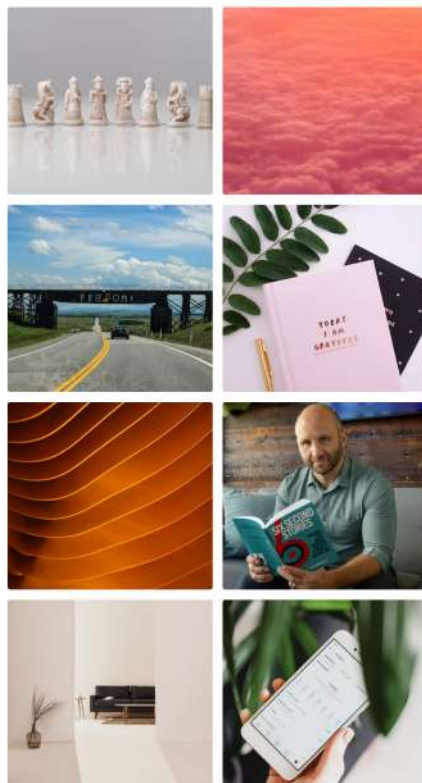
AI-Driven Insights

AI Insights Screen

Displays AI-driven insights based on users' journal entries, showing patterns, mood analysis, and suggested coping strategies. The screen could also provide visualizations such as mood charts or word clouds.



AI Insights Screen



AI Insights Screen

AI-driven insights

Displays AI-driven insights based on users' journal entries, showing patterns, mood analysis, and suggested coping strategies. The screen could also provide visualizations such as mood charts or word clouds.

Patterns and Mood Analysis

The AI Insights Screen displays patterns and mood analysis based on users' journal entries. It uses AI-driven insights to identify trends, patterns, and emotions to provide valuable insights.

Suggested Coping Strategies

Based on the analysis of users' journal entries, the AI Insights Screen suggests coping strategies to help users manage their emotions and improve their well-being. These strategies are personalized and tailored to each individual user.

[View More Charts](#) [View More Charts](#)



AI Insights Screen

Displays AI-driven insights based on users' journal entries, showing patterns, mood analysis, and suggested coping strategies. The screen could also provide visualizations such as mood charts or word clouds.

[View Insights](#) [Get Started](#)





View Journal Entries

Past Journal Entries

Date

Select Date

Filter

Mood

View Journal Entries Screen

A list of past journal entries with a date, mood indicator, and the ability to view, edit, or delete entries. Includes a filter option by mood or date for Gallery section.



View Journal Entries

A list of past journal entries with a date, mood indicator, and the ability to view, edit, or delete entries.

Search by mood or date

Filter

By clicking this, it opens a dropdown that contains all the filters and categories

View Journal Entries Screen

A list of past journal entries with a date, mood indicator, and the ability to view, edit, or delete entries.

What is the purpose of the View Journal Entries Screen?

Includes a filter option by mood or date for FAQ section.

What filter options are available on the View Journal Entries Screen?

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Question text goes here

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Heading 2

Text 7

Button 7



Providing Mental Health Resources

Resource & Help

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Search for Mental Health Resources

Explore

By clicking Sign Up you're authorizing that you agree with our Terms and Conditions.

What are some common mental health disorders?

Common mental health disorders include anxiety disorders, depressive disorders, bipolar disorder, and schizophrenia. These disorders can affect a person's mood, thoughts, and behavior.

How can I improve my mental well-being?

There are several ways to improve your mental well-being, such as practicing self-care, engaging in physical activity, seeking support from loved ones, and practicing stress management techniques.

What is journaling and how can it benefit my well-being?

Journaling is the act of writing down your thoughts, feelings, and experiences. It can help improve your well-being by providing a space for self-reflection, stress relief, and emotional expression.

Where can I find mental health resources?

There are many resources available for mental health support. You can reach out to mental health professionals, community organizations, or use online resources such as websites and apps.

How can I support someone with a mental health disorder?

Supporting someone with a mental health disorder involves being understanding, listening without judgment, educating yourself about their condition, and encouraging them to seek professional help if needed.

What are some self-care activities I can try?

Self-care activities include things like taking a bath, going for a walk, reading a book, practicing mindfulness or meditation, doing something creative, or spending time with loved ones.

Are there any helplines I can contact for immediate support?

Yes, there are helplines available for immediate support. Some common helplines include suicide hotlines, crisis hotlines, and mental health helplines. These services are staffed by trained professionals who can provide support and guidance.

What should I do if I or someone I know is in a crisis?

If you or someone you know is in a crisis, it is important to seek help immediately. Contact emergency services or a crisis hotline, and stay with the person until help arrives. Avoid leaving the person alone if possible.

Where can I find more information about mental health?

You can find more information about mental health from reputable sources such as government health websites, mental health organizations, and educational institutions. These sources provide reliable and evidence-based information about mental health disorders, treatment options, and support services.

Help & Resources

If you need immediate help, please call emergency services or a helpline in your country. Here are some resources that may be helpful:

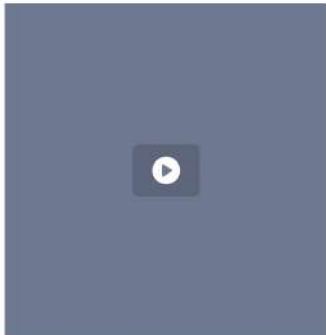
Find Support

Short heading for section

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Find the Support You Need

Resources & Help

Browse through a list of mental health resources, guides on journaling for well-being, contact information for support, and FAQs.

Your Name

Your Email

Your Message

Type your message here.

☐ Terms and Conditions

Send Message



Update your account information and preferences for AI insights

Profile & Settings

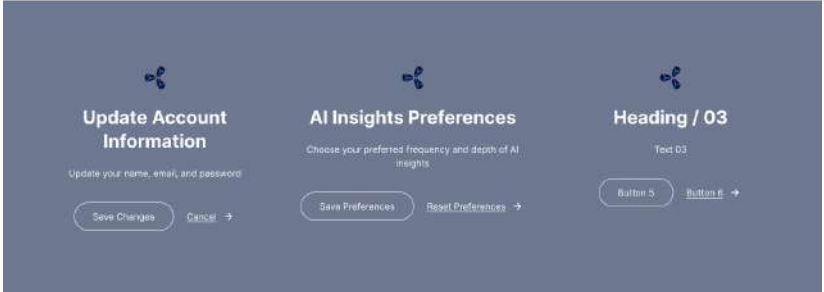
Update your account information such as name, email, and password, as well as your preferences for AI Insights. Set the frequency and depth of the insights to tailor them to your needs.

Save Changes Cancel



Account Information & AI Insights Preferences

Update your personal details, email, password, and configure AI Insights frequency and depth.



Update Account Information

Update your account information and preferences for AI insights.

Name Save Changes

By clicking Save Changes you're confirming that you agree with our updated Terms and Conditions.

