

Mental Health Journaling Platform

Log In Sign Up

Mental Health Journaling Platform

# Welcome to your safe space for mental health journaling

Write down your thoughts and feelings...

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.

Enter your email

Log In

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

# Sign In

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☒ Stay signed in

[Forgot Password?](#)

Sign in

or continue with

 Google





# Home Dashboard (Main Page)

Profile

## Home Dashboard



### Write Journal

A challenge I overcame and what I learned from it."

[View Journals](#) →



### AI Insights

Mental health journaling is not about perfection; it's about progress

[Mood Tracker](#) →



### Profile

You don't have to control your thoughts; you just have to stop letting them control you.

[Settings](#) →



Every day may not be good, but there is something good in every day

Let your journal be a place where your mind can breathe

[Personal Info](#) →



### Past Journal Entries

Here is a list of your past journal entries. You can view, edit, or delete them.

[Edit/Delete](#)



### Filter

Filter your journal entries by mood or date to quickly find the ones you're looking for.

[Edit/Delete](#)



### Journal Entry Details

View or edit the details of a specific journal entry.

[Edit/Delete](#)



### View Journal Entries

# Past Journal Entries

Date

Filter

Mood

## View Journal Entries Screen

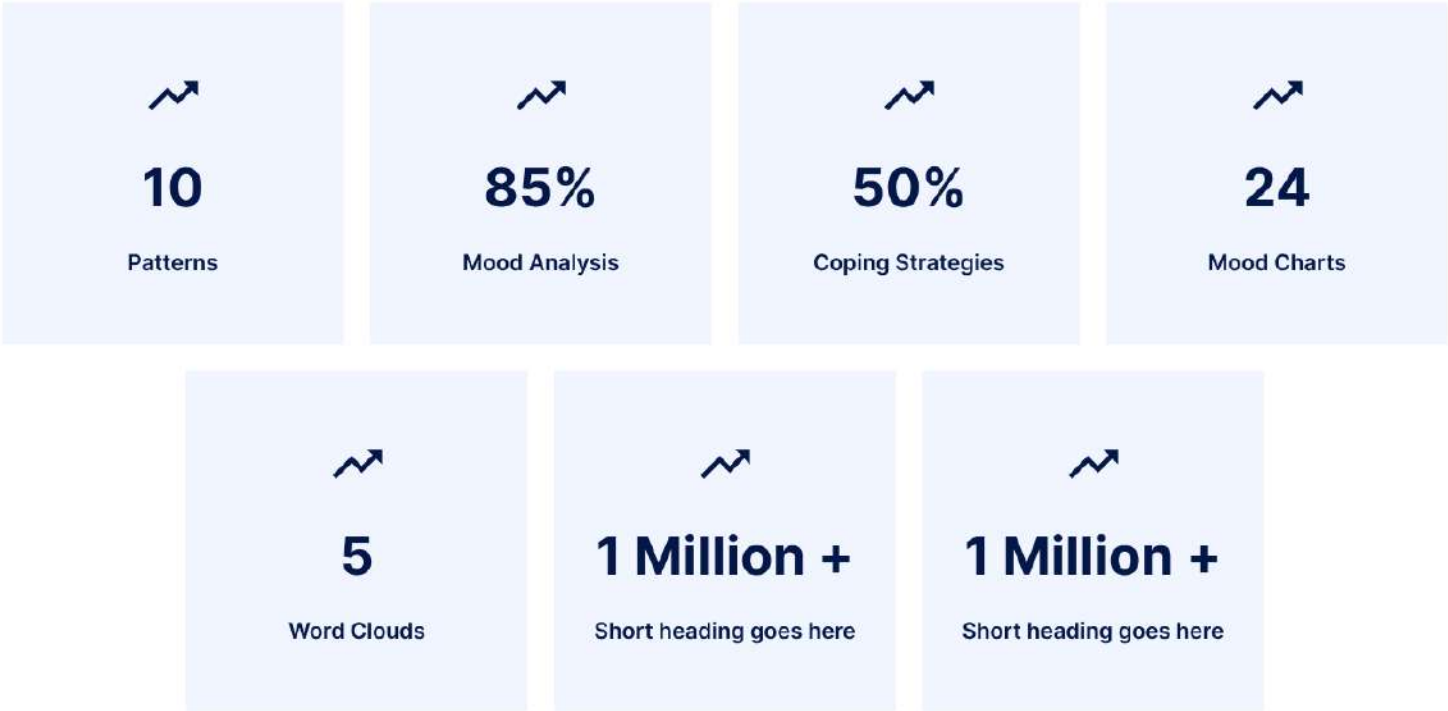
A list of past journal entries with a date, mood indicator, and the ability to view, edit, or delete entries. Includes a filter option by mood or date for Gallery section.



# AI-Driven Insights

## AI Insights Screen

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





Main



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



Main



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.



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[Mental Health Resources](#)[Guides on Journaling for Well-being](#)[Contact Information for Support](#)

Providing Mental Health Resources

## Resource & Help

Start each journal entry with gratitude, and you'll start seeing life differently

[Explore](#)

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

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](#)