1. Introduction

In the realm of mental well-being, a profound challenge arises when understanding the complex web feelings and thoughts that shape the human mind. In recognition of this challenge, I have decided to develop a “Mental Health Resource Library” project, an initiative designed to navigate this complex landscape.

Mental health disorders are a global concern, affecting millions of individuals. People all around the world go through tough times in their minds. Many people struggle to find good information and support for their mental health. Conceiving mental health as an invaluable facet of overall well-being, this project aspires to build a sanctuary, similar to a library, devoted to the distribution of materials catered to the wide range of human emotional experience. This project seeks to offer a curated collection of enlightening articles, insightful videos, purposeful exercises, and journal –all in one place. This makes it easier for you to understand your mind and find ways to feel better.

## Problem Scenario

Mental health disorders are now critically high and widespread. According to the World Health Organization (WHO), mental health account for 13% of the global disease burden, with depression being the main cause of disability globally. (Volkov, n.d.) The lack of mental health awareness and limited access to appropriate resources exacerbate this issue. Due to physical and social barriers, a lot of people struggle to obtain mental health care, especially in rural location. Additionally, the stigma associated with mental health often discourages individuals from getting the help they require. Moreover, the existing mental health resources are not easily navigable, which makes it difficult for individuals and healthcare professionals to find relevant and credible information.

1.3 Project as a solution