**LumoNest**

**🧠 Mental Health Companion — Enhanced Vision**

A **personalized mental wellness hub** with educational content, interactive activities, and localized support resources.

**✅ Core Pillars of the Web App**

**🧾 1. Education Knowledge Base**

* Categorized mental, behavioral, neurological conditions
* Smart search with filters
* Short-form summaries + long-form articles
* **Personalized Recommendations**:
  + Based on mood entries, reading history, or interests
  + Tags: e.g., “Stress”, “Relationships”, “Work”, “Neurodivergent tools”

**🎨 2. Mindfulness & Activity Center**

Your current ideas are strong! Add:

* ✅ **Soundscapes**: nature, rain, café, white noise (via embedded audio or JS audio player)
* ✅ **Videos**: mindfulness, guided breathing, motivational (YouTube embed or local host)
* ✅ **Coloring Pages**:
  + SVG canvas with color picker (or embed third-party like this JS example)
  + Save progress if logged in
* ✅ **Journaling / Gratitude Logs**:
  + Free-write
  + Daily mood prompts
* ✅ **Mini-games or fidget interactions** (stretch goal)

**📍 3. Resource Locator**

* Search local therapists, clinics, crisis centers
* Google Maps API or OpenStreetMap + custom database
* **Emergency Tab** (always accessible):
  + Call/text hotlines
  + “I'm in crisis” panic button (mobile tap-to-call 988 or SMS)

**🧑‍💻 4. User Authentication & Personalization**

**🟢 Firebase Authentication**

* Email + password (plus social logins if desired)
* Anonymous guest session support
* Account dashboard for:
  + Saved resources / bookmarks
  + Activity history (videos watched, articles read)
  + Mood logs
  + Custom suggestions

**🧠 Personalized Suggestions Engine**

* Logic:
  + Based on:
    - Conditions marked as relevant (e.g. ADHD, anxiety)
    - Mood logs (e.g. "low energy" → recommend soothing video, journaling)
    - Previous reads (e.g. show related content)
  + Use Firebase Firestore to store and retrieve:
    - Preferences (topics, mood\_triggers, favorites)
    - Activity timestamps
* Future upgrade: add ML model or OpenAI API for smarter suggestions (e.g. GPT-assisted prompts)

**🧱 Suggested Tech Stack**

| **Layer** | **Tool** |
| --- | --- |
| Frontend | **Next.js + Tailwind + ShadCN UI** |
| Animation | Framer Motion |
| Backend | Firebase (Auth + Firestore + optional Storage for uploads) |
| Data | JSON or Markdown-based content → served via static files or headless CMS |
| Optional DB/API | Google Maps API, Crisis data via external sources |
| Hosting | Vercel or Firebase Hosting |

**🔐 Guest vs Authenticated Experience**

| **Feature** | **Guest** | **Logged In** |
| --- | --- | --- |
| Read articles | ✅ | ✅ |
| Use activities | ✅ | ✅ |
| Save mood logs | ❌ | ✅ |
| Personalized suggestions | ❌ | ✅ |
| Save favorites | ❌ | ✅ |
| Color page progress | ❌ | ✅ |

**🗂️ Project Structure Proposal**

bash

CopyEdit

mental-health-companion/

├── frontend/

│ ├── pages/

│ ├── components/

│ ├── utils/

│ ├── public/

│ └── styles/

├── firebase/

│ ├── auth/

│ └── firestore/

├── content/

│ ├── conditions/

│ ├── activities/

│ └── resources/

├── scripts/

├── README.md

└── .env

**📈 Stretch Features (Phase 2+)**

* Daily Check-In Reminders (push notifications or email via Firebase Cloud Messaging)
* Gamification (badges for streaks or journaling)
* Social Features (anonymous forums or support boards)
* Multilingual Support

**✅ Summary Plan of Attack**

| **Step** | **Action** |
| --- | --- |
| 1️⃣ | Scaffold Next.js + Tailwind project layout |
| 2️⃣ | Implement Firebase Auth with optional login |
| 3️⃣ | Build knowledge base content component |
| 4️⃣ | Design interactive activities center |
| 5️⃣ | Add resource finder + map integration |
| 6️⃣ | Store personalized user preferences in Firestore |
| 7️⃣ | Add recommendation engine logic |
| 8️⃣ | Finalize emergency tools & mobile experience |
| 9️⃣ | Polish UI, add animations, test accessibility |
| 🔟 | Deploy to Vercel or Firebase Hosting |