**Remote Mental Health Management**

**Project Proposal**

31/7/2021

1. **Project Summary/Goals**

Our project will be a web-based platform named “Naaman”. Naaman is a Remote Mental Health Management platform that promotes mental health through online consultation. The name “Naaman” is based on a story from the bible, which teaches the notion that you need to do something for yourself instead of waiting for some sort of miracle to cure your problems. Similar to this story the Naaman project encourages people to take care of themselves and reach out to others. Its primary feature will be online consultation, where people can share their stories, read what other people have shared, give, and receive feedback with people who have shared similar experiences and have access to professional assistance when needed.

1. **Benefits of Project**

During these difficult times, it is necessary for people to take care of their mental health. People are prone to feeling lonely or isolated due to long amounts of lockdowns with face to face and social interaction. Naaman will create a safe and comfortable online environment for people to share what they are going through and process difficult emotions with professional help.

1. **Desired Outcome**

Our desired outcome would be a fully functional web-based social media platform with:

* Consistent fast load time
* User friendly navigation
* Secure database system
* Search engine optimization
* Mobile friendliness

1. **Project Schedule**

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| --- | --- | --- |
| **Phases** | **Start** | **End** |
| Inception Phase | 19/07/2021 | 12/10/2021 |
| Elaboration Phase |
| Construction Phase | 15/11/2021 | 06/02/2022 |
| Transition Phase |

1. **Project Team and Resources**

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| --- | --- | --- | --- |
| **Name** | **E-mail** | **Student ID** | **Roles** |
| Sobana Handi Achini Thisarangi De Silva | achinithisarangi86@gmail.com | 11719529 | Completer/Finalizer |
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