我们的项目是一个预防和协助心境障碍患者进行治疗的安全、友好、便携的工具。我们给它命名为“Susi”，相反于芬兰传统的力与坚强的意志，我们鼓励正在经历情绪问题的人们在合适方式下坦露和面对自己内心的脆弱。“Susi”可以附着在手机背面，使用时的姿势类似于打电话，即使在公共场合也不会引起不必要的尴尬。“Susi”是一个离线工具，所以用户不需要担心数据的泄露问题。通过“Susi”进行记录，用户可以查看历史记录的情绪数据统计分析来认识自我的情绪变化趋势，通过词频分析帮助用户找到引起个人情绪变化的原因。此外，通过“Susi”，使用者可以在需要帮助的时候选择合适的对象，用自动生成的针对不同亲密关系的适当语言进行分享，从而在避免重复叙述产生二次伤害的前提下，提供更加有效的叙述信息，以便寻求他人帮助。我们的根本目的不是解决患者的当下之难，而是通过一种自我觉察的方式，帮助使用者重新回到正常生活。

Our program is a safe, friendly and portable tool for preventing and assisting people with mood disorders. We named it "Susi", contrary to the strength and strong will of the Finnish tradition, we encourage people who are experiencing emotional problems to reveal and face their own inner vulnerability in a proper way. “Susi” can be attached to the back of the phone, and the posture when using it is similar to making a phone call, even in public, it will not cause unnecessary embarrassment. "Susi" is an offline tool, so users don't have to worry about data leaks. Recording through "Susi", users can view the historical statistical analysis of emotional data to understand the trend of self-emotional changes, and find the causes of personal emotional changes through word frequency analysis. In addition, through “Susi,” users can select the right people when they need help, and share them with the appropriate wording of different intimacy relationships that are automatically generated to provide more effective information to seek help from others and avoid secondary damage caused by repeated narrative. The second damage. Our fundamental goal is not just to solve the patient's current difficulties, but to help the user return to normal life in a self-aware way.