

# List of Requirements

## **Appointment Scheduling:**

The app should allow students to conveniently schedule appointments with professional counselors for personalized support and guidance.

## **Anonymous Chat or Messaging:**

Offer a secure and confidential messaging feature where students can reach out to counselors for support, advice, or guidance anonymously.

## **Counselor Profiles:**

Provide profiles of the counselors available at the counseling service, including their areas of expertise, qualifications, and availability, to help students choose a counselor who best fits their needs.

## **Events and Workshops:**

Promote upcoming events, workshops, support groups, or seminars related to mental health and well-being, allowing students to easily access information about these events and RSVP directly through the app.

## **Group Therapy (Peer2Peer Counseling/Community Forum/Support Group):**

Facilitate support groups where students struggling with similar issues can come together in a non-judgmental environment to share their mental health journey and explore coping strategies.

## **History Explorer:**

Allow students to keep track of their mental health journey and view common issues they may have faced.

## **Daily Reminders:**

Provide automated daily reminders to students to perform stress relief activities, along with motivational quotes to boost self-esteem.

## **Milestone and Goal Setting:**

Enable students to set personal goals for the day or week, such as talking to a certain number of strangers, to encourage positive behavior change.

## **Mood Tracker:**

Prompt users to track their mood regularly, allowing counselors to monitor their mood and progress over time.

## **Chat & Messaging:**

Enable various modes of communication between students and counselors, including text messages, audio, and video conferencing, to facilitate counseling sessions.

## **Rating & Feedback Tools:**

Allow students to rate their experience with counselors and provide feedback about their counseling sessions.