

AWEB – Exploratory Stage

Group 10

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Introduction:

Mental health is about how we think, feel, and deal with life. It affects our emotions, our relationships, and how we handle stress. Taking care of our mental health is just as important as taking care of our physical health. But as far as we know, many people undergo silent battles in their lives, causing confusion if a person is going through struggles. Indeed, it's hard to see for many, these people often feel that they do not belong causing more stress for them. These scenarios are provoking emotional pain, stress, and anxiety. It doesn't mean if a person seems to be happy at a certain time, it doesn't mean they are not dealing with such problems on a daily basis. It's more complicated for people who are dealing with mental health issues, that's why understanding and supporting those who may be fighting these hidden battles can greatly help them feel loved and appreciated.

Problems:

A lot of people have different struggles with their mental health since mental health issues have different types. A few of the most common types of mental health disorders include: Anxiety disorders. Depression, bipolar disorder, and other mood disorders. Since a lot of people are still not aware of these mental issues and have insufficient knowledge on how to overcome such disorders, the project will address how to provide extra education sources. It will educate the people and provide them the information about the signs and symptoms, and practical strategies for families to seek help and support. We aim to empower patients and those people to take steps toward mental well-being.

Objectives of the project:

This project will advocate and raise awareness because it's important to know and understand about mental health. We aim to educate people about mental health issues and for those people who might be affecting their daily lives. Open conversations can help lower the stigma about mental health and encourage people to seek help when they need it. We can push to establish better mental health solutions, such as support groups and advice, in our own communities. Also, informing ourselves as well as others about common mental health issues can promote empathy and provide assistance for individuals experiencing difficulties.

Members and Roles

Cuenco, Mico Eldrige	Researcher
Mallari, Levin	Front-End & Back-End Developer
Santos, Gian Martin	UI Designer
Usi Jr. Michael M.	Front-End Developer