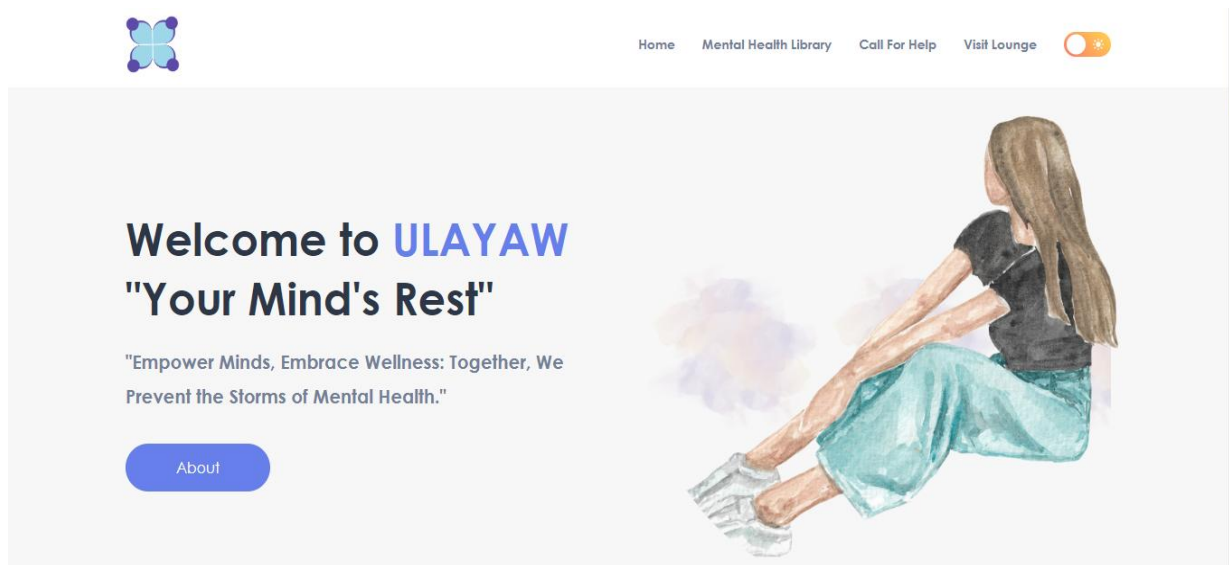


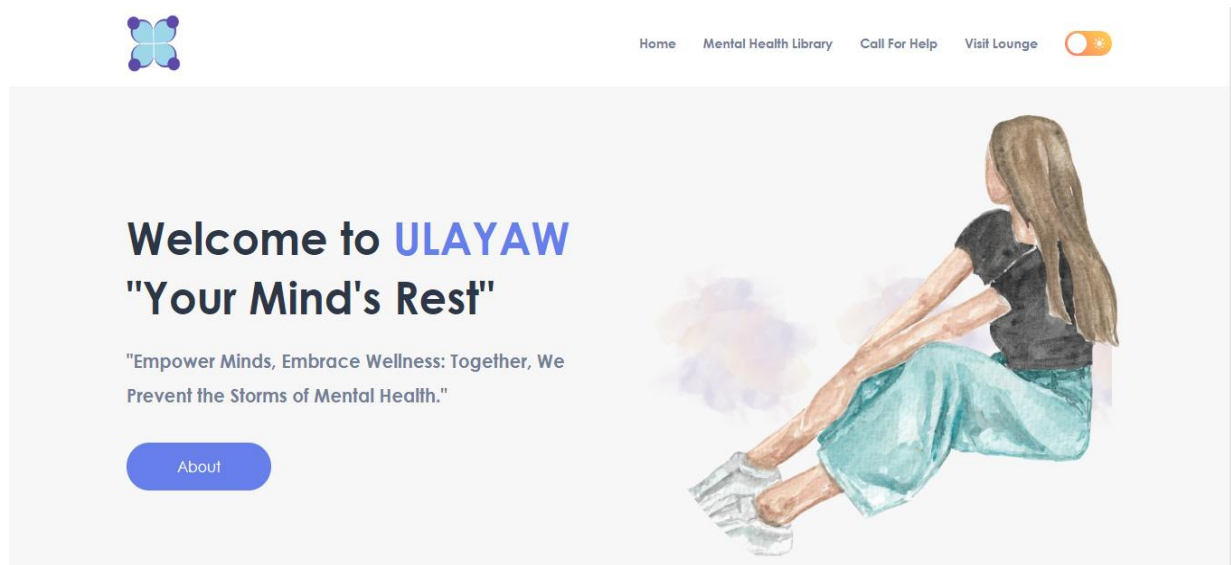
Ulayaw User Manual



Link to website:

<https://ulayaw.pythonanywhere.com/>

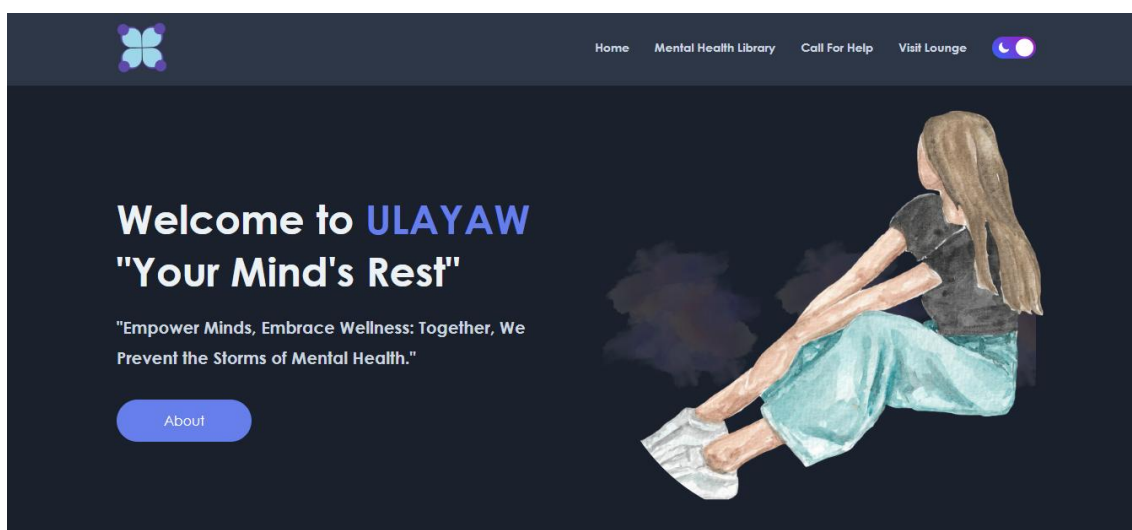
Landing Page

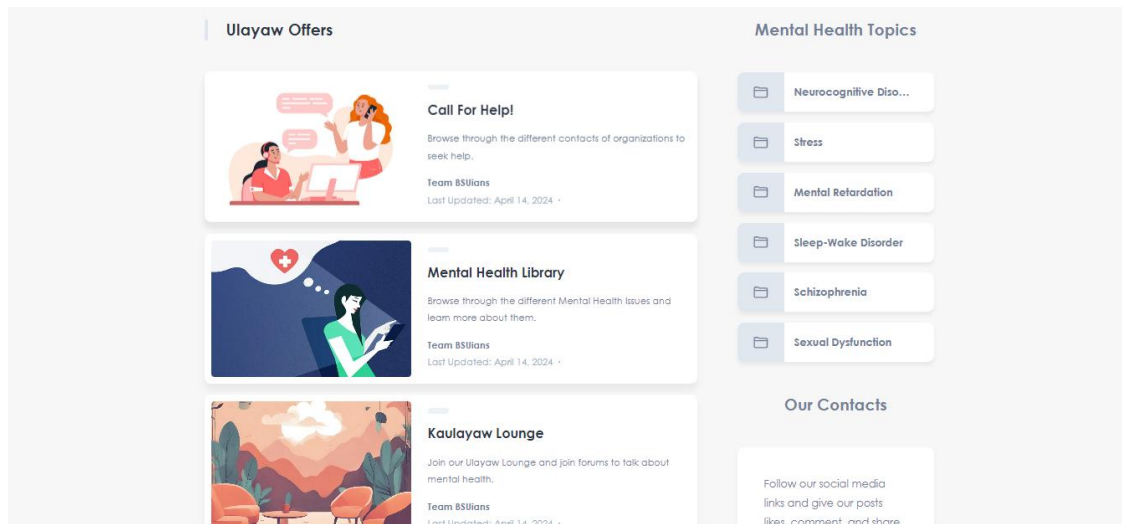


The landing page consist of the links to the different features of the website. The navbar consist of these links which directs users to different pages:

- A. Mental Health Library
- B. Call For Help
- C. Visit Lounge **(Clicking this will open a new tab)**

There is also a toggle for dark mode on the upper right of the navbar.





By scrolling further the landing page, on the left panel, you can see different cards containing information about the features, each of these are clickable and will redirect you to the certain pages.

Focus on the right side of the screenshot above, you can see the list of 6 different mental health disorders, which shows in random, each of these are clickable and will redirect you to a blog about a specific mental health, for example, let's just say the Neurocognitive container is clicked it will redirect you to the view below:



Mental Health Library

Home

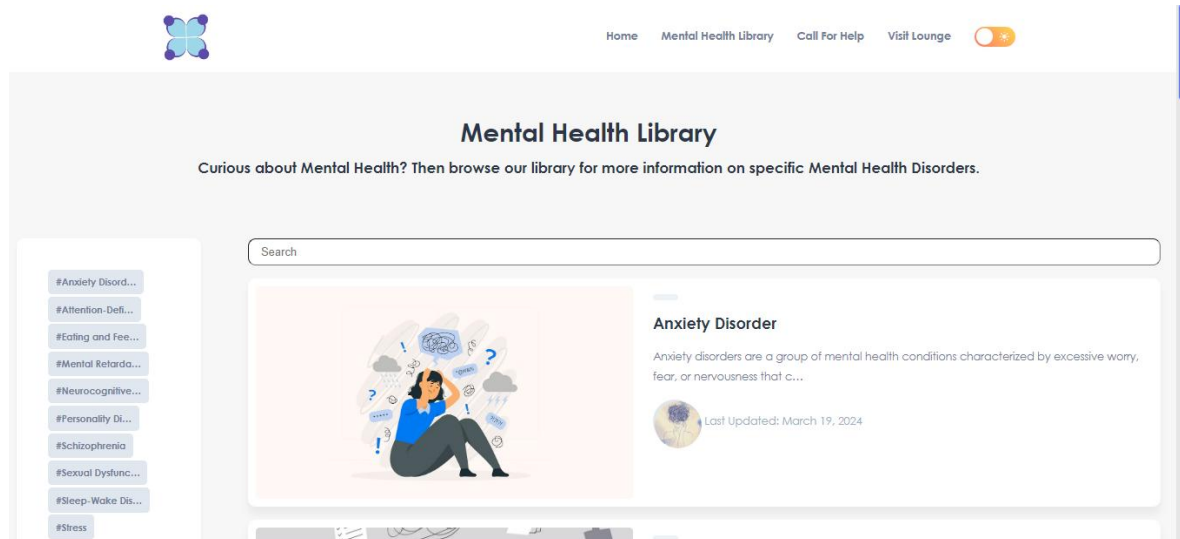
Mental Health Library

Call For Help

Visit Lounge

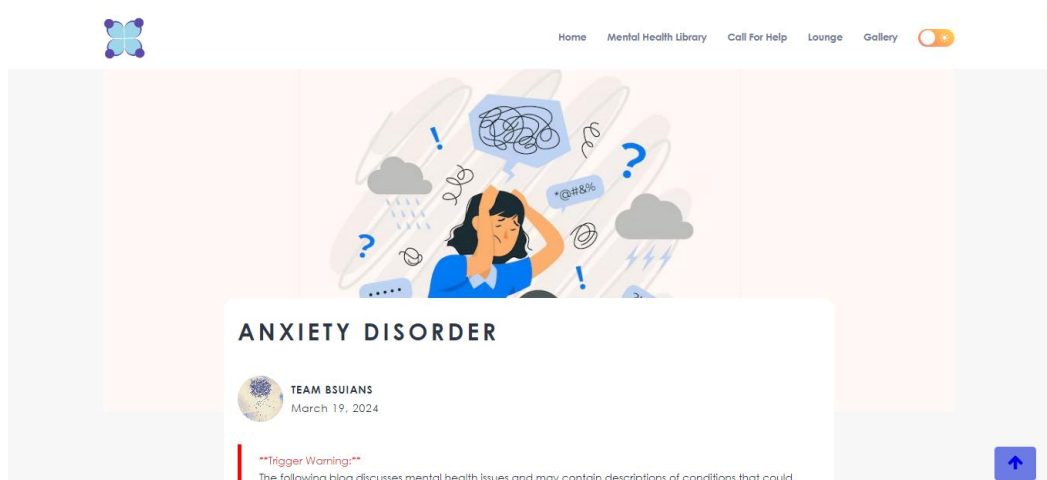


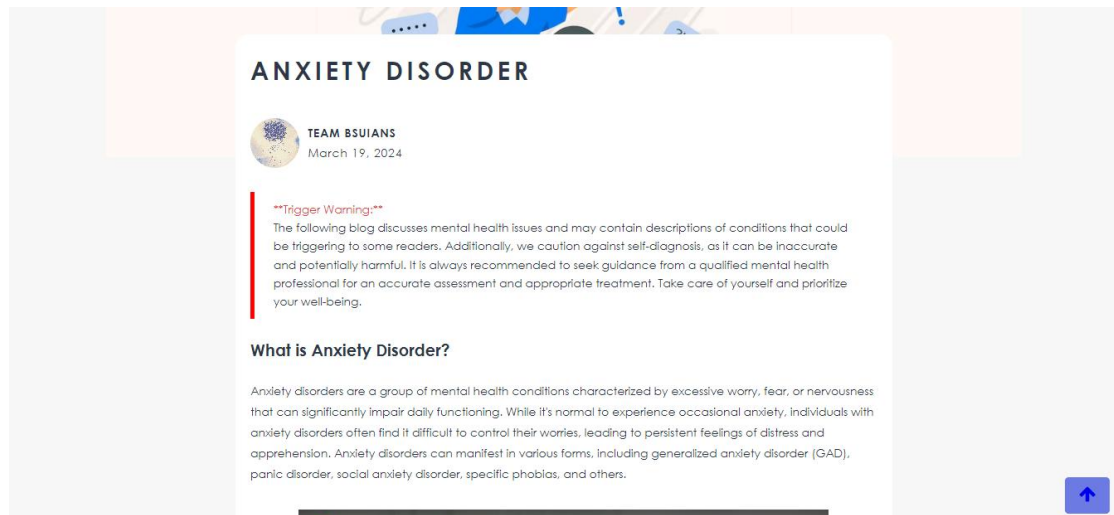
By clicking the “Mental Health Library” in the navbar, you will be redirected to another page.



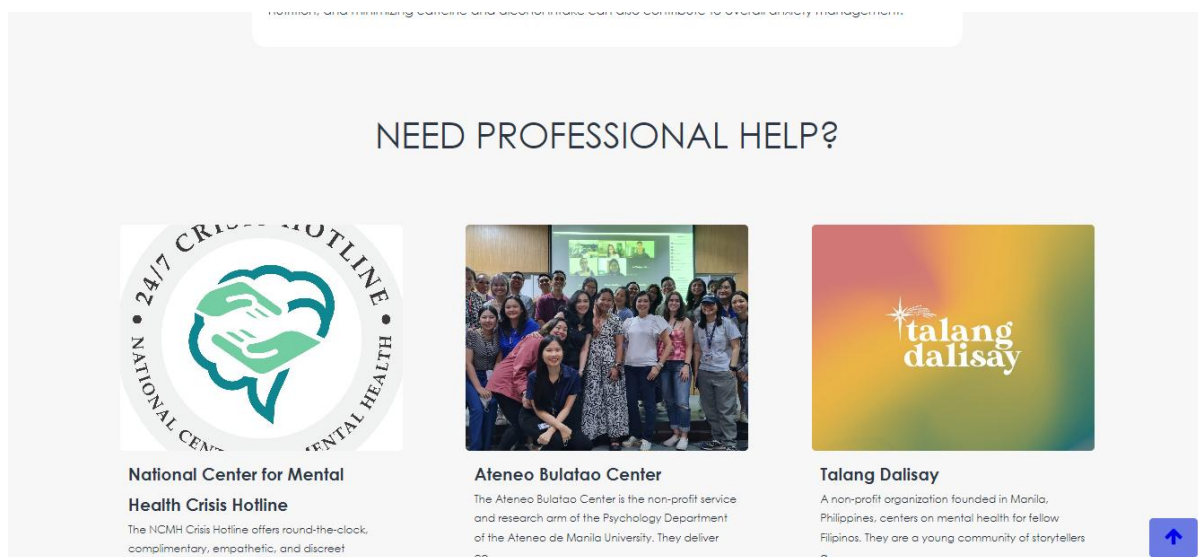
This page consist of a library of mental health disorders and information about specific mental health issues.

These containers are clickable and will redirect you to a blog page about the specific mental health disorder.





Each blogs have relevant information about the mental health disorder. User's can read these information and at the end of the blog, they will see these containers:



These containers are also clickable, and when clicked, will redirect them to another blogpage about organizations ready to help. More info on this on the next page, which is the Call For Help.

Call For Help

[Home](#)[Mental Health Library](#)[Call For Help](#)[Visit Lounge](#)

This page is focused on introducing users the different mental health organizations here in the Philippines.

[Home](#)[Mental Health Library](#)[Call For Help](#)[Visit Lounge](#)

Call For Help

Browse through different hotlines, services, and contacts of Mental Health Organizations you can ask for help.



**Baguio-Benguet
Psychological and
Services and
Consultancy Center**
Operating at the nexus of



**A.M. Peralta
Psychological
Services**
Their mission is to assist
clients entrusted under their
care in constructing a better



**Philippine Mental
Health Association,
Inc.**
PMHA is a private, non-
stock, non-profit
organization that provides

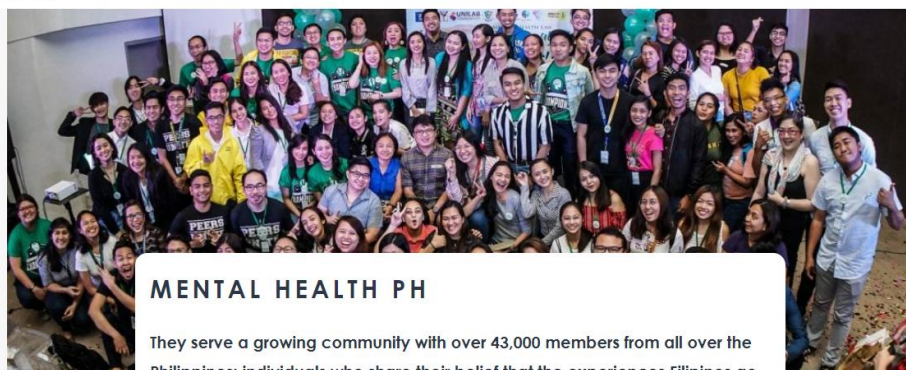


Talang Dalisay
A non-profit organization
founded in Manila,
Philippines, centers on
mental health for fellow
Filipinos. They are a young



**Philippine General
Hospital**
PGH was established
primarily to provide
medical/surgical services to
non-infective conditions.

Each of these cards is clickable, and when clicked, will redirect users to a blogpage about these organizations, containing short descriptions about them, and more importantly, their contact information.

[Home](#)[Mental Health Library](#)[Call For Help](#)[Lounge](#)[Gallery](#)

MENTAL HEALTH PH

They serve a growing community with over 43,000 members from all over the Philippines: individuals who share their belief that the experiences Filipinos go through as a result of their mental health are very real and matter enough to be shared.

At the heart of # MentalHealthPH lies its commitment to giving faces and voices to those grappling with mental health concerns. This includes individuals contending with the harsh realities of mental ill health and the stigma associated with seeking help, as well as supporting their loved ones.

CONTACTS:

Hotline: (02) 1553

Hotline: (02) 7-989-8727

Hotline: 0917-899-8727

For more information, visit this link: [Mental Health PH](#)

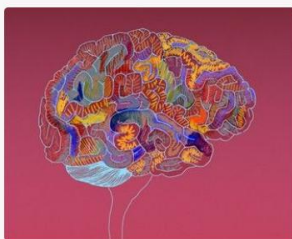
LEARN MORE ABOUT MENTAL



Each of these contacts are sourced from their websites, which you can also visit by clicking the link at the bottom part of the blogpage.

At the end of each organization blogs, users can also find panels about different mental health disorders form the mental health library:

LEARN MORE ABOUT MENTAL HEALTH DISORDERS:



Mental Retardation

Mental Retardation, also known as Intellectual Disability, is a neurodevelopmental disorder characterized by limitations in intellectual functioning ...



Eating and Feeding Disorder

Eating and feeding disorders involve persistent disturbances in eating behaviors, body weight, and attitudes towards food, often resulting in signifi...



Sexual Dysfunction

Sexual dysfunctions refer to persistent difficulties in sexual response or the ability to experience sexual pleasure, leading to distress or impairme...



Call For Help Incident Report

Need help with your mental health ? Are you experiencing abuse? Submit a Call For Help! We will respond as soon as we can to your request.

****You can only submit once every 2 minutes****

Request Help


Name:

Contact #:

Current Address:

Tell Us What Happened:

Select Picture: No file chosen




At the bottom-most part of the Call Help Page is a form intended for the purpose of requesting for help. This was inspired by an interview with a guidance counsellor, where she mentioned about abuse and the developers opted to try to create an incident report form. All information from this form will go to the administrator panel:

Menu

Call For Help | Incident Reports

Call For Help Details

Requestor Name
Date and Time

Photographic Evidence by Requestor


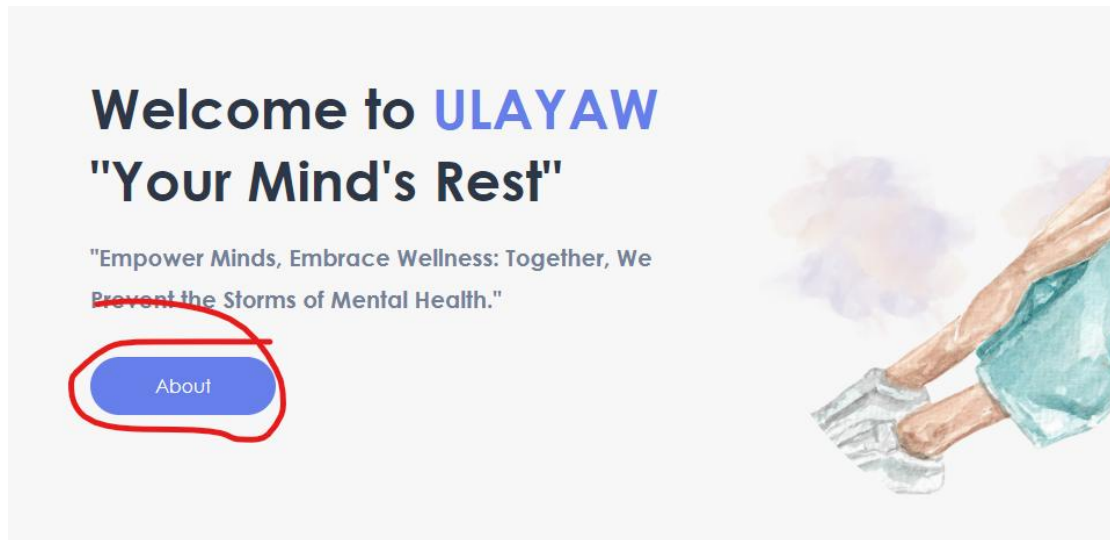
Description of Requestor
Lorem ipsum dolor sit amet consectetur, adipisicing elit. Est velit qui, repellat doloreque recusandae illum autem deserunt facere rerum iste, labore eveniet voluptatibus reiciendis eorum sint. Magni cumque corrupti asperiores.

Requestor Contacts
Lorem ipsum dolor sit amet consectetur, adipisicing elit. Est velit qui, repellat doloreque recusandae illum autem deserunt facere rerum iste, labore eveniet voluptatibus reiciendis eorum sint. Magni cumque corrupti asperiores.

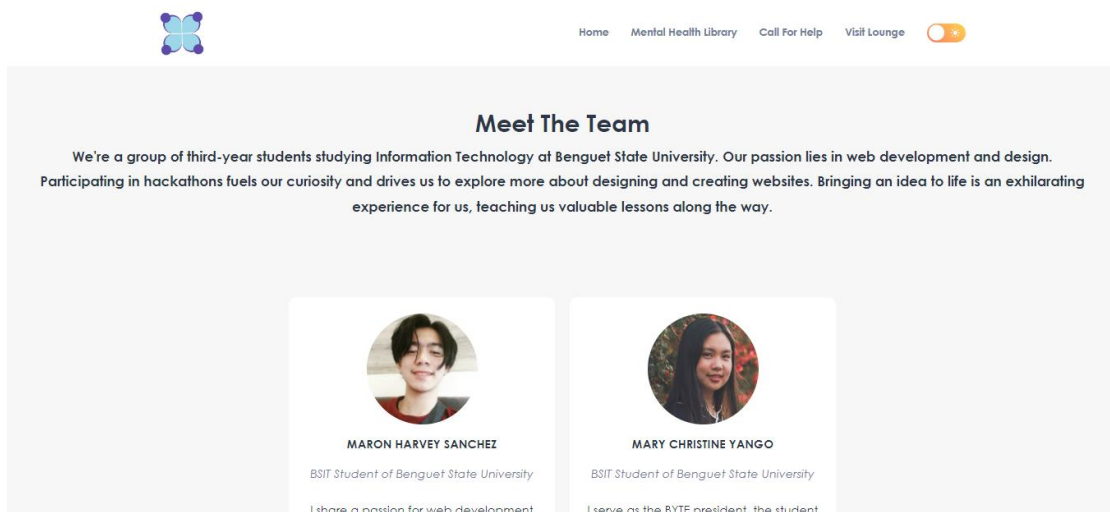
Requestor Address
Lorem ipsum dolor sit amet consectetur, adipisicing elit. Est velit qui, repellat doloreque recusandae illum autem deserunt facere rerum iste, labore eveniet voluptatibus reiciendis eorum sint. Magni cumque corrupti asperiores.

The administrator panel be discussed further in the **Administrator Login in Ulayaw Lounge** Section.


About Page



The about page is accessible through this button. This contains information about the developers and the website.




These cards are clickable too! It will redirect you to the social links and portfolio of the developers.



MARON HARVEY SANCHEZ
BSIT Student of Benguet State University


I share a passion for web development and aspire to build a career in this field. Representing BSU at the Start Hackathon by DAP - Center for Strategic Futures in Tagaytay City last October 2023 was an enriching experience. Our project, "E-Pasada," introduced an app to track jeepneys, aiding users in locating nearby jeepneys, checking seat availability, and estimating arrival times.



MARY CHRISTINE YANGO
BSIT Student of Benguet State University

I serve as the BYTE president, the student organization of the IT Department and have a keen interest in UI/UX Design. It was a memorable opportunity to represent BSU at the Philippine Startup Challenge 8 hosted by DICT Baguio City last October 2023. Our project, "Sustenta Surplus," aims to combat food waste by offering soon-to-expire products at discounted prices online.

Key Features of the website are in the about page, with links to their respective pages:



Call for Help!


Browse through different contacts of Mental Health Organizations you can ask for help.

[Call For Help](#)

Mental Health Library

Curious about Mental Health? Then visit our library for more information on specific Mental Health Issues.


[Browse Library](#)



Ulayaw Lounge

Visit our Mental Health Forum where you can discuss different mental health topics.

[Visit Lounge](#)



We're always on the lookout for problems to solve. Despite the long hours, we find fulfillment in the learning journey!

Ulayaw Lounge

[Home](#)[Mental Health Library](#)[Call For Help](#)[Visit Lounge](#)

The Ulayaw Lounge is accessible through this navbar link, which will open a new tab and redirect you to the login page.

The Ulayaw Lounge is a forum designed for students to talk about certain mental health topics.



Welcome To Ulayaw Lounge!



Username

Password

Login

Don't have an account? [Register Here!](#)

User's can create their own accounts to access the forum.



Welcome To Ulayaw Lounge!



Username

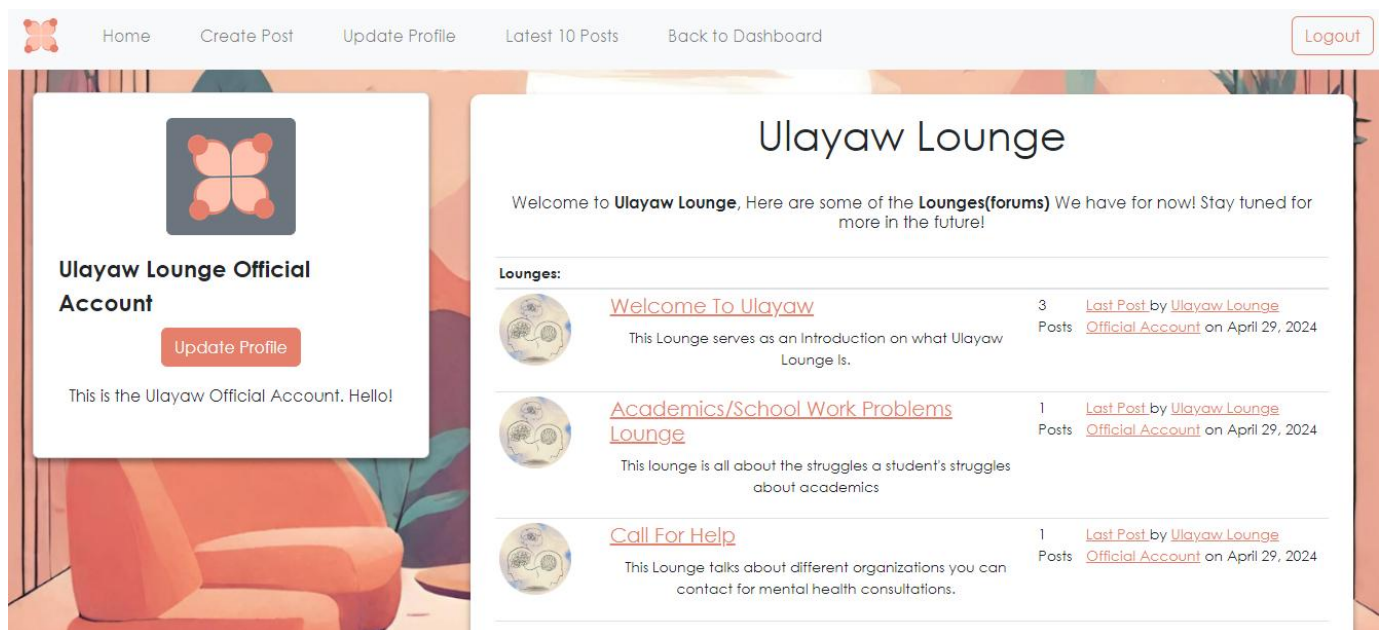
Password

Confirm Password

Create Account

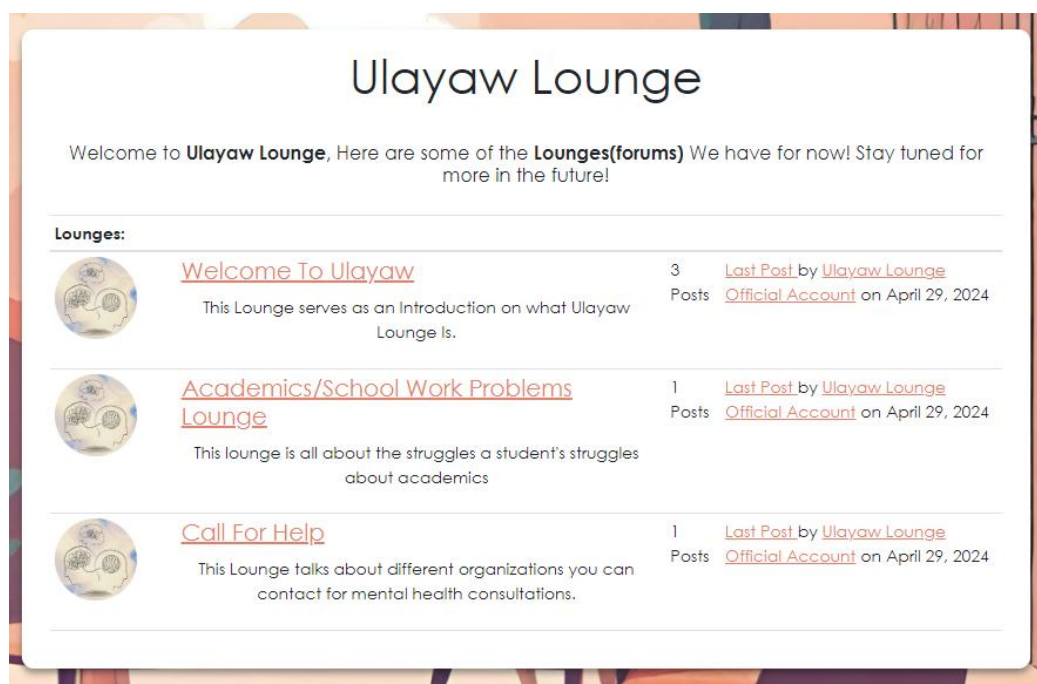
Already have an account? [Login Here!](#)

When logged in, the user will be redirected to the homepage of the forum.

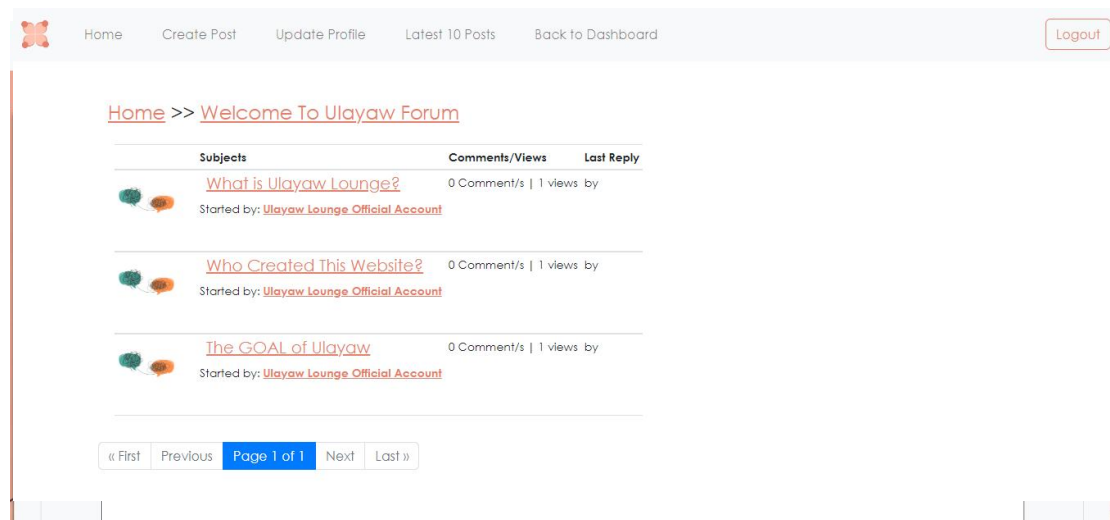


Ulayaw Lounge (Forums)

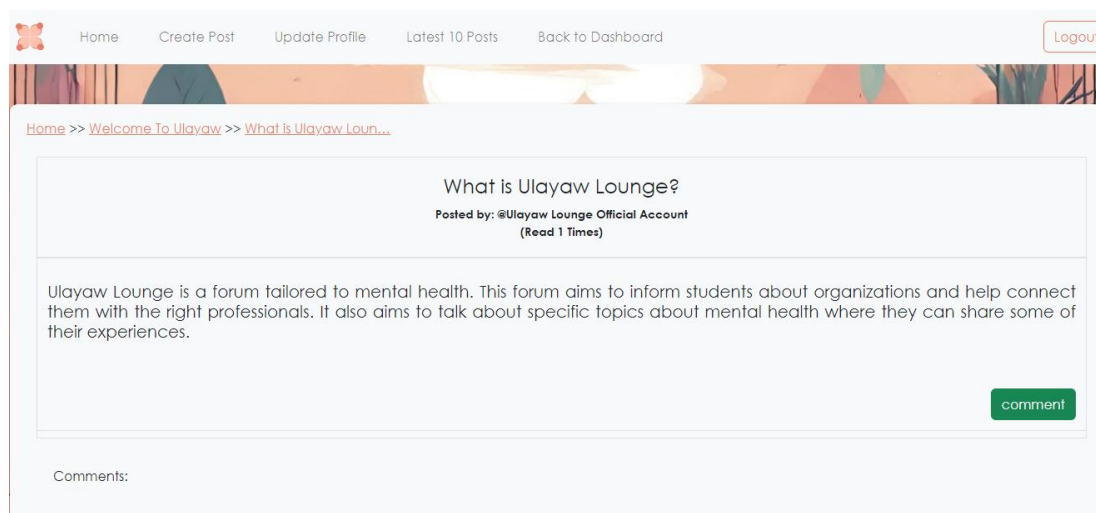
The homepage shows a list of forums available, which was created by the administrator.



Clicking one of the forum links will take you to the **“Post Page”**, which shows the list of all post inside that forum.

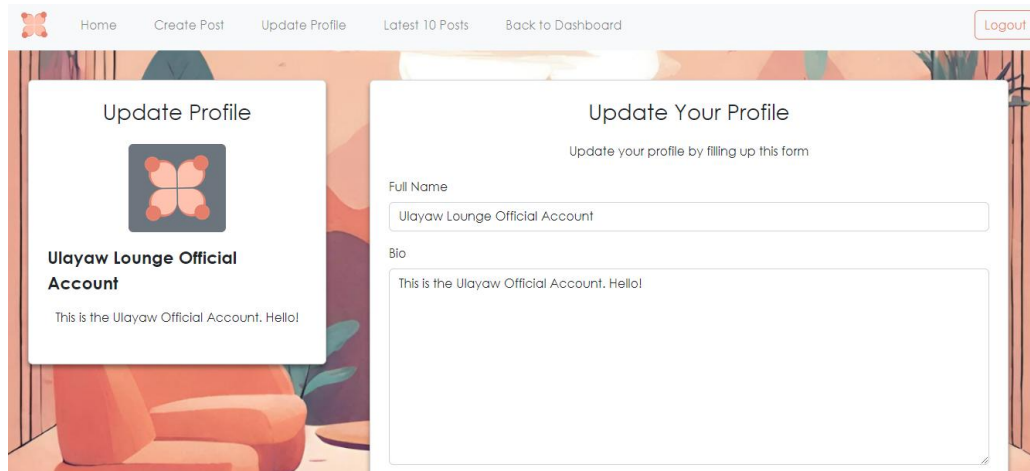


Clicking one of these posts will redirect the user to the contents of the post where users can comment or reply



Update Account Feature:

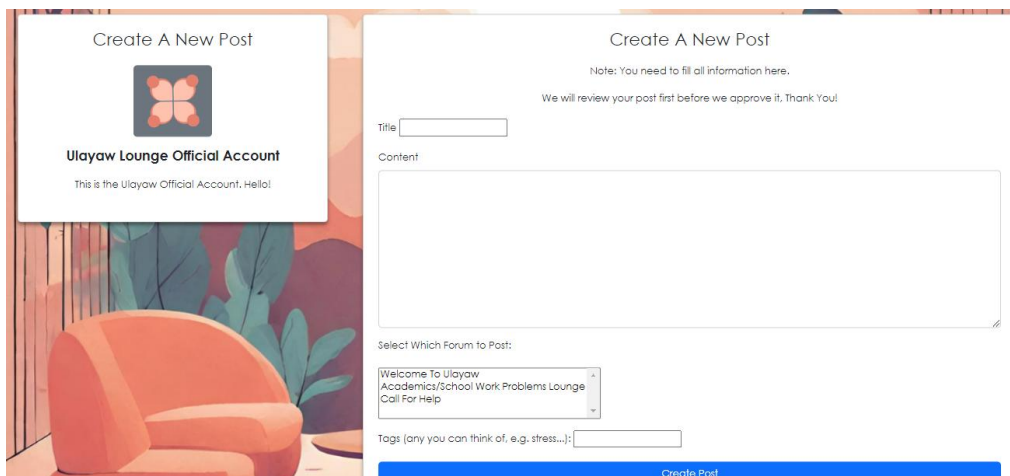
By clicking the Update Profile Button in the homepage, or the link in the navbar, the user can edit his/her account. The user will be redirected to a form in which the user can update information, such as Name, Bio, and profile picture.



The screenshot shows a web application interface for updating a profile. On the left, a sidebar contains a profile card for 'Ulayaw Lounge Official Account' with a butterfly logo and a bio: 'This is the Ulayaw Official Account. Hello!'. The main content area is titled 'Update Your Profile' and includes the instruction 'Update your profile by filling up this form'. It features two input fields: 'Full Name' (containing 'Ulayaw Lounge Official Account') and 'Bio' (containing 'This is the Ulayaw Official Account. Hello!'). The top navigation bar includes links for 'Home', 'Create Post', 'Update Profile', 'Latest 10 Posts', and 'Back to Dashboard', along with a 'Logout' button.

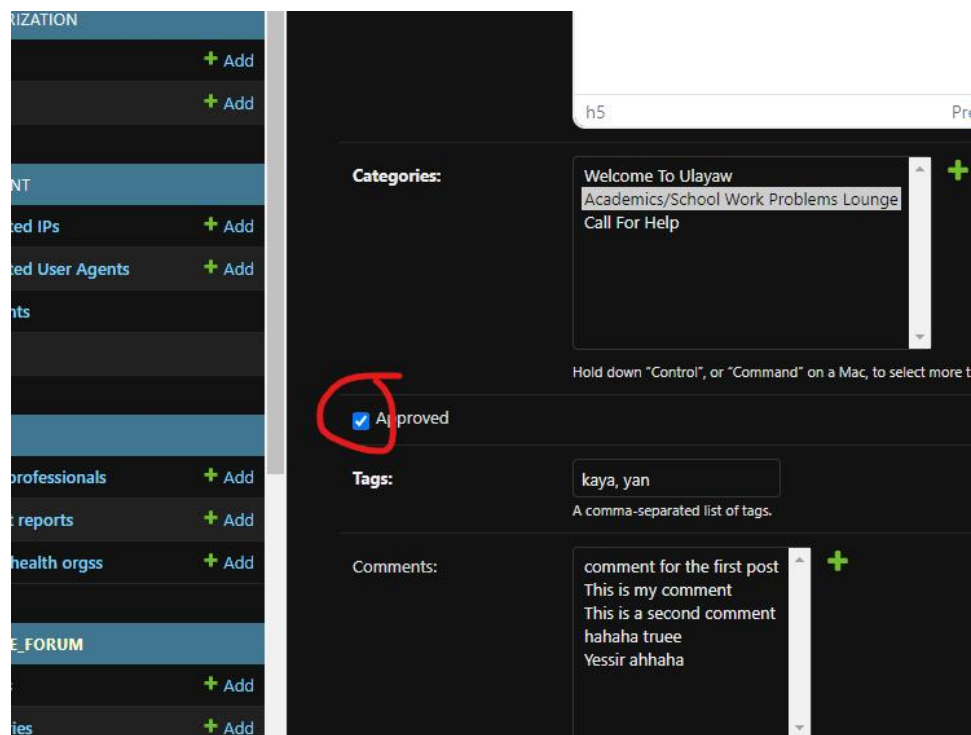
Create Post Feature:

Users can create post in different forums, by clicking the “create post” link in the navbar. Users are redirected to a form, where the user has to create a title, content, select which forum he will be posting, and also some tags. **Note:** The administrator will still review the Post before approving it. This will be done in the built-in **django dashboard**.



The screenshot displays the 'Create A New Post' form. The sidebar on the left is identical to the one in the previous image. The main form area is titled 'Create A New Post' and includes a note: 'Note: You need to fill all information here. We will review your post first before we approve it. Thank You!'. The form contains a 'Title' input field, a large 'Content' text area, a 'Select Which Forum to Post:' dropdown menu (showing 'Welcome To Ulayaw Academics/School Work Problems Lounge Call For Help'), and a 'Tags (any you can think of, e.g. stress...):' input field. A blue 'Create Post' button is located at the bottom right of the form.


Django has a built-in dashboard, which is only available for the admin (superuser) to access. If the admin logs-in to the Ulayaw Lounge, he is also automatically logged in to the django built-in administrator dashboard. The administrator can manage the post here and he has the ability to approve the post before it is posted on the forums.




Administrator Login in Ulayaw Lounge

The administrator username is: **admin**

The administrator password is: **UlayawOfficial197524**





Welcome To Ulayaw Lounge!

Username

Password


Login

Don't have an account? [Register Here!](#)


When logging in to the lounge with this account, the admin is redirected to the administrator dashboard.

Menu

Ulayaw Dashboard



Mental Health Library
Updated April 17, 2024



Call For Help
Updated April 17, 2024

Call For Help Reports:

Total: 0

Mental Health Library List:

Total: 10

Mental Health Library

Anxiety Disorder

Attention-Deficit/ Hyperactivity Disorder (ADHD)

Eating and Feeding Disorder

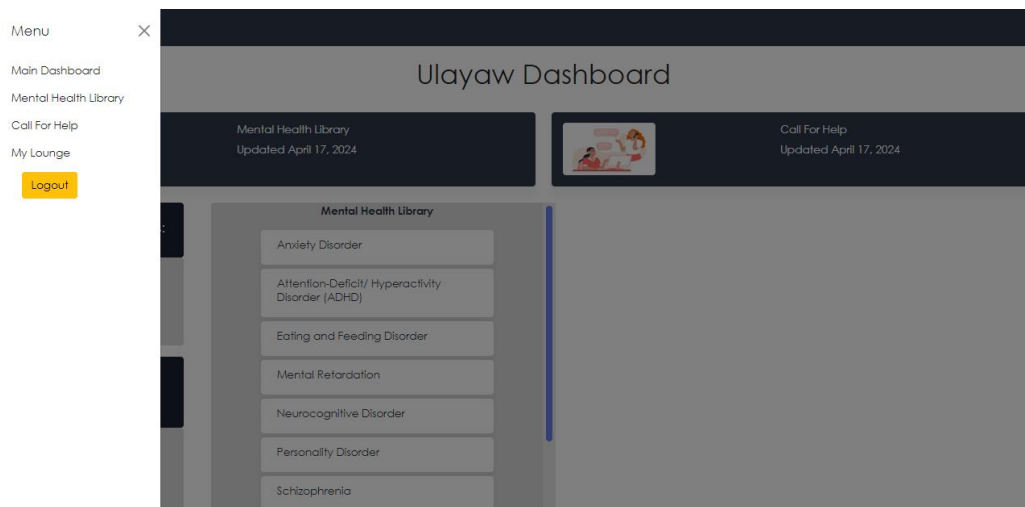
Mental Retardation

Neurocognitive Disorder

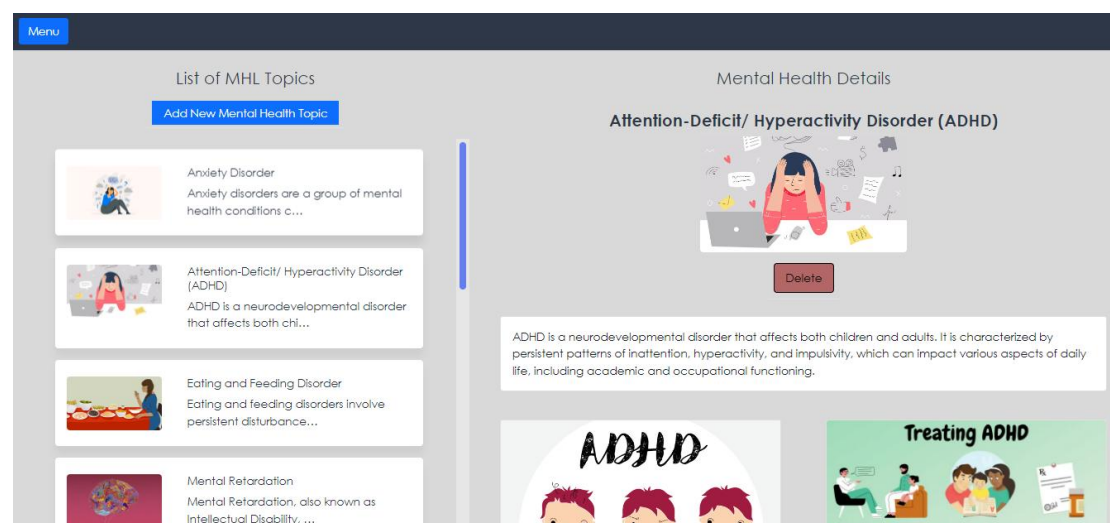
Personality Disorder

Schizophrenia

The main dashboard shows the number of incident reports taken from the form from the “Call For Help Page” and the number of mental health blogs in the website.



A side panel menu shows some links, let's start exploring the **Mental Health Library link** from the side panel.



Clicking the link redirects you to a page where the admin can browse and add Mental Health Blogs, which will be reflected in the website. This allows for easier content management.

Menu

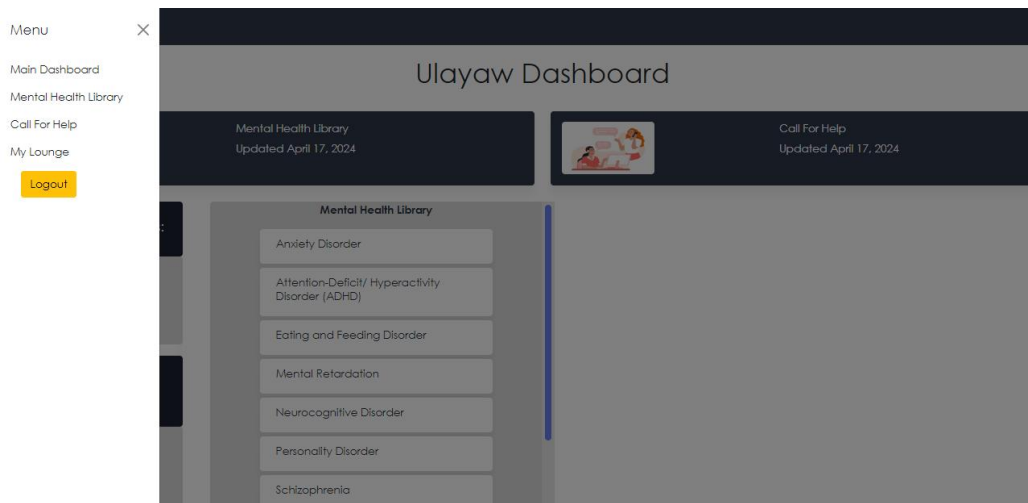
Add Mental Health Illness

Name:	Author Picture:	Symptoms Image:	Treatments Image:
<input type="text"/>	<input type="button" value="Choose File"/> No file chosen	<input type="button" value="Choose File"/> No file chosen	<input type="button" value="Choose File"/> No file chosen
Date Created:	Author:	Symptoms 1 Title:	Treatment 1 Title:
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Description:	Main Background:	Symptoms 1 Description:	Treatment 1 Description:
<input type="text"/>	<input type="button" value="Choose File"/> No file chosen	<input type="text"/>	<input type="text"/>
Slogan:		Symptoms 2 Title:	Treatment 2 Title:
<input type="text"/>		<input type="text"/>	<input type="text"/>
		Symptoms 2 Description:	Treatment 2 Description:
		<input type="text"/>	<input type="text"/>
		Symptoms 3 Title:	Treatment 3 Title:
		<input type="text"/>	<input type="text"/>
		Symptoms 3 Description:	Treatment 3 Description:
		<input type="text"/>	<input type="text"/>

Submit

Filling this form will add a blog about mental health disorders in the **Mental Health Library**.

Now let's explore the **Call For Help Link**,



From the form in the **"Call For Help"** Page, the data submitted will be shown in the Call For Help Dashboard

You can only submit once every 2 minutes

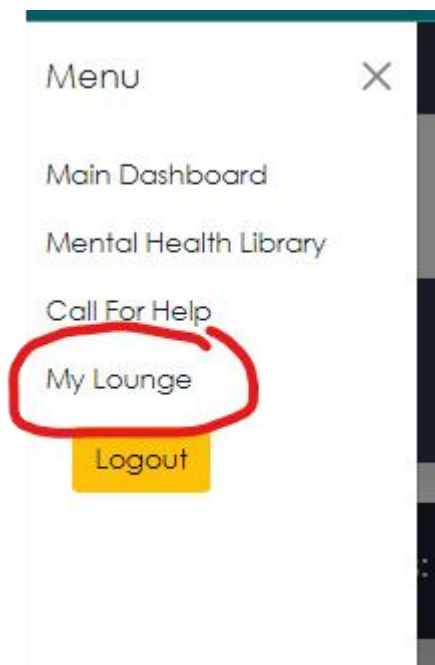
Request Help

Name:	<input type="text"/>
Contact #:	<input type="text"/>
Current Address:	<input type="text"/>
Tell Us What Happened:	<input type="text"/>
Select Picture:	<input type="button" value="Choose File"/> No file chosen
<input type="button" value="Submit Request"/>	0:57

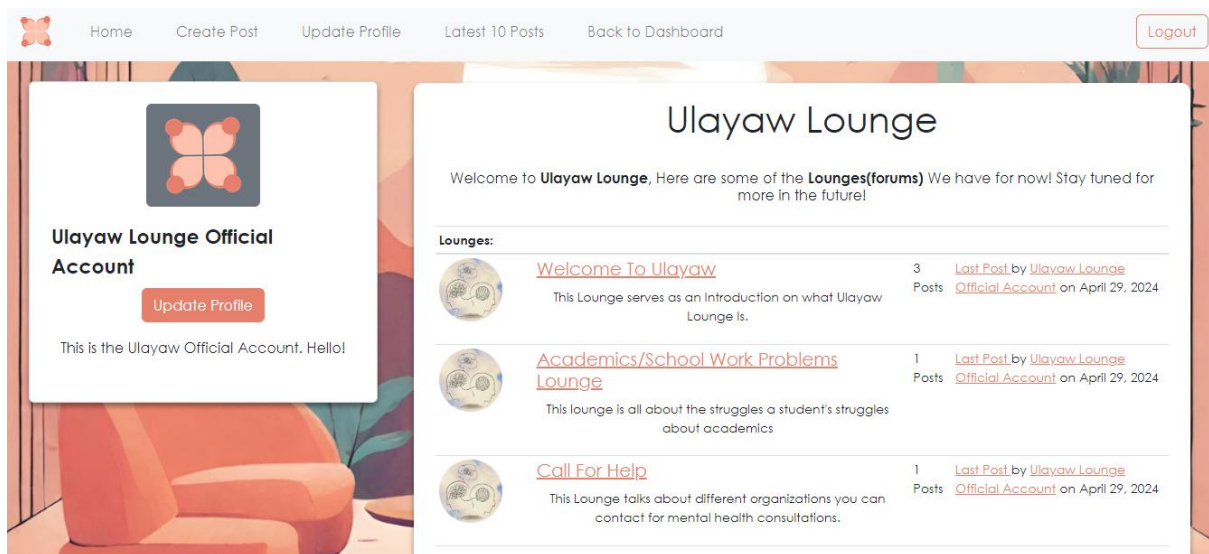
The screenshot shows a web application interface for 'Call For Help | Incident Reports'. The page is divided into two main sections: 'Call For Help' on the left and 'Call For Help Details' on the right. The 'Call For Help' section displays a user profile for 'Maron Harvey Sanchez' with a date of 'April 30 2024, 02:41 PM'. The 'Call For Help Details' section contains a 'Photographic Evidence' area with a silhouette image, a 'Description of Requestor' field with the text 'I need help with my mental health.', and two fields for 'Requestor Contacts' (09616894892) and 'Requestor Address' (#39 P. Zamora Street Baguio City). At the bottom right, there are 'Delete' and 'Save Changes' buttons.

All information submitted by the users will be shown in the dashboard. The administrator is capable of making use of this information to contact the user and connect them with the right people who can help.

Finally, let's move on to the Ulayaw Lounge:

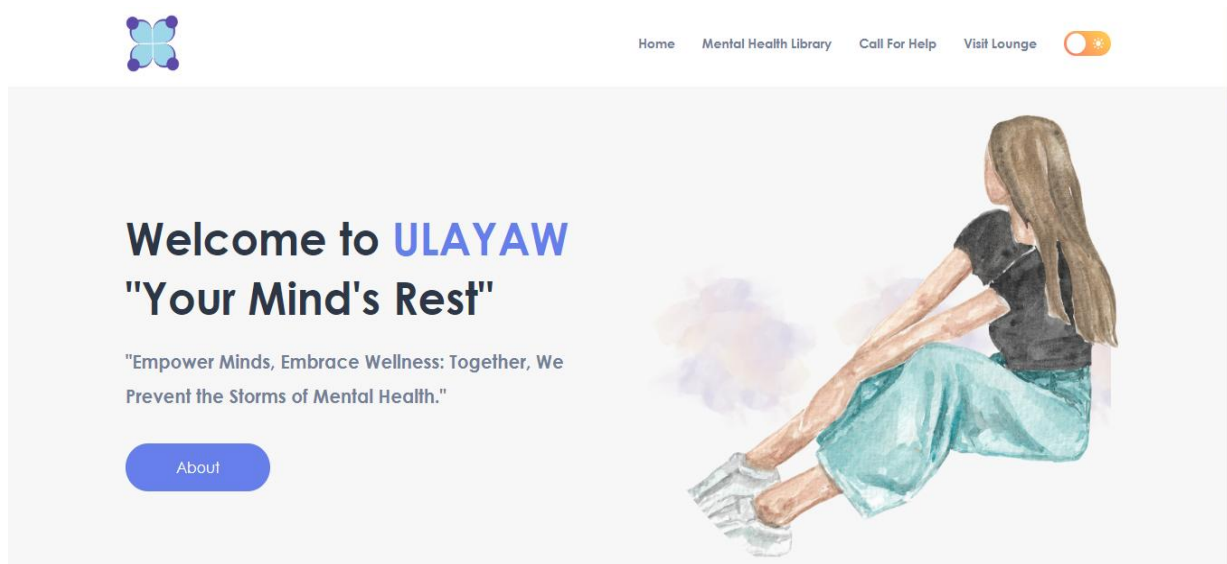


The administrator also has an account on the Ulayaw Lounge.



The administrator serves as the official account for the Ulayaw Lounge.

Ulayaw User Manual



Created by: Team BSUIans
For APPCON 2023

Link to website:

<https://ulayaw.pythonanywhere.com/>