



# Mindcare Connect

*"Where you live should not determine whether you live"-Desmond Tutu*

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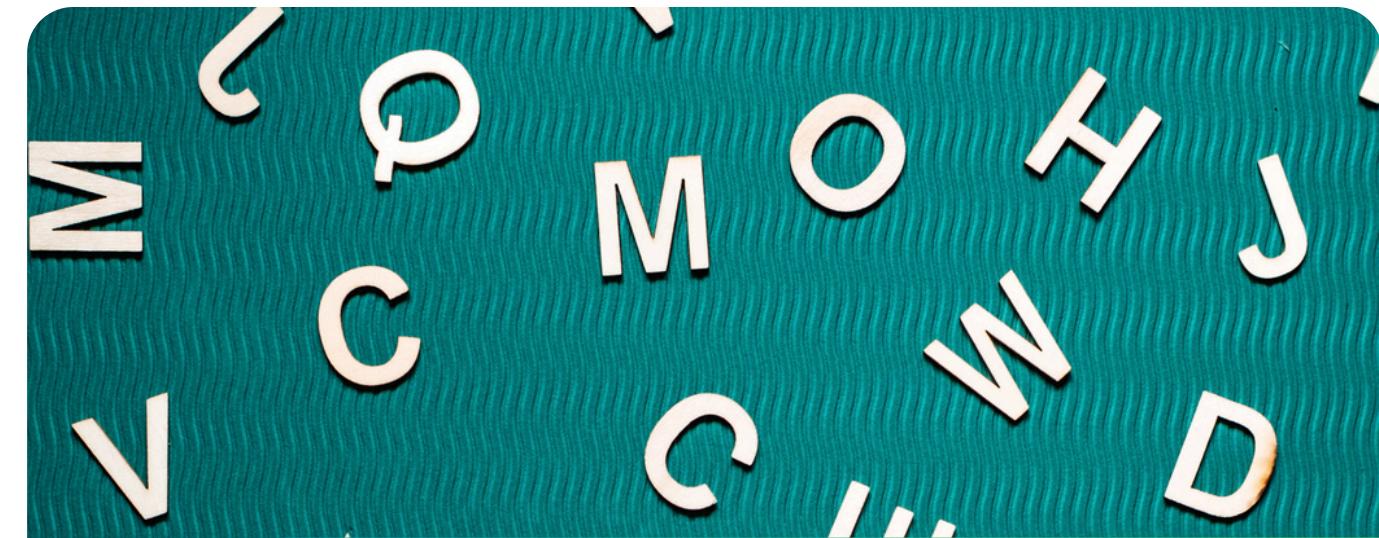
Carryne Ncube





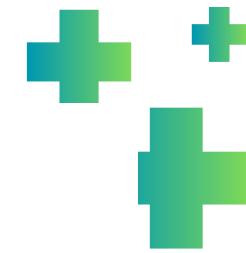
The severe scarcity of mental health professionals and resources in rural South Africa, compounded by stigma and underfunding, creates an urgent crisis where vulnerable youth lack essential life-saving support for depression, anxiety, trauma and substance abuse.

This matters because unaddressed rural youth mental health is not only a humanitarian crisis leading to high rates of youth suicide and substance abuse, but also a major obstacle to South Africa's future social and economic development, directly impacting educational attainment and community stability.

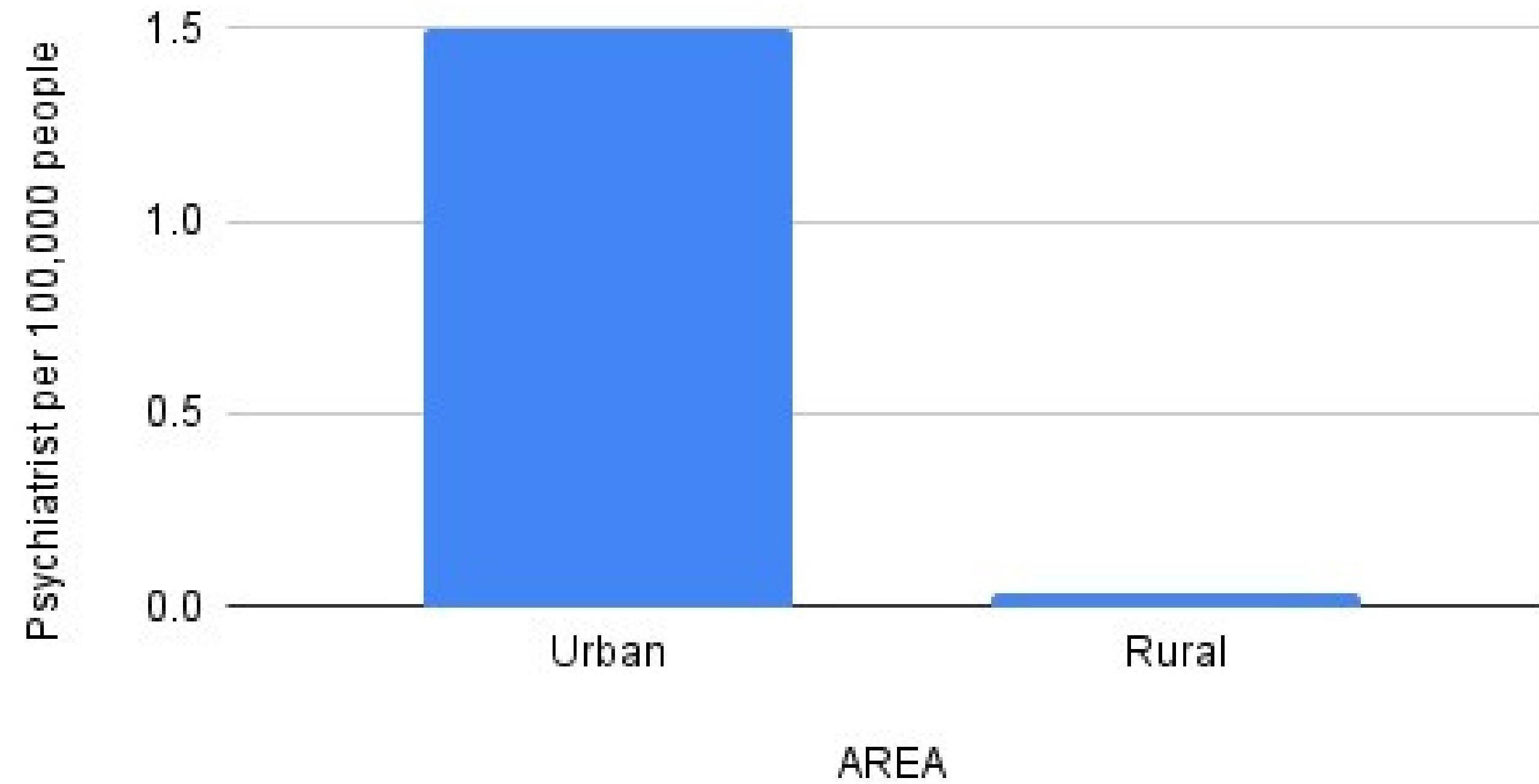


#### Stats That Matter:

- **10.1%** of young South Africans live with depressive disorders.
- **6.7%** experience anxiety disorders.
- **17.6%** have Post-Traumatic Stress Disorder (PTSD). These findings come from a systematic review by the South African Medical Research Council (SAMRC)



## Psychiatrist per 100,000 people vs AREA



- Vergunst R. From global-to-local: rural mental health in South Africa. *Glob Health Action*. 2018;11(1):1413916. doi: 10.1080/16549716.2017.1413916. PMID: 30000000.

# User:



**Name:** Themba Mkize

**Age:** 17

**Location:** Remote Village, Eastern Cape, South Africa

**Income:** Low-income household, with reliance on grants and casual wages

**Technology:** Uses a second-hand, older model smartphone with limited data for WhatsApp and school research.

## **His Story:**

Themba's life was recently shattered by a friend's suicide. He now experiences daily anxiety, intrusive thoughts and struggles to concentrate, leading to heavy drinking. He fears going to the local clinic due to stigma.

# Solution:

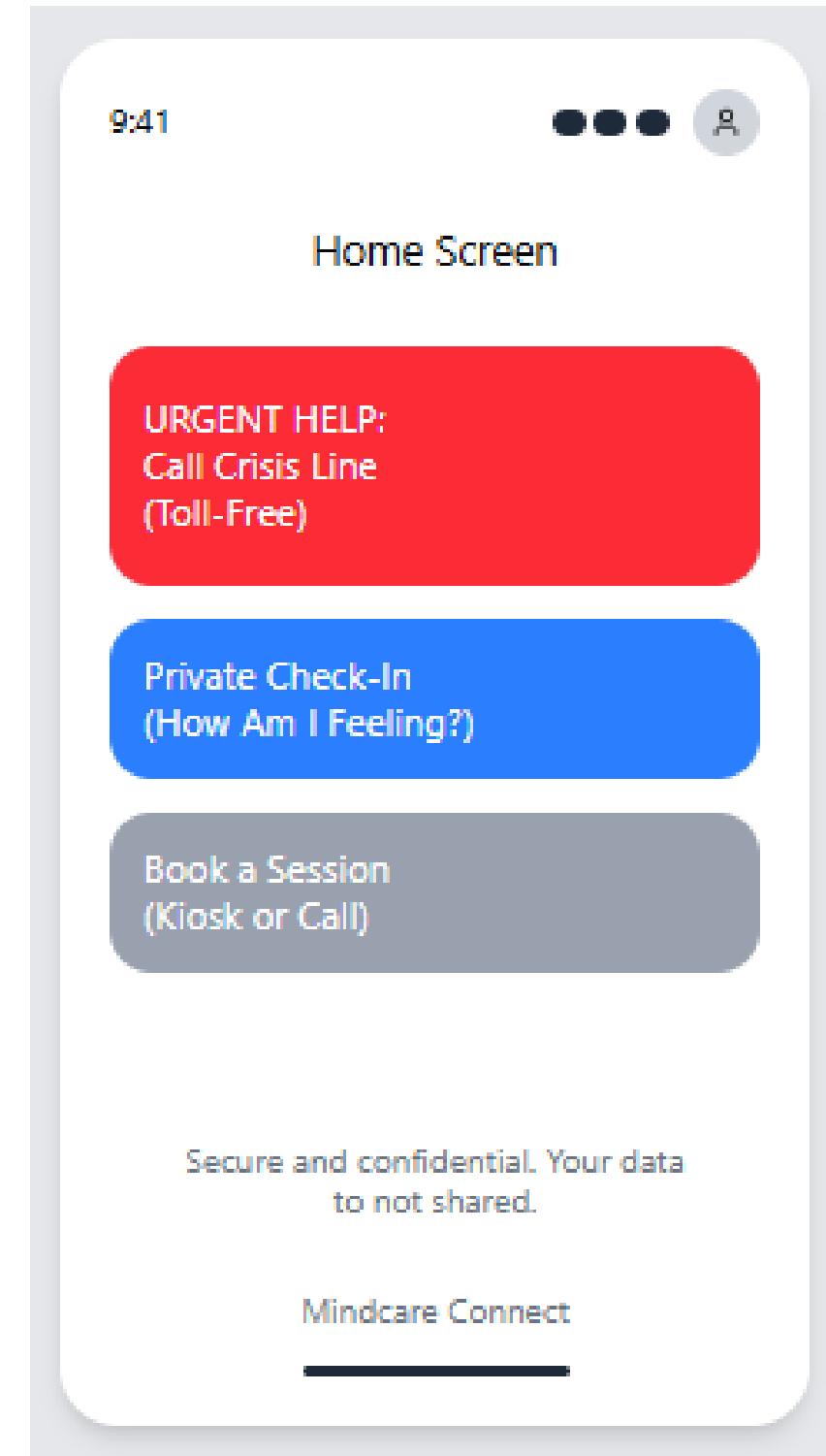
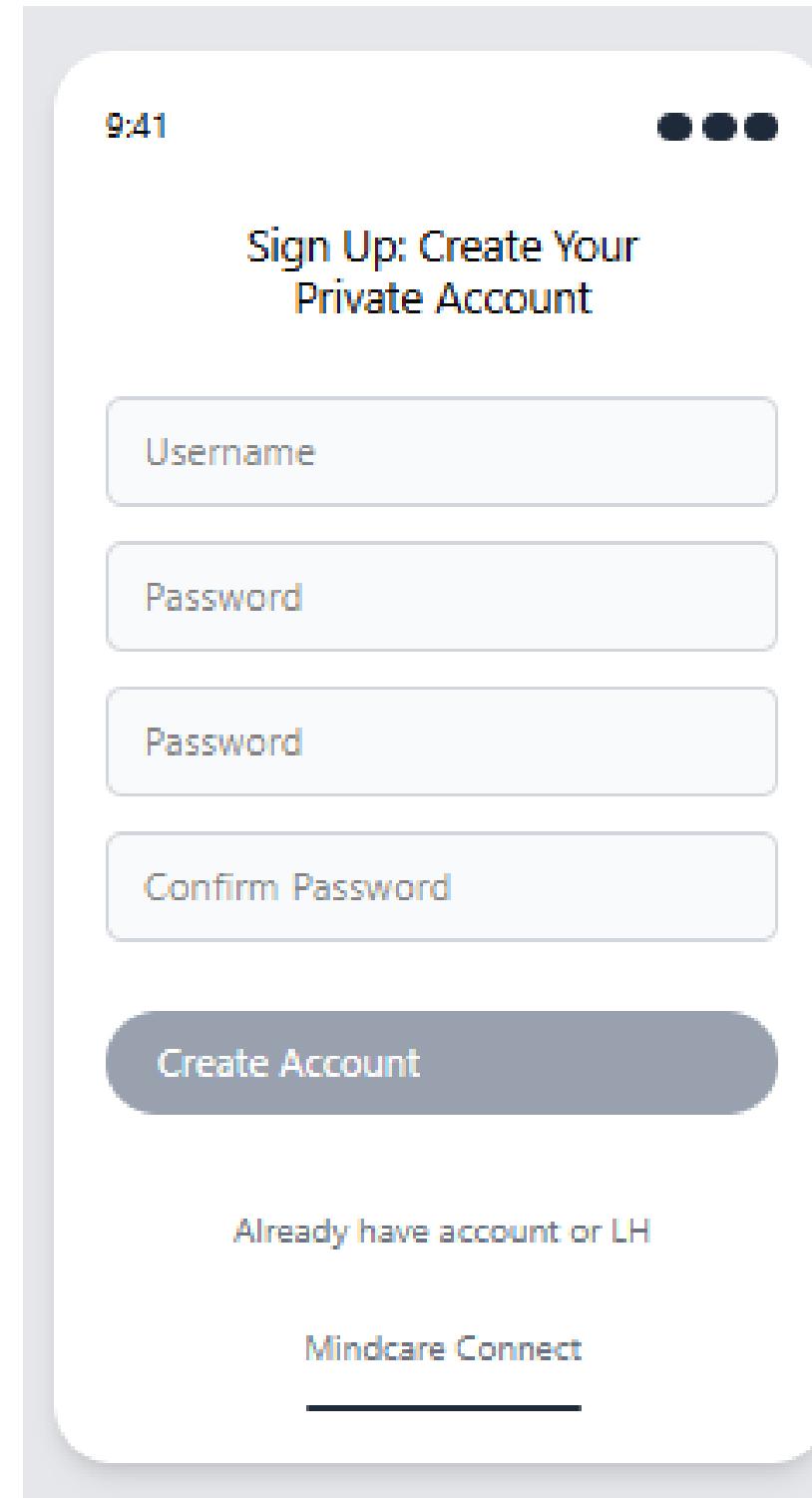
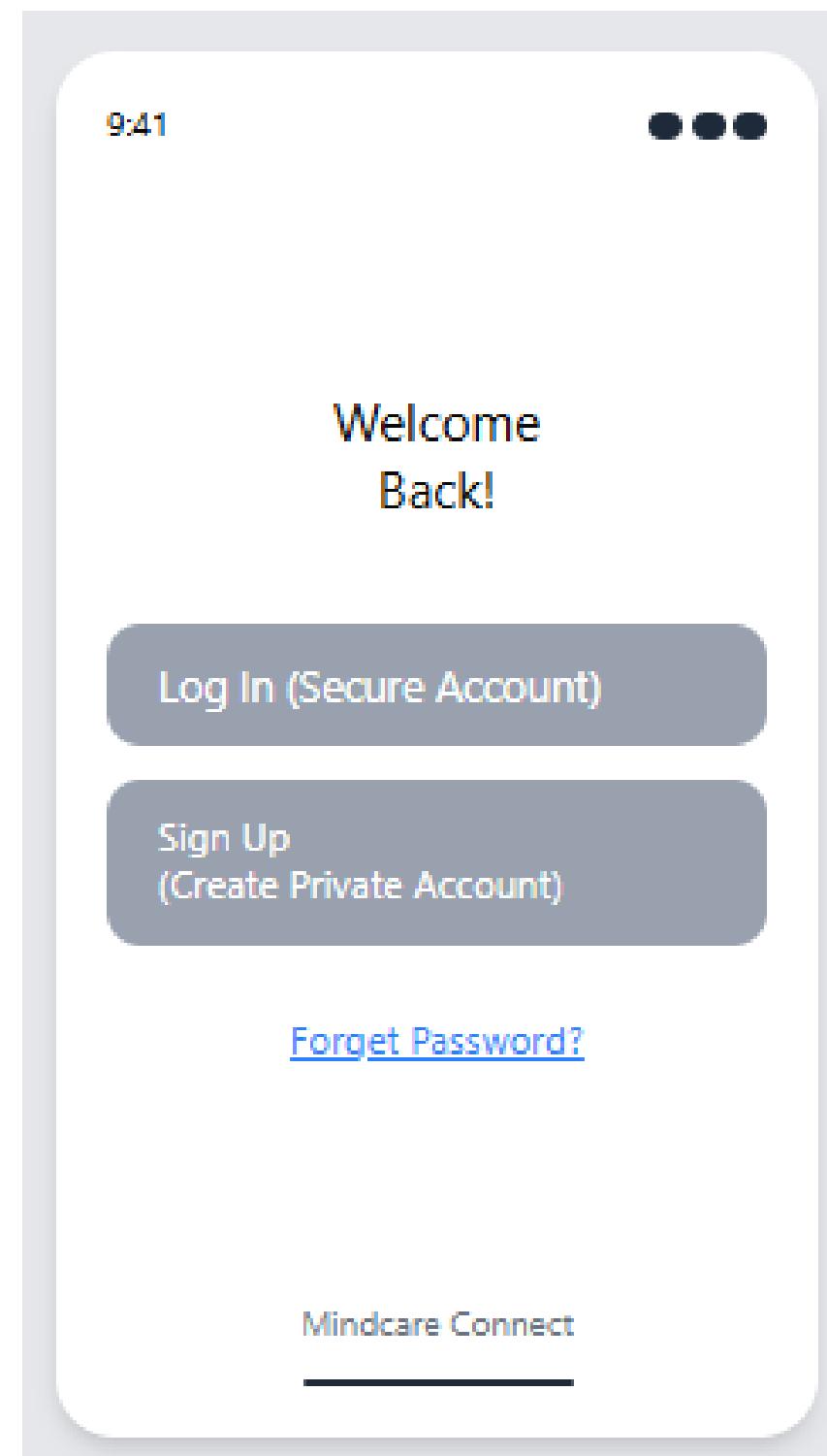


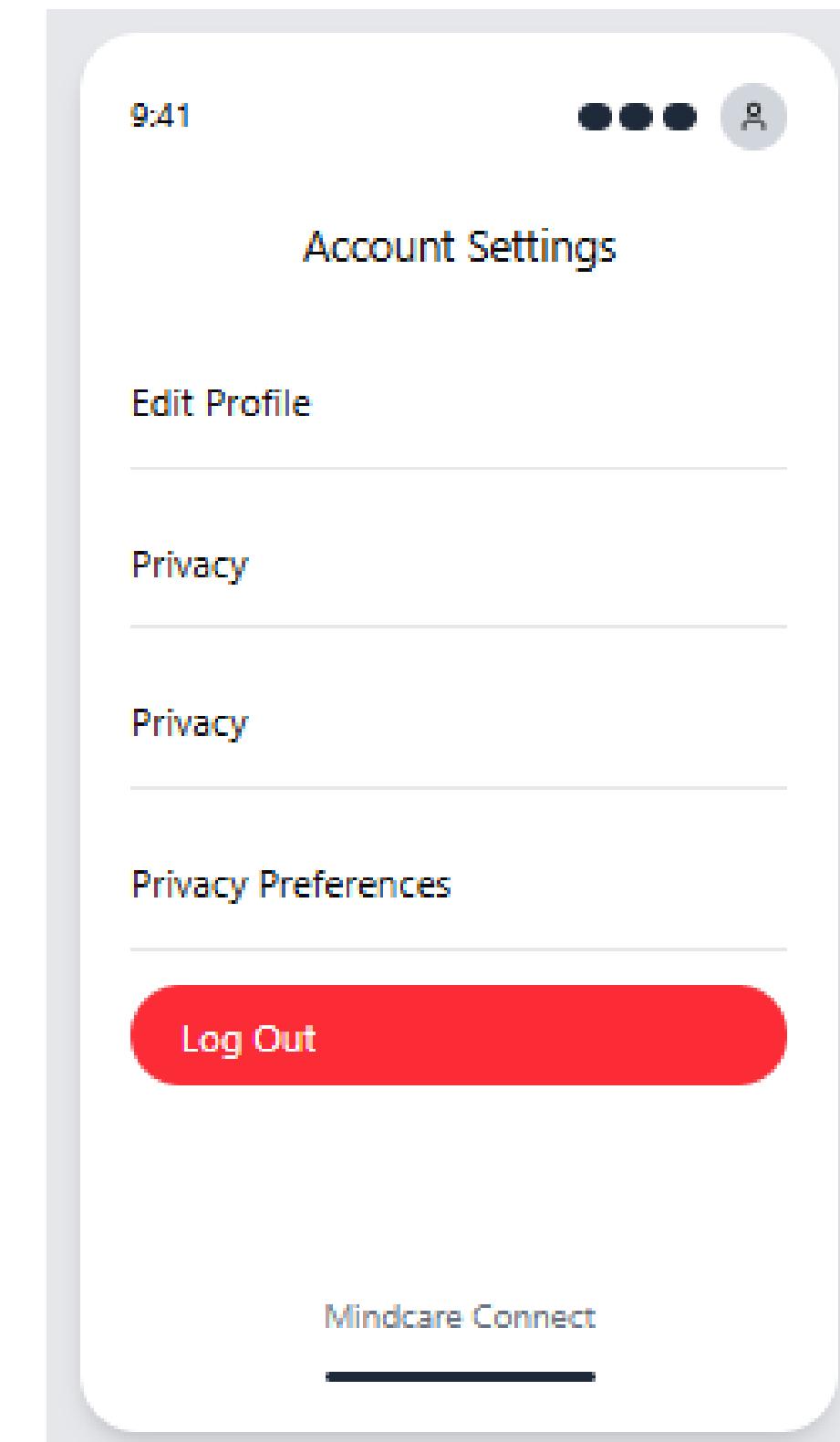
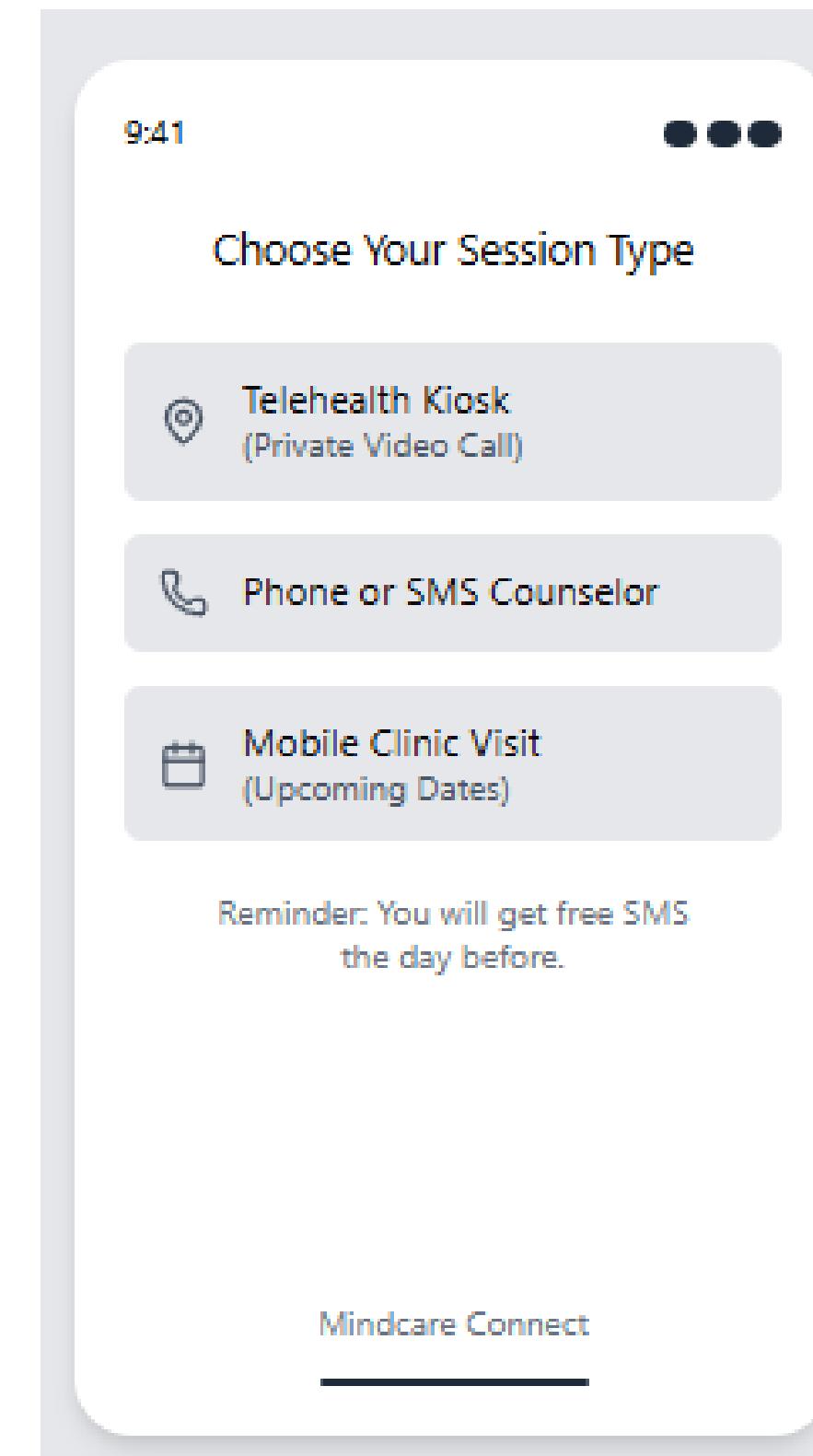
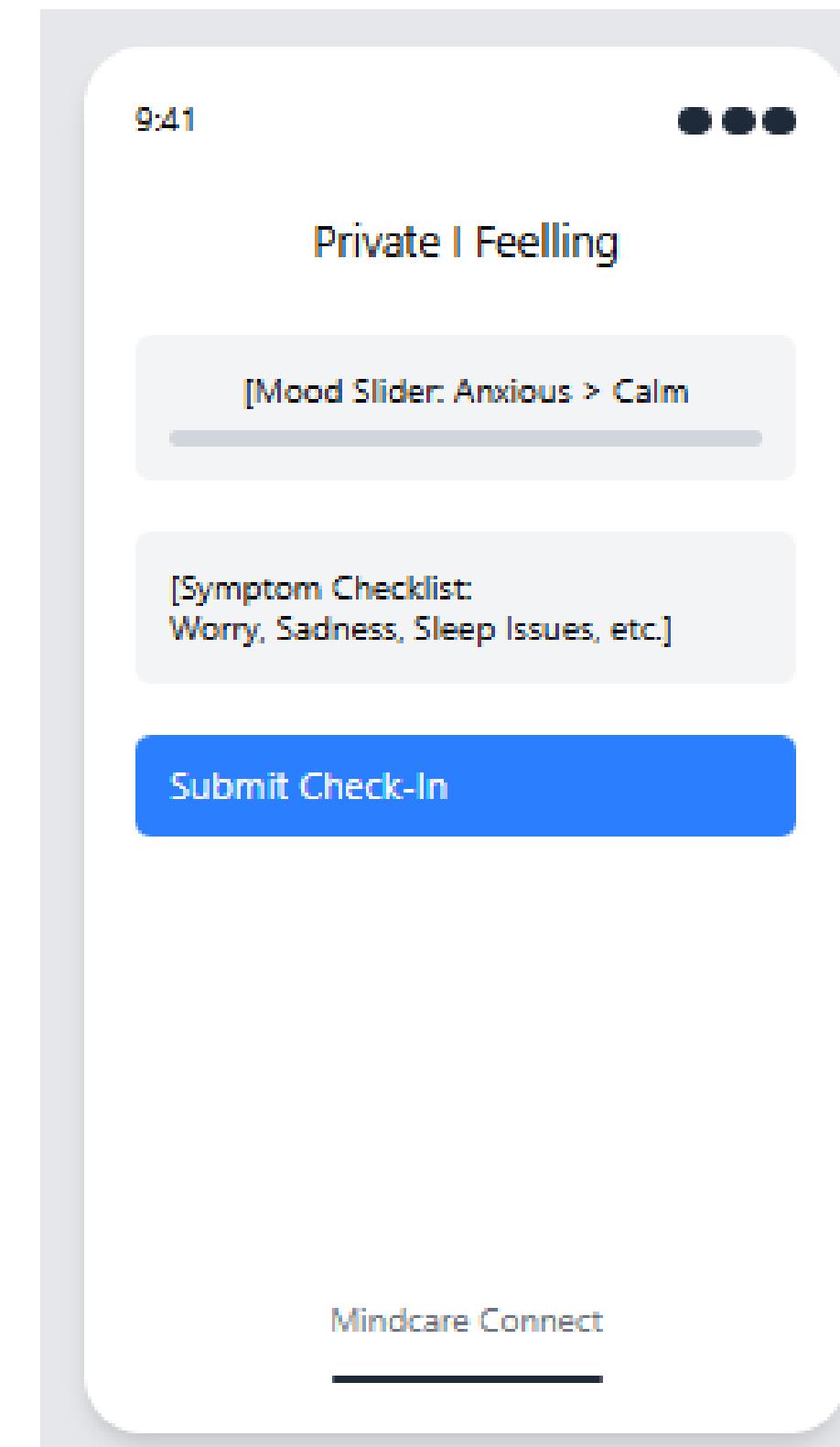
Our solution makes mental-health support accessible to rural youth by combining a toll-free hotline, SMS counselling, telehealth kiosks in clinics, mobile counselling teams, and a lightweight offline-friendly app.



By using existing infrastructure and blending remote support with on-the-ground care, this model overcomes workforce shortages, distance barriers, and stigma—making it a practical, scalable approach for rural communities.

# Wireframe+





# Pain Points:



- The app has very few actions to track patients progress.
- Add “Forgot Password” option on the login screen
- Improving login layout.

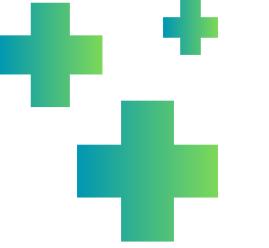
# Changes:



- Develop & implement a feature to track patient progress.
- Add “forgot password” feature.
- Redesign the login screen to improve user experience.



# Future Goals:



With funding, we'll accelerate our mission to bridge the mental health gap in rural South Africa. Our next steps include:

Rolling out mobile health clinics to reach remote areas, providing face-to-face support and assessments.

Launching a 24/7 toll-free helpline, giving teens a safe space to call for immediate support during mental health crises.

Expanding our telemedicine platform, enabling users to book appointments with qualified professionals, ensuring timely access to counselling and therapy.



# Thank You



This is about every young person facing the same invisible struggle with no clear path to help. Our solution gives them access, dignity, and a chance to heal.



