

Minds Matter: Building Resilience Together Hackathon Project

Objective

Create a website using HTML , CSS or other programming languages that raises awareness about and offers support for one of the following common mental health challenges faced by youth.

Topic Choices

1. Anxiety: Many young people experience feelings of worry or fear that can be overwhelming. This might show up as being constantly worried about school, friends, or the future.
2. Depression: Feeling sad or down for a long time can be a sign of depression. It can make everything seem harder and less enjoyable, even things they used to love.
3. Stress: Pressure from school, exams, relationships, or social media can lead to stress. It's like feeling overloaded with things to do and not enough time or energy to handle it all.
4. Body Image Issues: Young people often struggle with how they see themselves physically. This might include feeling bad about their weight, appearance, or comparing themselves to others online.
5. Bullying and Cyberbullying: Being teased, harassed, or bullied online can deeply affect youth. It can make them feel isolated, hurt, or afraid, even when they're not face-to-face with the person doing it

Website Requirements

Homepage

- Introduction to the chosen mental health challenge.
- Why it's important to raise awareness and provide support.
- Brief overview of what visitors will find on your website.

Information Page

- Detailed information about the chosen mental health challenge.
- Facts, statistics, and common symptoms associated with the challenge.
- Ways to identify if someone might be experiencing this challenge.

Support Resources

- List of helpful resources such as hotlines, websites, or organizations that provide support and information.
- Tips for self-care and coping strategies related to the mental health challenge.

Get Involved

- Suggestions on how visitors can get involved in supporting individuals facing this challenge.
- Call to action for donations, volunteering, or spreading awareness through social media.

Contact Us

- Simple contact form or email address for visitors to reach out with questions or feedback.
- Optional: Include links to social media profiles for further engagement.

Technical Requirements

- Use HTML to structure your website content (headings, paragraphs, lists).
- Implement CSS for styling elements (colors, fonts, layout).
- Ensure your website is responsive and works well on both desktop and mobile devices.
- Optionally, you can use JavaScript, PHP, MySQL, or other languages for additional features or dynamic content.

Submission Guidelines

- Submit your project as a GitHub repository link.
- Include a README.md file explaining your project and its purpose

Additional Tips

- Keep your design clean and user-friendly.
- Use images, icons, or graphics to enhance your content (ensure you have the rights to use them).
- Test your website to ensure all links and forms are functional.

Judging Criteria

- Clarity and Relevance
- Creativity and Design
- Usability and Navigation
- Impact and Awareness