

### Summary:

Mental Keep is a safe space journal application that allows users to have a media to release their mental thoughts that they may be struggling with at the time. The application will feature two parts: a quick jot and registered journal. Quick jot just allows no save use of the application. Registered allows the users to participate in PHQ-9 questionnaire. This questionnaire is often used by the medical field to gauge the individuals feelings. Based on the users results of the PHQ-9 they will be redirected back to the journal to begin their self-journey through documentation and receive helpful reference links. Should the score be high they will receive reference links to professionals that can properly diagnose and help the user. The experience of the application is built around providing a self-growth platform in mental healing. The system is built around the premises of someone to listen. Mental Keep does that, listens.

### API:

The API selected provides inspiration quotes of the day (QoD) on the home screen. The quote changes daily.

