



## Rejul

**Age:** 20

**Education:** BBA

**Hometown:** Bhopal

**Family:** Joint

**Occupation:** Student

“Mostly I don’t understand when my mental health is down and when it is good”

### Goals

1. She would like the app to address to check if she needs to get a check up done or not.
2. Reminders and Notifications for you to check in, take medications or engage in self care activities.

### Frustrations

She doesn’t understand when my mental health is down and when it is good.

Rejul is a 20 year old girl who lives with her family in Bhopal. The challenge she faces about her mental health is that she doesn’t understand when her mental health is down or when it is good. She engages in her hobbies , goes out for a drive or tries talking to a friend. She would like the app to give reminders and notifications for checking in and engaging in self care activities.



**RISHI**

**Age:** 20

**Education:** BTech

**Hometown:** Bhopal

**Family:** Nuclear

**Occupation:** Student

## “Fear of getting joked upon my mental state”

### Goals

1. He would like the app to provide secure communication channels.

2. Finds value in connecting with mental health professionals or accessing educational resources through the app.

### Frustrations

Fears of getting joked upon his mental state.

Rishi is a 20 year old boy who lives with his family in Bhopal. The challenge he faces about her mental health is that he fears of getting joked upon his mental state. He does not engage in any specific method, he says it is just the way he feels. He would like the app to provide secure communication channels.