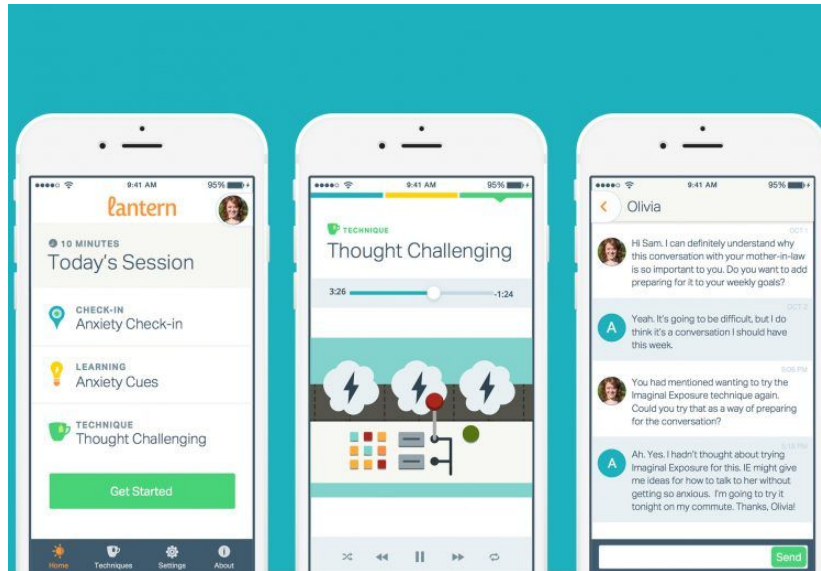# Comparative Analysis

Lantern

Audience - People in distress

How it works - Lantern is a mobile and web based platform that combines experts advice with CBT. It starts off by taking an assessment test of it's users to identify their strengths and weaknesses in various aspects of human life. Then they provide daily exercises catered to their user's needs based on assessment. Every user is also provided with a professional coach to help provide feedback and guidance.

Interface Design -
- A simple approach to a complex problem.
- You have 3 main functions which are visible at the home page, the messaging aspect could use some improvements(Almost feels like talking to ask.com)
- Great use of iconography, and calm color scheme.

Drawbacks -
- It costs $75/month to be a part of this program.
- What about immediate help?
- What if people lie about their mental health, how do verify the answers to give the best support?

Code Blue

Audience - Teenagers struggling with depression

How it works - Users can create a support group from their contacts. In case of emergency, you click on the code clue button, and a notification goes to all the members of the support group, and you can call and text the person in distress. The app also allows to share location, so fellow members of the support group can find you.

Interface Design - The application is no longer available.

Drawbacks -
- There are some privacy issues with sharing your location with strangers.
- What about daily activities? How do you control that?
- A professional counsellor or the ability to get in touch with one is pretty important.