DISCOVERY

WHAT WERE KEY PROBLEM AREAS?

PRIMARY
RESEARCH

*PTSD Victim
Questionnaire*

Isolation,
connection,
escapism

SECONDARY
RESEARCH

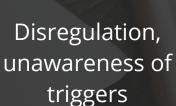*Mentors, academic
papers,
presentations*

Disregulation,
unawareness of
triggers

INSTITUTIONAL
BARRIERS

*Occupational
stressors, job
expectations*

Insufficient
preemptive
measures

NEEDS ≫ **SOCIAL
SUPPORTS** + **INTERNAL
REGULATION** + **SUSTAINABILITY**

WE USE DATA TRACKING TO HELP USERS

UNDERSTAND & **ANTICIPATE** TRIGGERS TO **RESTORE CONTROL**

USING AN INTUITIVE, VOICE-BASED INTERFACE TO ENSURE

ACCESSIBILITY, EASE OF EXPRESSION, & SUSTAINABILITY

WHILE EMPOWERING SOCIAL SUPPORTS

TO KNOW **WHEN** AND **HOW** TO ENGAGE AT CRITICAL MOMENTS

BECAUSE TOGETHER, WE ARE STRONGER

SO WHAT DOES THIS LOOK LIKE?

LET'S MOVE ON TO THE WEBSITE