<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<title>Mental Health Support</title>

</head>

<body>

<h1>Welcome to Mental Health Support</h1>

<nav>

<a href="{{ url\_for('resources') }}">Mental Health Resources</a>

<a href="{{ url\_for('mindfulness') }}">Mindfulness Practices</a>

<a href="{{ url\_for('support') }}">Peer Support</a>

</nav>

</body>

</html>

* templates/resources.html:

html

Copy code

<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<title>Mental Health Resources</title>

</head>

<body>

<h1>Mental Health Resources</h1>

<ul>

{% for resource in resources %}

<li>

<strong>{{ resource.title }}</strong><br>

<p>{{ resource.content }}</p>

{% if resource.url %}

<a href="{{ resource.url }}" target="\_blank">More info</a>

{% endif %}

</li>

{% endfor %}

</ul>

<a href="{{ url\_for('index') }}">Back to Home</a>

</body>

</html>

* templates/mindfulness.html:

html

Copy code

<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<title>Mindfulness Practices</title>

</head>

<body>

<h1>Mindfulness Practices</h1>

<p>Guided meditation sessions and mindfulness tips can be found here.</p>

<ul>

<li><a href="https://example.com/meditation" target="\_blank">Guided Meditation</a></li>

<li><a href="https://example.com/mindfulness-tips" target="\_blank">Mindfulness Tips</a></li>

</ul>

<a href="{{ url\_for('index') }}">Back to Home</a>

</body>

</html>

* templates/support.html:

html

Copy code

<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<title>Peer Support</title>

</head>

<body>

<h1>Peer Support</h1>

<form method="post">

{{ form.hidden\_tag() }}

{{ form.message.label }}<br>

{{ form.message(cols=40, rows=10) }}<br>

{{ form.submit() }}

</form>

<h2>Messages</h2>

<ul>

{% for message in messages %}

<li>{{ message.message }}</li>

{% endfor %}

</ul>

<a href="{{ url\_for('index') }}">Back to Home</a>

</body>

</html>