

A platform to help your mental health

+





WHY?

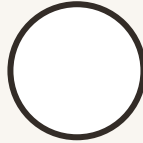
Because your mental health is important!

**Who has
never felt
burnt out?**

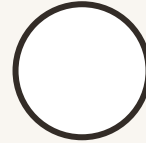
The platform tries to evaluate your feelings



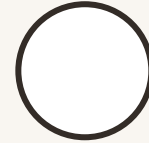
What are you
feeling?



Sad



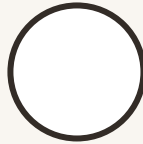
Angry



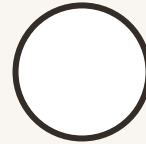
Fearful



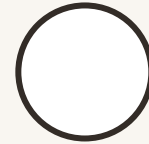
Surprised



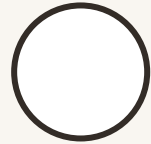
Disgusted



Happy



Bad



I don't
know!

Be honest with yourself





Tell us what you feel, and make it easier for your professional!

Be specific

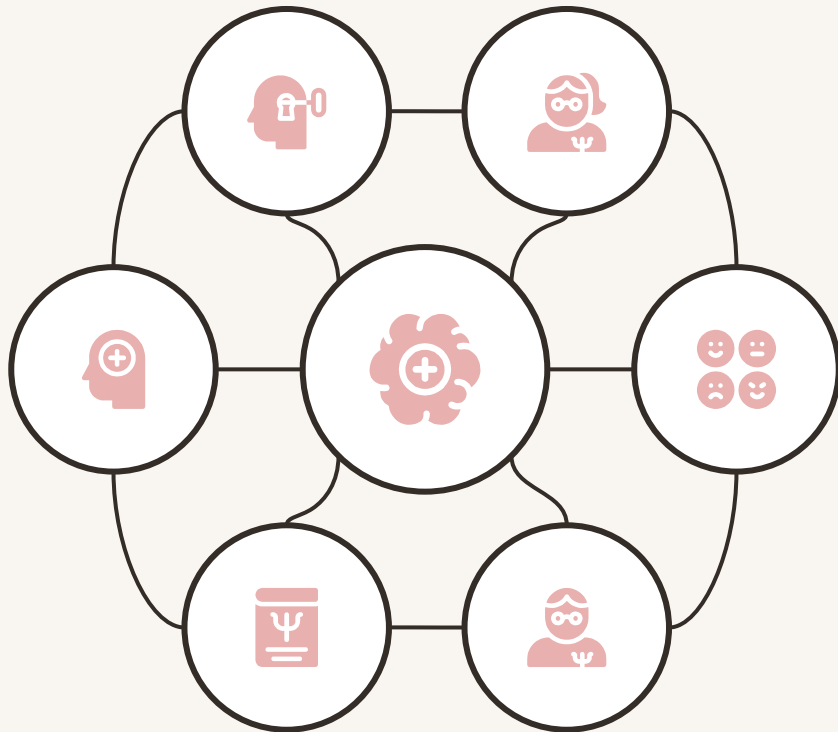
Be detailed in what you're feeling

Be real

Be honest with yourself

Organize

Try to organize your thoughts and feelings



Self-identity

Know yourself better

Actions

Know what is affecting you and why

Safe & Secure

Anxiety free conversations with your AI friend



Tell us what you feel, and make it easier for your professional!

with your specialist knowing more about you, everyone wins



1

Know your feelings

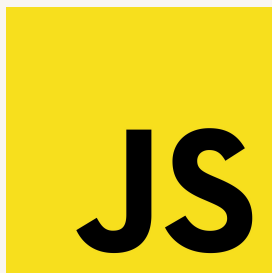
2

Organize and put them
into words

3

Specialist understands
you better





What technologies did we use?



The background is a light beige color with various decorative elements. In the top left, there are pink concentric curved lines, a white cloud outline, and a small orange dot. In the top right, there is a large white circle containing a yellow flower with a black center, a small pink dot, and another small orange dot. In the bottom left, there is a large white shape, a pink plus sign, and a small orange dot. In the bottom right, there are pink concentric curved lines, a small pink dot, a white cloud outline, and a small orange dot.

Thanks

Credit: [Slidesgo](https://www.slidesgo.com)