

Assignment # 1

**Build a Professional Website with
Inspiration from an Existing Model**

CCT360

Sukhman Vig

May 25th, 2021

Sheridan Student Number: 991562998

Sheridan Username: vigsu

UTM UtorID: vigsukhm

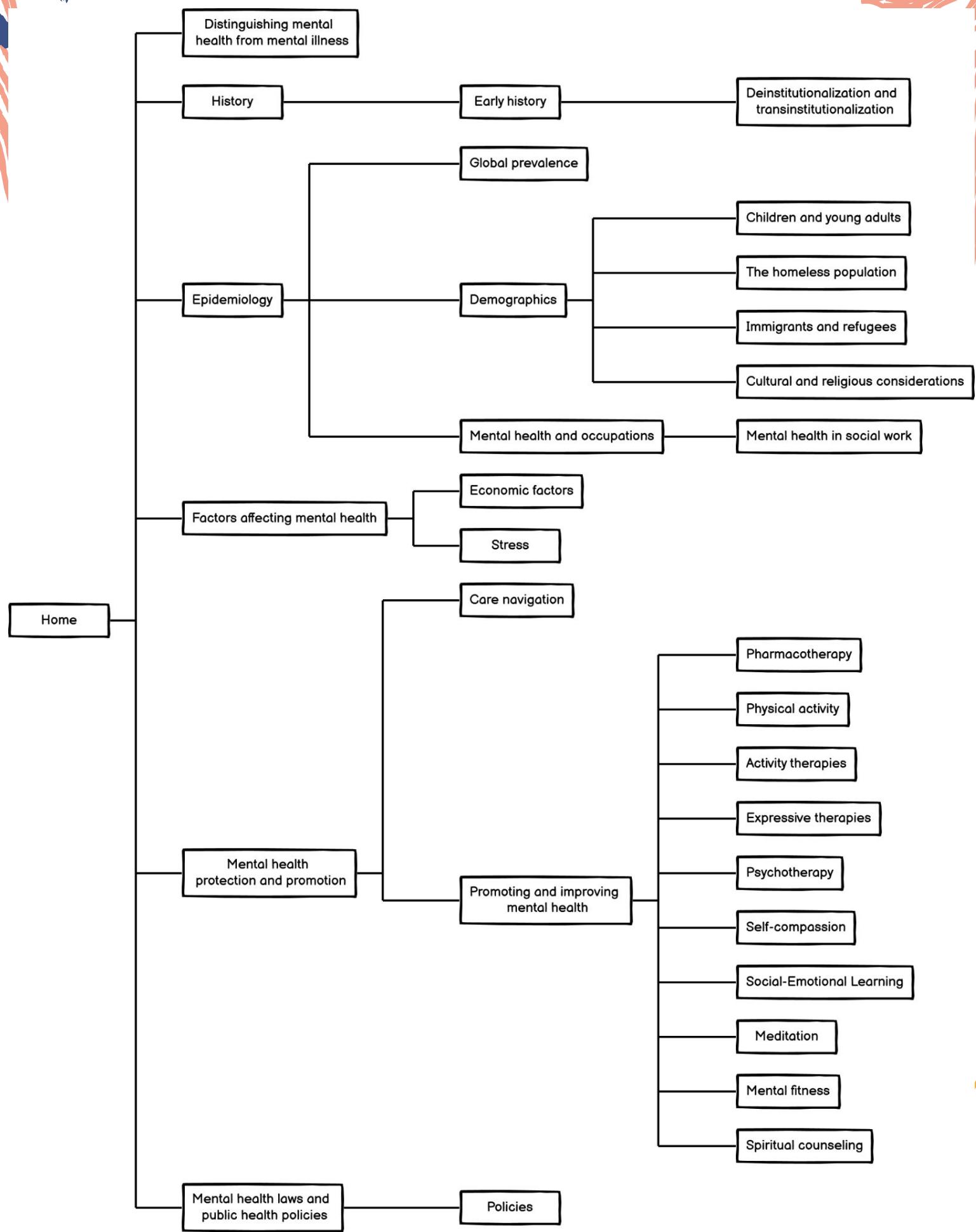
UTM student number: 1005256599

University of Toronto / Sheridan College

Sepideh Banihademi



IA of Original Wikipedia Page



Personas

Ameek Gill



Age: 17
Gender: Male
Ethnicity: South Asian
Relationship Status: Single
Location: Brampton, Ontario
Education: Bramalea Secondary School (High School)
Occupation: None
Income: None

"The war that is happening within myself, it never goes away even if I try"

Needs

Materials/Concepts



Support Needed



Sleeping Performance



Behaviours and Attitudes

Motivated



Confidence



Mood



Challenges/Pain Point:

- He feels unmotivated to work on his studies. The reason why is because he can not develop as many ideas and can't see new ideas since he struggles with overthinking and becomes more anxious with that.
- Ameek is finding it difficult to interact with students in the class as he has too much work to do and he really can't have a social life.
- Insufficient information is provided for him to develop ideas and to find help.
- Ameek needs to put in time and effort in order to learn new things as he cannot pick up on new concepts in just one day.
- Since he is in high school, he seeks information about academic and mental health from school resources like his guidance counselor, as well as from college fairs, social media, and his own online research as there isn't a trusted individual Ameek can turn to.

Goals

- Finishing High School with good grades and test scores
- Getting accepted into a top rated school related to the occupation around Technology and Artificial Intelligence creation.
- Understanding the basics and making a foundation for making new devices that are innovatively efficient.
- Having the ability to create new ideas while still maintaining his mental health and self-esteem.
- Discovering new ways to work and make more effective decisions when working smarter is better than working harder.

Biography

Ameek is a third-year student at Bramalea Secondary School and he loves exploring modern technology. He is always challenged to think outside the box and implement his ideas to solve real life problems. With always finding new ways to get better and become more independent, Ameek started developing anxiety and depression with all the thoughts of performing at his best all the time. But now especially with these unprecedented times due to Covid-19, Ameek has been feeling more anxious and depressed with school work and what future decisions he will have to make considering his upcoming post-secondary pathway. Since Ameek is in grade 11, he has now been faced with the pressure to perform at his best while still maintaining other commitments in life. Grade 11 marks are important for his application. Once he has early acceptance from the institution he'd like to study at, the battle is already more than half won. Getting good marks in grade 11 could depict his future but right now it is deteriorating his mental health as he has the pressure to succeed in his studies on his mind all the time. He is also facing social concerns about not having enough friends once he gets to university, as he does not want to be separated from his current high school friends. Although he wants to spend time with his friends and family, he cannot, he feels that he has to make studying his one and only priority. Ameek is an overthinker, when he cannot solve a homework problem or any problem in this life, he dwells on it until he comes to some sort of solution. Due to this his anxiety levels have become extremely high. However Ameek loves to have an organized way of living life and doing his tasks. He is just like every other grade 11 boy, but one that can not navigate his way through his mental health issues. Although fears and worries are typical at this age with new responsibilities, persistent or extreme forms of anxiety and depression could lead him down the wrong path.

Luis Espinoza



Age: 41
Gender: Male
Ethnicity: Latino
Relationship Status: Married with 2 kids
Location: Tampa, Florida
Education: University of South Florida
Occupation: Ex Military Veteran
Income: \$20,172/ year (when active)

"At this point I don't know what I feel and what I want, I just can't stop stressing"

Needs

Materials/Concepts

Support Needed

Sleeping Performance

Behaviours and Attitudes

Motivated

Confidence

Efficiency Of Time

Challenges/Pain Point:

- He feels unmotivated to keep going as he believes there is no point for it. Why this is being said is because he thinks that whatever is happening to him will interfere with everyday life as well as healthy situations and relationships.
- Re-living the traumatic event through unwanted and recurring memories, flashbacks or vivid nightmares. There may be intense emotional or physical reactions when reminded of the event including sweating, heart palpitations or panic.
- Luis is discovering that this is a lifelong process to heal, as no medicine can heal what he has experienced
- It is hard for Luis to afford getting help considering he is only a military veteran as not that many resources are given to him.

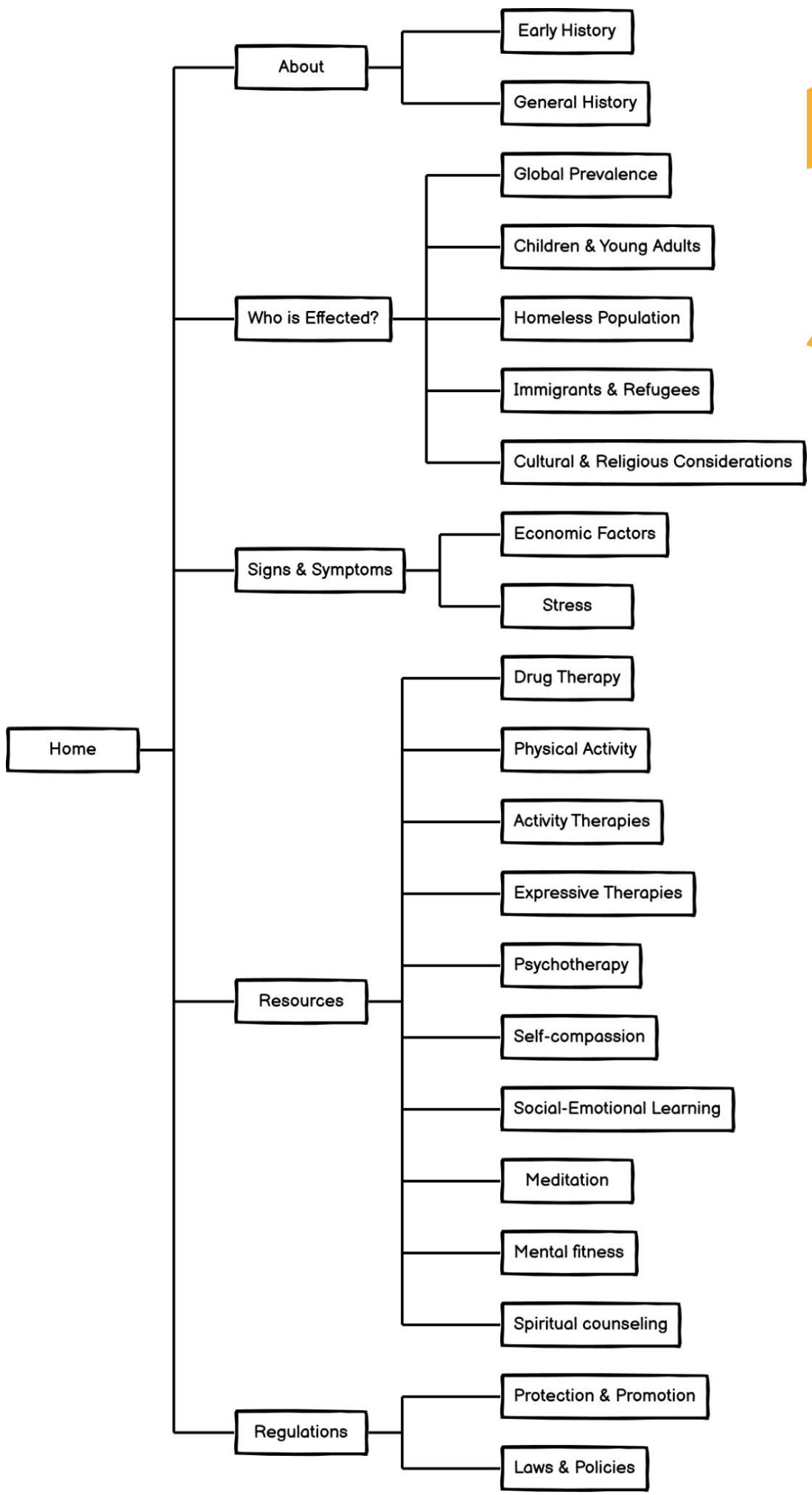
Goals

- To overcome and get proper care for the PTSD caused in war
- Having the ability to express his feelings and talking openly to get more help for what causes the relapse or events.
- Understanding the basics and making a foundation for starting a new life, that helps to maintain his mental health and self-esteem.
- Reteaching the ability to manage less frequent outbursts of anger and rage.

Biography

Luis, 41 years old, is a US military veteran who had returned home from Afghanistan after two tours, where he had served as an officer. While being on the line of duty, a bomb exploded near his post leaving him first in a coma and then paralyzed from the waist down. His wife, kids and family were worried for him for a long time since they did not know if he would come out of his coma, but luckily he did. Although all of these symptoms were very distressing, Luis was most worried about his extreme anger. Even the slightest thing would tick him off and give him flashbacks to the horrifying event he faced in the past. His "hair-trigger temper" caused fights with his own family, cursing at strangers who stood too close and even "attack mode" when he would talk to someone. His family has been trying to support him, but while visiting the doctor he was officially diagnosed with PTSD after finding relating factors back to negative emotionality, neuroticism, harm avoidance, novelty-seeking and self-transcendence, as well as to trait hostility/anger and trait anxiety. He still struggles with the thoughts of people trying to hurt him as he continues to describe his flashbacks of the moment when in the military when he was on call. Until this day Luis still describes the constant thoughts and memories of death-related events, weekly vivid nightmares of combat that caused trouble sleeping, anxiety and a loss of interest in hobbies he once enjoyed with friends. At one point he was happy before his army service, now Luis is just frightened and scared of what he could do next to hurt someone; even though deep down he doesn't want to, he just can't help it.

Revised IA



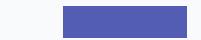
Navigation



LEGEND



Structural Navigation



Global Navigation



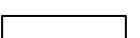
Local Navigation / Sub-Categories



Associative Navigation



Utility Navigation



Foot Navigation

Wireframes

A Web Page
https://mentalhealth.com

Mental Health | About | Who is Effected | Signs & Symptoms | Resources | Regulations

SubNav1 SubNav2 SubNav3 SubNav4 SubNav5...

Rethink. Mental Illness.

Background image

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EXPLORE A NEW WAY OF LIFE

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FIND A THERAPIST NEAR YOU

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WHY DO ECONOMIC FACTORS EFFECT ME

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Footer

A Web Page

https://mentalhealth.com

Mental Health [About](#) | [Who is Effected](#) | [Signs & Symptoms](#) | [Resources](#) | [Regulations](#)

Who is Effected?

Background image

EXPLORE A NEW WAY OF LIFE

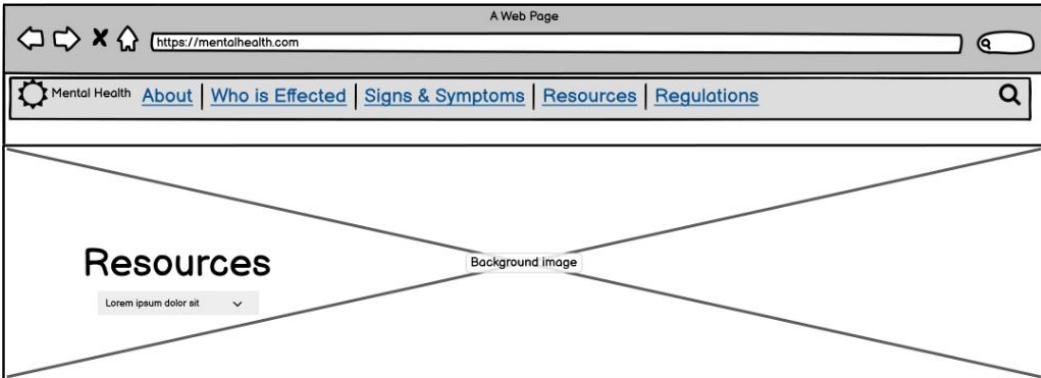
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FIND A THERAPIST NEAR YOU

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EXPLORE A NEW WAY OF LIFE

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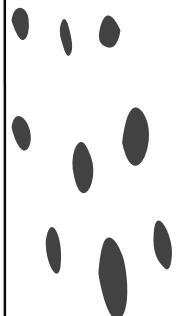
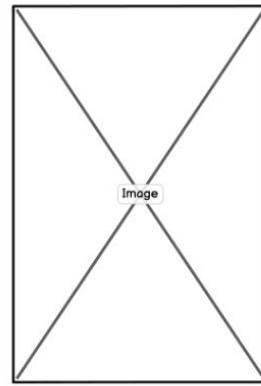
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FIND A THERAPIST NEAR YOU



Model Website Chosen

<https://www.leisurecare.com/>

Home Page/Landing Page

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Resources

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Live Big. Live Bold.

Retirement should feel like you're on a permanent vacation. Which is exactly why our communities celebrate freedom from obligation, helping you pursue new interests, and reignite forgotten passions.

EXPLORE OUR LIFESTYLES

We offer a variety of options tailored to fit your specific wants and needs.



INDEPENDENT LIVING



ASSISTED LIVING



MEMORY CARE

MAKE YOURSELF AT HOME

Enter City, Zip Code, or Community Name



[View All Communities](#)



MEET FUN PEOPLE. DO FUN THINGS.



TRAVEL BY LEISURE CARE

Whether it's a weekend in wine country with your friends, a trip to the mountains with your fellow residents, or a cruise down the Baja Peninsula, Travel by Leisure Care makes it all possible.

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PRIMEFIT

Our PrimeFit program has been designed to be fun, motivating, and convenient. The exercise choices are vast. So vast, in fact, the hardest part will be deciding what to do first.

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OPAL: MEMORY CARE

Opal by Leisure Care®, our signature memory care program, is based on our whole-person approach. By tailoring our services to meet the unique physical, social, and emotional needs of your loved one we ensure that each day is filled with purpose and meaning.

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Leisure Care is brought to you by One Eighty, a hospitality company on a mission to challenge conventional thinking, and inspire new, creative ways of doing business across the globe.

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Assisted Living

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Home / Assisted Living

FIND ASSISTED LIVING NEAR YOU

Today's assisted living* communities are all about you. Over the past 25 years, assisted living communities have evolved into luxurious apartment style residences with 24-hour access to a well-trained and dedicated staff that is committed to providing the care you want when you need it most.

GET THE HELP YOU WANT WHEN YOU NEED IT

Like a trusted friend, we'll be right there when you need us. And just like that friend, we'll make sure you have fun, too! Our assisted living services are extremely flexible, so you'll get precisely the help you want when you need it. Services can be added at any time, including temporary support services. Whether it's medication management, helping with mobility, coordinating care with your physicians, or making sure you look your best at happy hour,

YOUR GUIDE TO SENIOR HOUSING

LEISURECARE

MAKING THE MOVE:
Your Guide to Senior Housing

LEISURECARE



cornerstone of our assisted living program. When our staff knows your preferences, it's easy to provide the assistance you deserve.

[Download the guide](#)

Our health and wellness teams work hard to make sure the needs of our residents are met, and that we exceed your expectations. Our caregivers are passionate, caring individuals with great personalities, and they're trained to provide the best service available, all with a healthy dose of patience, finesse, and humor. So once you move in, you can bet that life will get easier, more relaxing, and more fun.

ONE COMMUNITY FOR ALL OF SENIOR LIVING

A change in need or care does not have to signal a change in location. Many of our communities offer what the industry calls "continuum of care". To put it simply, this means that a range of services are offered at one community, including independent living, assisted living, and sometimes even memory care.

Moving into assisted living at a Leisure Care community does not mean sacrificing your independence, privacy, dignity or giving up your active lifestyle. Your retirement is still yours to design, we are just here to help you along the way.

Choosing a community that offers a continuum of care will allow you to stay in your community, and often even in your own apartment if needs change over time and you find that you want some extra help. It's just another way that our communities serve you.

LIFE-ENHANCING ASSISTED LIVING SERVICES

It's our goal to make your senior living experience fun and enjoyable. We know you are ready for adventure, which is why our assisted living services are designed to enhance your active lifestyle. And, to make sure we're supporting your every need, we'll conduct initial and ongoing assessments in coordination with you and your family, addressing services in the following areas:

- Activity & Social Planning
- Eating, Drinking & Meal Support
- Dressing Assistance
- Mobility & Escort Assistance
- Showering & Bathing
- Personal Appearance & Hygiene Assistance
- Continence Support & Incontinence Maintenance



EXPLORE DIFFERENT LIFESTYLES



INDEPENDENT LIVING



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Final Website Design

Wikipedia page chosen :

https://en.wikipedia.org/wiki/Mental_health

New - Home Page/Landing Page



Our Covid Communication & Resources

MENTALHEALTH About Who is Effectected? Signs & Symptoms Resources Regulations Search

Rethink. Mental Illness.

"Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary." — Fred Rogers

EXPLORE A NEW WAY OF LIFE

We offer a variety of options tailored to fit your specific wants and needs.



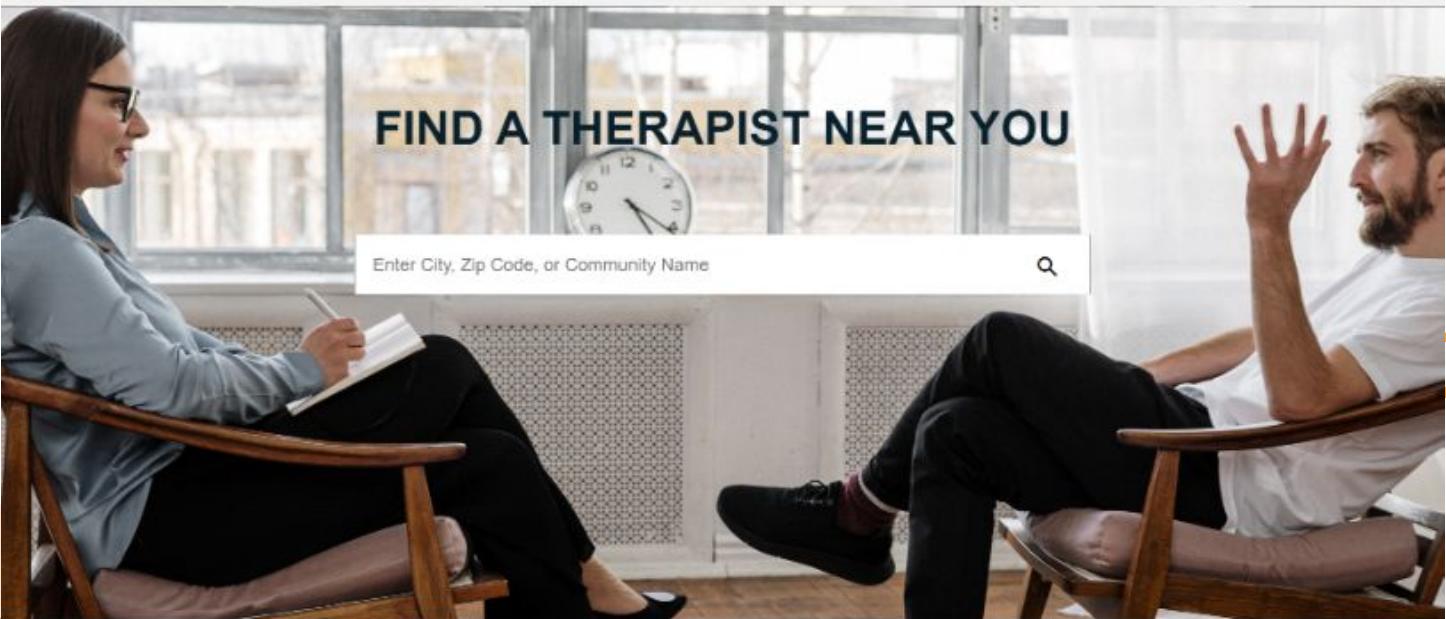
GET THE HELP
YOU NEED



FIND THE CAUSES



CONNECT
WITH OTHERS
LIKE YOU



FIND A THERAPIST NEAR YOU

Enter City, Zip Code, or Community Name

FIND WAYS TO COPE. FIND YOUR TRUE SELF AGAIN.



MEDITATE

The Heartfulness meditation program has proven to show significant improvements in the state of mind of health-care professionals. A study posted on the US National Library of Medicine showed that these professionals of varied stress levels were able to improve their conditions after this meditation program was conducted. They benefited in aspects of burnouts and emotional wellness.

[Learn More](#)



EXERCISE

Moreover, cessation of physical exercise may have adverse effects on some mental health conditions, such as depression and anxiety. This could lead to many different negative outcomes such as obesity, skewed body image, lower levels of certain hormones, and many more health risks associated with mental illnesses.

[Learn More](#)



COUNSELING

Spiritual counsellors meet with people in need to offer comfort and support and to help them gain a better understanding of their issues and develop a problem-solving relation with spirituality. These types of counselors deliver care based on spiritual, psychological and theological principles.

[Learn More](#)

WHY DO ECONOMIC FACTORS EFFECT MENTAL HEALTH?

Unemployment has been shown to hurt an individual's emotional well-being, self-esteem, and more broadly their mental health. Increasing unemployment has been shown to have a significant impact on mental health, predominantly depressive disorders. This is an important consideration when reviewing the triggers for mental health disorders in any population survey.

Emotional mental disorders are a leading cause of disabilities worldwide. Investigating the degree and severity of untreated emotional mental disorders throughout the world is a top priority of the World Mental Health (WMH) survey initiative, which was created in 1998 by the World Health Organization (WHO).

[Learn More](#)



Canada Suicide Prevention Service Hotline

[1-833-456-4566](#)



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GLOBAL PREVALENCE

Mental health can be seen as an unstable continuum, where an individual's mental health may have many different possible values. Mental wellness is generally viewed as a positive attribute, even if the person does not have any diagnosed mental health condition. This definition of mental health highlights emotional well-being, the capacity to live a full and creative life, and the flexibility to deal with life's inevitable challenges. Some discussions are formulated in terms of contentment or happiness. Many therapeutic systems and self-help books offer methods and philosophies espousing strategies and techniques vaunted as effective for further improving the mental wellness. Positive psychology is increasingly prominent in mental health.

A holistic model of mental health generally includes concepts based upon anthropological, educational, psychological, religious, and sociological perspectives. There are also models as theoretical perspectives from personality, social, clinical, health and developmental psychology.

The tripartite model of mental well-being views mental well-being as encompassing three components of emotional well-being, social well-being, and psychological well-being. Emotional well-being is defined as having high levels of positive emotions, whereas social and psychological well-being are defined as the presence of psychological and social skills and abilities that contribute to optimal functioning in daily life. The model has received empirical support across cultures. The Mental Health Continuum-Short Form (MHC-SF) is the most widely used scale to measure the tripartite model of mental well-being.

CHILDREN AND YOUNG ADULTS

According to 2020 data, mental illnesses have a stagnant incidence among adults but are increasing among the youth, categorized as 12 to 17-year-olds. Approximately 13% of youth in the United States reported suffering from at least one major depressive episode in 2019-20, with the greatest increase (18%) in Oregon. Only 28% receive consistent treatment and 70% are left untreated. In lower-income communities, it is more common to forego treatment as a result of financial resources. Being left untreated also leads to unhealthy coping mechanisms such as substance use, which in turn causes its own host of mental health issues.

EVERYONE GETS
EFFECTED



HOMELESS POPULATION

Mental illness is not only prevalent among children and young adults but also the homeless. Mental illness is thought to be extremely prevalent among homeless populations, though access to proper diagnoses is limited. In an article written by Lisa Godman and her colleagues, they reference Smith's research on the prevalence of PTSD among homeless people. His research stated, "Homelessness itself is a risk factor for emotional disorder." What this quote is saying is that being homeless itself can cause the emotional disorder. Without looking for other reasons for emotional disorder and really looking at the simple fact that an individual is homeless can cause the emotional disorder. Godman's article stated "Recently, Smith (1991) investigated the prevalence of PTSD among a sample of 300 randomly selected homeless single women and mothers in St. Louis, Missouri. Using the Diagnostic Interview Schedule (DIS; Robins, 1981; Robins & Helzer, 1984), she found that 53% of the respondents could be diagnosed as exhibiting full-blown cases of PTSD."

IMMIGRANTS AND REFUGEES

The Rohingya from Myanmar are a large group of stateless people who experienced war, deprivation of social rights, and other cultural and political instability and they are currently residing in the southeastern part of Bangladesh as refugees. There are very little research has been done on their mental health status due to war, daily environmental stressors due to continuous displacement, historical trauma, and life in the refugee camp.

A cross-sectional study was conducted among 148 Rohingya adults in the refugee camp in Bangladesh and the result indicated that people are suffering from post-traumatic stress disorder (PTSD), depression, somatic impairment, and other associated functional impairment as well. This study revealed that all these MHCs developed due to the high level of daily environmental stressors in the camp, also due to lack of food, lack of freedom of movement.

CULTURAL AND RELIGIOUS CONSIDERATIONS

Mental health is a socially constructed and socially defined concept; that is, different societies, groups, cultures, institutions, and professions have very different ways of conceptualizing its nature and causes, determining what is mentally healthy, and deciding what interventions, if any, are appropriate. Thus, different professionals will have different cultural, class, political and religious backgrounds, which will impact the methodology applied during treatment. In the context of deaf mental health care, it is necessary for professionals to have cultural competency of deaf and hard of hearing people and to understand how to properly rely on trained, qualified, and certified interpreters when working with culturally Deaf clients.



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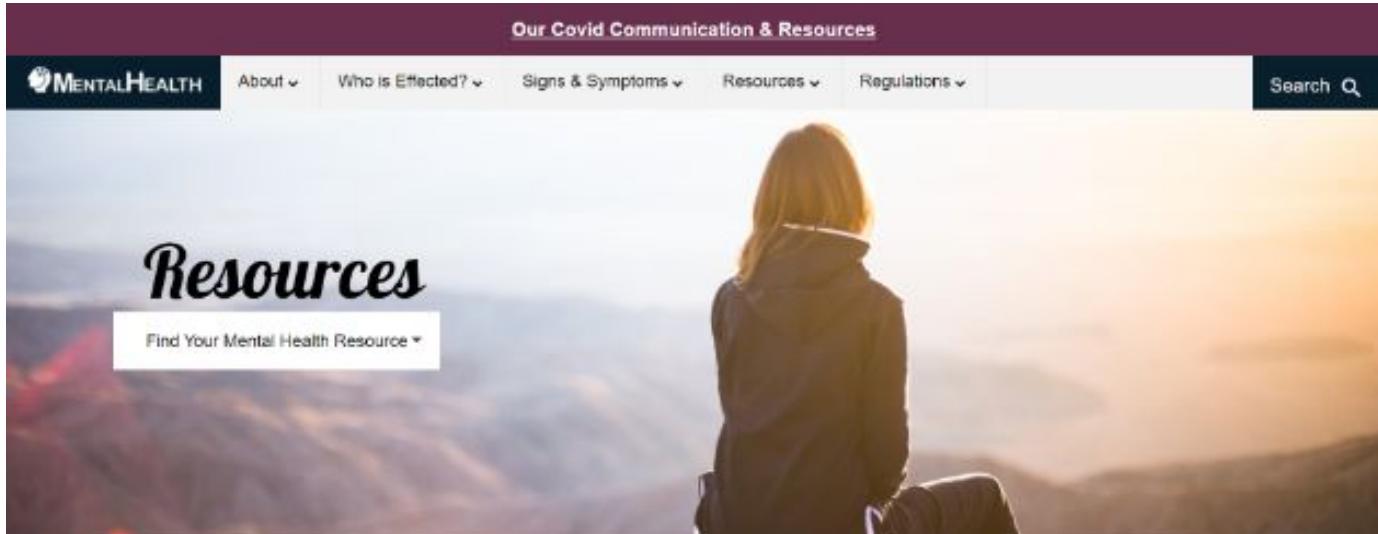
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PROMOTING AND IMPROVING MENTAL HEALTH

PHARMACOTHERAPY

Pharmacotherapy is a therapy that uses pharmaceutical drugs. Pharmacotherapy is used in the treatment of mental illness through the use of antidepressants, benzodiazepines, and the use of elements such as lithium. It can only be prescribed by a medical professional trained in the field of Psychiatry.

PHYSICAL ACTIVITY

For some people, physical exercise can improve mental as well as physical health. Playing sports, walking, cycling, or doing any form of physical activity trigger the production of various hormones, sometimes including endorphins, which can elevate a person's mood. Studies have shown that in some cases, physical activity can have the same impact as antidepressants when treating depression and anxiety. Moreover, cessation of physical exercise may have adverse effects on some mental health conditions, such as depression and anxiety. This could lead to many different negative outcomes such as obesity, skewed body image, lower levels of certain hormones, and many more health risks associated with mental illnesses.

ACTIVITY THERAPIES

Activity therapies also called recreation therapy and occupational therapy, promote healing through active engagement. An example of occupational therapy would be promoting an activity that improves daily life, such as self-care or improving hobbies. Similarly, recreational therapy focuses on movement, such as walking, yoga, or riding a bike.

Each of these therapies have proven to improve mental health and have resulted in healthier, happier individuals. In recent years, for example, coloring has been recognized as an activity that has been proven to significantly lower the levels of depressive symptoms and anxiety in many studies.

EXPRESSIVE THERAPIES

YOUR SOLUTIONS TO MENTAL HEALTH



SELF-COMPASSION

According to Neff, self-compassion consists of three main positive components and their negative counterparts: Self-Kindness versus Self-Judgement, Common Humanity versus Isolation and Mindfulness versus Over-Identification. Furthermore, there is evidence from a study by Shin & Lin suggesting specific components of self-compassion can predict specific dimensions of positive mental health (emotional, social, & psychological well-being).

SOCIAL-EMOTIONAL LEARNING

The Collaborative for academic, social, emotional learning (CASEL) addresses five broad and interrelated areas of competence and highlights examples for each: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. A meta-analysis was done by Alexandru Bonci, Iuliana Costesau, & Mihaela Minulescu (2017) looking at Social-emotional learning (SEL) studies and the effects on emotional and behaviour outcomes. They found a small but significant effect size (across the studies looked into) for externalized problems and social-emotional skills.

MEDITATION

The practice of mindfulness meditation has several mental health benefits, such as bringing about reductions in depression, anxiety and stress. Mindfulness meditation may also be effective in treating substance use disorders. Further, mindfulness meditation appears to bring about favorable structural changes in the brain.

The Heartfulness meditation program has proven to show significant improvements in the state of mind of health-care professionals. A study posted on the US National Library of Medicine showed that these professionals of varied stress levels were able to improve their conditions after this meditation program was conducted. They benefitted in aspects of burnouts and emotional wellness.

People with anxiety disorders participated in a stress-reduction program conducted by researchers from the Mental Health Service Line at the W.G. Hefner Veterans Affairs Medical Center in Salisbury, North Carolina. The participants practiced mindfulness meditation. After the study was over, it was concluded that the "mindfulness meditation training program can effectively reduce symptoms of anxiety and panic and can help maintain these reductions in patients with generalized anxiety disorder, panic disorder, or panic disorder with agoraphobia.

MENTAL FITNESS

Mental fitness is a mental health movement that encourages people to intentionally regulate and maintain their emotional wellbeing through friendship, regular human contact, and activities that include meditation, calming exercises, aerobic exercise, mindfulness, having a routine and maintaining adequate sleep. Mental fitness is intended to build resilience against every-day mental health challenges to prevent an escalation of anxiety, depression and suicidal ideation, and help them cope with the escalation of those feelings if they occur.

SPIRITUAL COUNSELING

Spiritual counselors meet with people in need to offer comfort and support and to help them gain a better understanding of their issues and develop a problem-solving relation with spirituality. These types of counselors deliver care based on spiritual, psychological and theological principles.



Canada Suicide Prevention Service Hotline
1-833-456-4566



[Mental Health Resources](#)

[Sign & Symptoms](#)

[Regulations](#)

[Terms of Use](#)

[About Us](#)

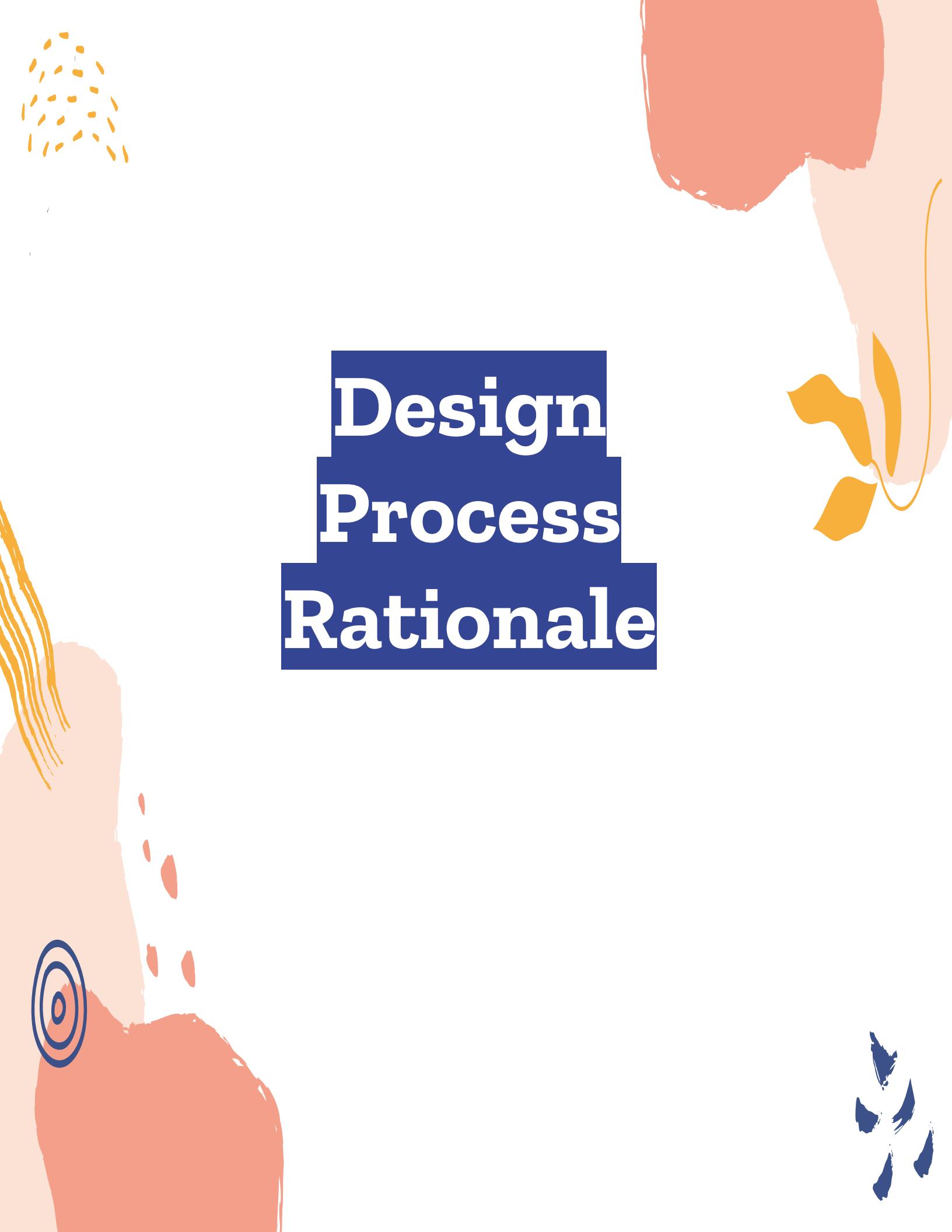
[Our Leadership](#)

[Web Technologies](#)

[Careers](#)

[Accessibility Statement](#)





Design Process Rationale

Choosing a topic for Assignment 1

- **Model Website:** <https://www.leisurecare.com/>
 - **Inner Page Model Page:**
<https://www.leisurecare.com/assisted-living/>
- **Wikipedia Page:** https://en.wikipedia.org/wiki/Mental_health

When given the task of Assignment 1, I first began thinking about possible topics that are both interesting to me and topics that are relevant in today's modern world. After going through a list of topics such as computer science, music, food, travel etc. I decided to settle on the topic of mental health. I chose mental health as my topic because during these unprecedented times of dealing with the COVID-19 global pandemic individual's mental wellbeing has taken a toll. Individuals have been laid off work, been stuck at home for months quarantining, sitting in front of computer screens in order to communicate with others, witnessed the death of their family members and in many cases individuals have not had the chance to say goodbye to their loved ones; all of these factors have affected the mental health of individuals. Through designing this website I wanted to create a platform for the public to use in order to learn, self-diagnose and locate mental health resources that were fit to their needs.

When looking for a model website I wanted to pick a website that had an open-minded, whimsical, cheerful personality yet also a sophisticated, modern and clean finish to it. After going through a vast variety of websites, I came across Leisure Care (<https://www.leisurecare.com/>), a website for individuals looking for a long term care home / nursing home for their retired parents and family members. When I saw this website it showcased a positive and uplifting character even though the topic of putting someone in a nursing home has negative connotations associated with it. I wanted the same positive emotion to be drawn by my target audience when they saw my website. I wanted my target audience of individuals dealing with mental health issues to see my website and feel that it is alright to talk about their feelings, seek better mental health and have a sigh of relief after reading the resources I have on my website. I also liked that Leisure Care's website had a minimalist design approach that looked both professional and presentable.

Creating the Personas

Prior to creating the personas I wanted to consider the challenges I face when trying to deal with my mental health issues. I also attempted to identify the values and goals that people viewing my website would encompass. The personas I made were based on real-life characters in my life. The personas I chose are based on the idea of how people deal with mental health issues, in most cases ignoring them. Ameek Gill is based on one of my high school friends that always stressed about getting the perfect grades. She actually began to develop panic attacks and having breathing issues because she would not give her mind enough rest and wanted to make sure every assignment she was given should be done perfectly. Luis Espinoza is based on a friend of my dad's who served in the US army and had mental episodes after returning home.

- ***Justification for Ameek's persona:*** I wanted to bring forward the levels of anxiety and depression that is developing within students doing online learning due to the pandemic. Students are unable to talk to their teachers in the same way as they would in an in person classroom. Ameek shown to be in grade 11 and having issues preparing for the tough year of grade 12 and university applications is the reality that many students in 2020 and 2021 had to face.
- ***Justification for Luis's persona:*** The distress that veterans face after serving in the military cannot be understood by general members of the public because they did not witness what that soldier witnessed on the battlefield. Army veterans have to go through the process of coping with their mental health on their own and that should not be the case. Through my website I wanted to provide resources for individuals like Luis to seek help. Luis is the provider for his wife and kids, if he continues to live in distress, like many adults today that are dealing with pressure of the pandemic and putting food on the table, without mental wellbeing it is impossible to keep plowing through.

Revising of the Information Architecture

Keeping in mind Dan Brown's 8 principles of Information Architecture design I made sure to revise the IA of my mental health wikipedia page so that it would meet the convenience of the user when converted to a website. For that reason, I decided to create a layout that was typical in structure so that the user could be given only the information that he/she needs to see and if they wanted to look deeper into a topic they have the option to do that (i.e. Brown's principle of disclosure) (The 8 Principles of Information Architecture, 2019). To make my mental health website easily navigable I followed the 3-5-7 rule for my structural global navigation in order to decide what will go in my main website navigation bar. The rule states that there should be no less than 3 global menu items, no more than 7 and that 5 is the ideal number of global menu items to have. So I decided to have 5 main menu items, their names and content were determined in the following way:

1. I knew that I wanted to have a resources section for my users to use and seek ways to deal with their mental health issues. So I decided to have a "Resources" global menu item that had resources such as "Drug Therapy, Physical Activity, Activity Therapies, Expressive Therapies, Psychotherapy, Self-compassion, Social-Emotional Learning, Meditation, Mental fitness and Spiritual counseling" as sub menu items.
2. I wanted those that visited my website to know that they are not alone when it comes to fighting depression and having issues with their mental health, so I created the "Who is Effected?" global menu item. Within there I described all the different types of people that are affected by mental health issues, which allowed me to have "Global Prevalence, Children & Young Adults, Homeless Population, Immigrants & Refugees, Cultural & Religious Considerations" as the sub menu items of this section. In the original wikipedia IA "(3.1) Global Prevalence" had its own section under "(3) Epidemiology", but I decided to group it with the "(3.2) Demographics" section and get rid of the "(3.2) Demographics" title entirely as it made it easier to associate "Global Prevalence" with all the sections under "(3.2) Demographics".

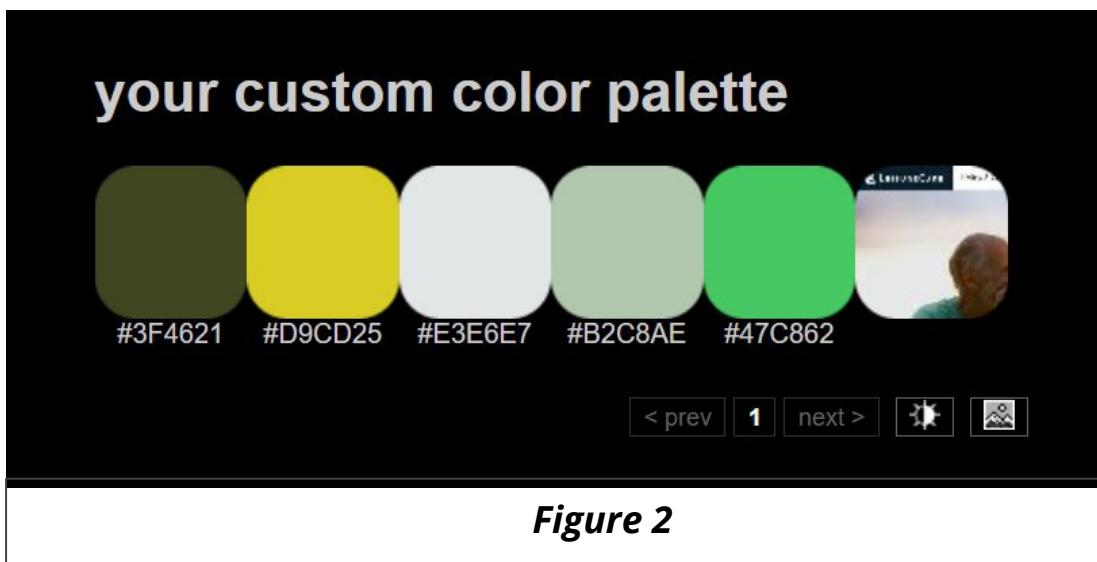
(Cont.) Revising of the Information Architecture

3. I put in an "About" section in the global navigation bar to allow new users to understand what mental health actually is and its history. I also put this "About" section as the first menu item as it makes sense to have a section talking about what mental health actually is at the very beginning. I created the "Early History" and "General History" subnavigation here to start things off, but in the future the "About" could have more sub menu items created under it to explain further about mental health, perhaps a "New Mental Health Studies" section could be added there that talk about new mental health discoveries and experimental research studies on patients.
4. I added a "Signs & Symptoms" main menu item as well so that addition to it can be made quickly and easily from a web developer point of view if new causes of mental health related diseases are discovered. Also from a user point of view self-diagnosis of mental health issues can be made efficiently by having that section as a main menu item when you first land on the website. I added in the "Economic Factors" and "Stress" under this section based on the wikipedia content available, if more reasons are given they can be added here in the future.
5. I renamed the long title of "(6) Mental health laws and public health policies" and had a "Regulations" main menu item instead with sub sections of "Protection & Promotion" and "Laws & Policies" to divide up the content in a logical manner. Rather than just have one "(6.1) Policies" section under "(6) Mental health laws and public health policies".

I removed the "(5.1) Care Navigation" entirely from the wikipedia page IA as I found it redundant and unnecessary with already having the "Drug Therapy, Physical Activity, Activity Therapies, Expressive Therapies, Psychotherapy, Self-compassion, Social-Emotional Learning, Meditation, Mental fitness and Spiritual counseling" sub menu items under the "Resources" section.

Selecting a Colour Scheme

When selecting a colour scheme for my website I was overwhelmed with the model website's colour palette as it seemed to have a wide range of colours. I feel that this was due to the amount of images on the model website, Leisure Care. In order to help me with the process of seeing what colours my model website was using I turned to a website called Color Hunter (<http://www.colorhunter.com/>). Color Hunter is a website that allows you to upload images and it extracts the five most used colours from that image. I took a screenshot of the homepage of my model website (Figure 1) and used it to see what colours were used on my model website (Figure 2).



(Cont.) Selecting a Colour Scheme

I knew that I wanted to make sure the colour scheme I chose for my website had to be accessible by everyone, especially individuals that have vision problems and colour blindness. In order to see if my model website's colour palette had colours that were accessibility friendly I used WebAIM's colour contrast checker tool

(<https://webaim.org/resources/contrastchecker/>) and it told me that none of the colour combinations from my model website's home page passed the accessibility WCAG AA and WCAG AAA criteria for normal text, large text, graphical objects and user interface components.

So in order to overcome this issue I decided to use a free stock images website called Pexels (<https://www.pexels.com/>) in order to select an image that would become the banner/hero image for the homepage of my website. keeping in mind my original vision I described in the "Choosing a topic for Assignment 1" section from before, I decided to pick an image of a woman dancing/in a bent backward position while standing in a field of pink flowers (Figure 3). I chose this image because the woman looked at peace, relaxed and happy and was what I wanted my website to convey to my users who are dealing with mental health issues. I found the colours in the image to be beautiful and I decided to make the colour scheme of my whole website based on this image. I uploaded that image (Figure 3) into Color Hunter and it gave me a colour palette of five colours to work with (Figure 4).



Figure 3

(Cont.) Selecting a Colour Scheme

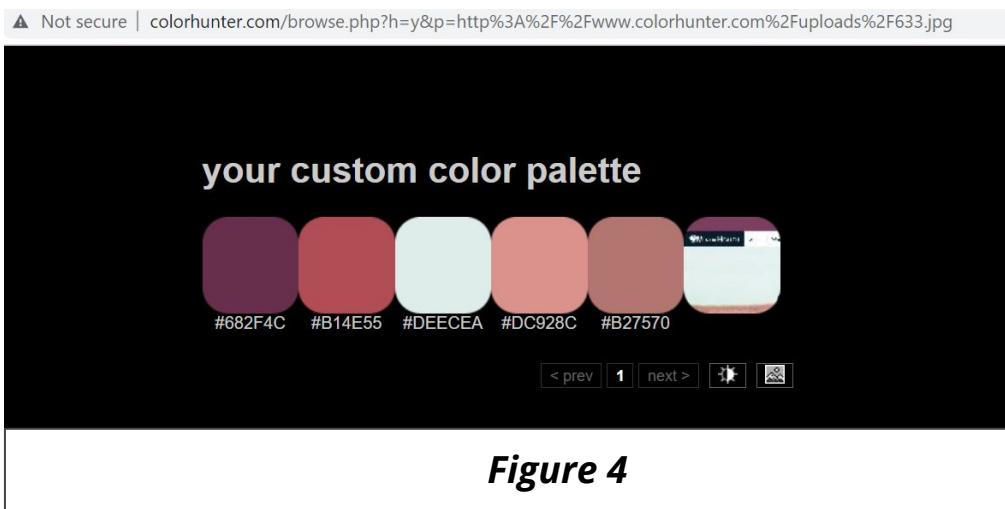


Figure 4

After going through a series of colour combinations from that colour palette (Figure 4) I decided to follow the colour scheme of white and light shade of grey for the background for my inner pages and black for the text throughout my website. Alongside this I chose the complimentary colours #682F4C (burgundy) for the foreground (from Figure 4) and #E5FBFB(light blue) for the background of key elements through experimentation; to use as accent colours for all of my website pages. In addition to that I used the colour #081f2c (dark blue) for my logo, search bard and footer sections. The colours #682F4C (burgundy) and #E5FBFB (light blue) colors passed the 4:5:1 ratio test and therefore were an accessible colour scheme match (Figure 5).

Contrast Checker

Home > Resources > Contrast Checker

Foreground Color: #682F4C
Background Color: #E5FBFB

Lightness (for both colors)

Contrast Ratio: 9.29:1

[permalink](#)

Normal Text

WCAG AA: Pass
WCAG AAA: Pass

The five boxing wizards jump quickly.

Large Text

WCAG AA: Pass
WCAG AAA: Pass

The five boxing wizards jump quickly.

Graphical Objects and User Interface Components

WCAG AA: Pass

Text Input ✓

Figure 5

Usability

In order to help the user identify which page they are going to link to from the main and sub navigation bar, I have added an underline on the main menu items when the user hovers over them. In addition to that I have added a change in colour (to grey) on the background of the sub menu items when the user hovers over them as well so that user knows what they are able to click and the eases usability for them. I organized the menu bar in my IA to make sure the user has access to the more relevant and important information first. I made the cursor turn into a hand rather than the normal arrow when the user goes to the nav bar to make sure that the user understands that both the main and sub menu items can be clicked. To the footer of the website I added the Canada Suicide Prevention Service Hotline number for users to call if they were experiencing suicidal thoughts, this follows useability principle of striving for consistency as the user is probably used to seeing help line numbers in the footer of mental health related pages.

In addition to this I made sure that there are a maximum of 3-5 clicks to get to a page or a task on the website. Although it was not coded, within the "Resources" page of my website in order to make the resources more navigable I decided to keep the dropdown menu bar as it made sense for the user to have access to all the resources in a scrollable view so if they need to jump to a section of the page they can do so easily. On the other hand, I decided to get rid of this dropdown menu from the "Who is Effected?" page as it did not make sense to have the feature there with the contents of this page, if I had not removed that drop down feature it could have confused the user.

When picking a model website to design my website based on, I chose Leisure Care because it did not have too long of a vertical scroll. Too long of a vertical scroll is a poor design choice that I wanted to avoid in order to make sure the user of my website did not feel overwhelmed with the amount of content on one page.

Accessibility

To keep the idea of accessibility at highest priority, I added alt text to all my images in order to make sure that when an image does not load properly the alt text can help the user understand what was supposed to be there. I used aria-labels for images and icons in order to make sure that an individual with special needs who use a screen reader can hear the hidden content provided by the aria-labels and keep up with the content on the website.

I also used the colour contrast checker to make sure that my selected colour scheme would make my website accessible to those that are vision impaired. I made sure to put in the "Accessibility Statement" link within my footer so those that are looking for more information about the accessibility of my website and the site map can easily access the information there.

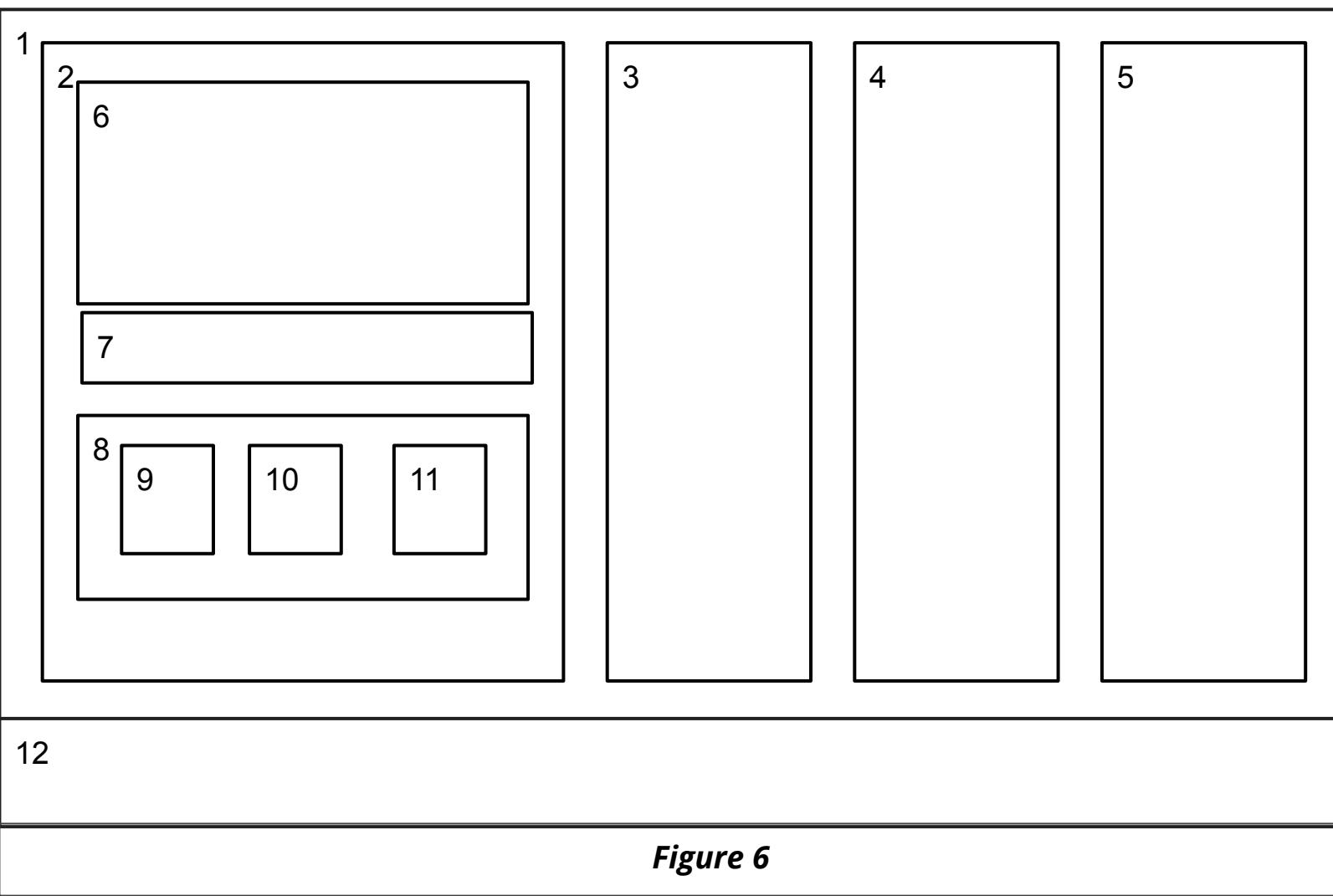
If I were to continue coding my website I would try to add the sticky accessibility button that was located on the bottom right corner of the model website. If were to add videos to my website in the future I would be sure to add captions to the videos, alt text aria labels and descriptions.



General Changes and Additions to the Website

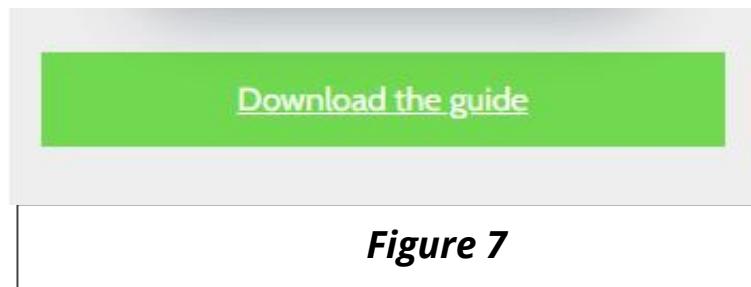
Since google fonts did not have the font family; "Signalist", Helvetica, Arial, sans-serif, serif available for free download I used a similar looking font family called 'Pattaya', sans-serif; for the banner/hero sections of my website.

In order to design the footer of my website I used flex and the layout numbered below (Figure 6). Please refer to this slide in order to understand the footer style ids in the style.css label #one - #twelve.

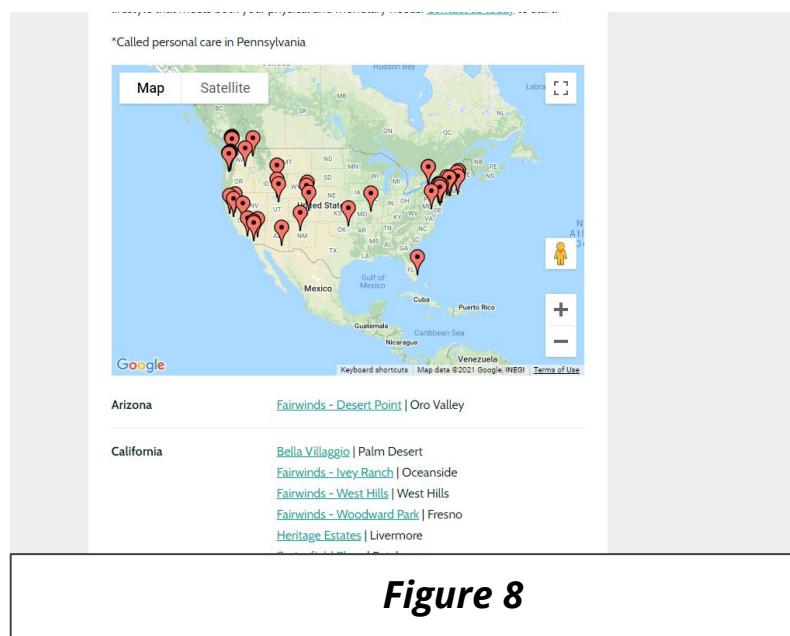


(Cont.) General Changes and Additions to the Website

In regards to my inner pages I did not add the green button (Figure 7) found on the "Assisted Living" page, because it was unnecessary for my inner page content.



The same goes for the map and location section (Figure 8) found on the "Assisted Living" page, I removed that as well. I thought about adding an image related to my content in page on the map but since I already had an image on the right side and an image in the banner/hero section of my inner pages I decided to leave it out. Also since the placement of the map was after a lot of text was presented on the page and it had the purpose of showing nursing home locations, I decided to remove it. It would have not made any sense for me to put an image in its place for the sake of putting an image.



References

Note: Links to the specific images used on my website are given via inline comments within my .html and .css files

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d-anything-that-is-mentionable



Thanks
For Reading !