

Design Document

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Background and Motivation

Mental health issues have been frequent worldwide, and there is still a stigma about looking for help. Many people have a lack of access to resources about mental health that can be affordable for them. Therefore, it leads to a lack of support for many individuals due to their conditions. This application will help solve this issue by providing resources and tools that will be very accessible to anyone with a smartphone.

Summary

This application will be a user-friendly platform providing various mental health tools and resources. Also, it will decrease the stigma about mental health by promoting education and awareness. This application will be able to offer personalized support and guidance for users to manage their mental health efficiently based on their needs. The app seeks to provide a comprehensive set of features to assist users in managing stress, anxiety, and depression, as well as fostering a positive mindset.

Features

1. **Mood Tracking (Hongfei)** - Users will be able to log their emotions every day. Pictures that express feelings from awful to excellent will be displayed, and the user can select which emotions best describe their mood of the day. If the emotion displayed is not what the user feels, they will be able to customize their own.
2. **Journaling (Hamzah)** - Users can type their thoughts or personal reflections. The user will be assigned a prompt to follow if they don't know where to start. However, if the user doesn't want to follow the prompt given for the day, they can create their own prompt or write what they feel.
3. **Community Support (Christian)** - A forum and chat feature will allow users to connect, share their experiences, and support other users. When making a post, they can assign a tag enabling users to focus on specific topics or coping strategies. This entire feature will be in a moderated environment.
4. **Guided Meditation and Relaxation (Cynthia)** - Users will have access to a library of different meditation sessions they can follow to alleviate stress and anxiety. Users will also have access to breathing exercises and mindfulness activities to increase their relaxation.

5. Goal Setting/Well-being Challenges (Cynthia) - Users can set personal goals related to mental health and track their progress. If users cannot develop a goal they want to achieve, weekly or monthly challenges will encourage them to adopt healthy habits.
6. Mental Health Resources (Hongfei) - Users can access articles, podcasts, and videos about mental health topics, coping strategies, and self-help resources. Users can see information about local mental health services, such as support groups.
7. Notification and Reminders (Christian) - Users can customize reminders for their needs—for example, a reminder for meditation sessions, journaling, or appointments. Reminders and notifications will encourage users to keep engaging in their self-care journey.
8. Professional Support (Hamzah) - Users will be able to connect with professional therapists or counselors. The professional support will be in virtual sessions via chat. Users can also access an anonymous Q&A session with mental health professionals.