**Literature Review – Mental Health**

The concept of mental health has become more and more important in the last years. People that previously denied having issues are coming out more often. Even people that don't have a specific problem became more aware of certain habits and are doing small improvements to their lifestyle.

And so, we are brought to our topic of discussion, mental health companion apps have become more and more influential, they're a great help for people that don't know where to start or how to go forward.

These apps help with a ton of things, from sending alerts in stressful situations to providing different tips and tricks for staying calm or calming down to daily training regimes such as stretching and meditation.

Our app, besides of the features mentioned above, provide a unique one. We developed a new side to the classic mental health companion, the psychologist interface. The psychologist interface provides long term support for those that seek medical attention for their issues. So, a psychologist can recommend the app to their patients and use it to monitor their long-term progress and discuss based on it.

We strongly recommend anyone that has some spare time daily to at least check out one of these mental companion apps, they will certainly bring a change into good in your day-to-day life.

**Competitor Analysis**

**Guided meditation:**

Mindfulness exercises.

Benefits: Reduce stress, manage anxiety, improve overall emotional state

**Mood Tracking:**

Allowing users to log their emotional state throughout the day.

Benefits: Helping users identify patterns and triggers in their mood, managing emotional health

**Goal Setting and Habit Building:**

Setting personal goals related to their mental health (regular exercise, meditation, sleep)

Benefits: Helping users develop these as consistent habits

**Gamification:**

Earning rewards, unlocking new levels, completing challenges

Benefits: Increases engagement and makes the process more enjoyable

**Educational Content:**

Articles, tips, videos about mental health

Benefits: Educational, learning coping strategies

**Personalization:**

Customized meditation sessions, tailored habit-building programs, or adaptive mood tracking systems

Benefits: Personalized experiences based on the user’s behavior, preferences, and feedback

**Reminders and Notifications:**

Reminder system (prompt users to meditate, take breaks etc.)

Benefits: Helps users maintain their mental health routines

**Progress Tracking and Feedback:**

Provide some form of progress tracking, which allows users to see how they’ve improved over time in various areas such as mood stability, habit formation, or consistency in practice.