

INTRODUCING

OUR WEBSITE:
THRIVEWITHIN

(GROW QUIETLY,LIVE FULLY.THRIVEWITHIN.)

THRIVE: TO GROW, FLOURISH OR SUCCEED ESPECIALLY IN A POSITIVE AND
HEALTHY WAY

WITHIN: INSIDE YOURSELF, REFERRING TO YOUR INNER WORLD, THOUGHTS, FEELINGS
AND MENTAL SPACE.

THRIVEWITHIN

TO HEAL, GROW, AND BECOME STRONGER
FROM THE INSIDE OUT



OUR GROUP

DARWISYA QAIRUN NISA

NUR AIN DAYANA

OUR OBJECTIVES

- ★ PROVIDES BASICS INFORMATION ABOUT MENTAL HEALTH TO USERS .
- ★ PROVIDE AN ONLINE SYSTEM FOR BOOKING SESSIONS WITH COUNSELORS AFTER KNOWING YOUR MENTAL HEALTH ISSUES.
- ★ RAISE AWARENESS OF THE IMPORTANCE OF MAINTAINING MENTAL HEALTH.

INSPIRATION



THE ThriveWithin SYSTEM IS BUILT ON THE CONCEPT MENTAL HEALTH STARTS FROM WITHIN. IT IS INSPIRED BY THE JOURNEY OF SOMEONE WHO HAS BEEN SILENTLY HOLDING ONTO STRESS AND HAD A HARD TIME SEEKING HELPS . WE BUILD THIS WEBSITE TO HELPS THIS PEOPLE FINDING A PLACE TO VOICE THEIR EMOTIONS,ASSES THEMSELVES, AND SEEK SUPPORT. THIS SITE SERVES AS A SAFE,SUPPORTIVE AND GRADUAL MEDIUM FOR INNER HEALING AND BUILDING EMOTIONAL STRENGTH. ThriveWithin IS NOT JUST A SYSTEM,BUT A JOURNEY TOWARDS AWARENESS,ACCEPTANCE AND SELF-GROWTH

WEBSITE GOAL

COULD PROVIDE EARLY AWARENESS OF THE IMPORTANCE OF MENTAL HEALTH CARE AMONG STUDENTS AND THE COMMUNITY

BECOME A DIGITAL EMOTIONAL SUPPORTS PLATFORM THAT CAN BE ACCESSED EASILY AND SAFELY

ENCOURAGE PEOPLE TO BE MORE OPEN ABOUT SEEKING HELPS WHEN THEY'RE FACING EMOTIONAL STRESS OR PSYCHOLOGICAL PROBLEMS.

TARGET USERS

◆ TEENAGERS :

REASONS : ACADEMICS
PRESSURE,INTERPERSONAL
RELATIONSHIP,ADOLESCENT
MOOD SWING.

NEEDS:EMOTIONAL
REGULATION,SELF
AWARENESS,ANONYMOUS
COMMUNICATION.

◆ PEOPLE WHO WANTS TO KNOW
BASICS ABOUT MENTAL HEALTH :

REASONS : SELF
PREPARATIONS,CURIOSITY,EDUCATION,
SUPPORTING OTHERS,PERSONAL
GROWTH

NEEDS:PEOPLE WHO WANTS TO KNOW
DEEPER ABOUT MENTAL HEALTH :

REASONS : EARLY
PREPARATIONS,SUPPORTING
OTHERS,PERSONAL
GROWTH,CURIOSITY,EDUCATION.
NEEDS.

◆ PEOPLE WHO EXPERIENCING
MENTAL HEALTH ISSUES:

REASONS :EMOTIONAL
OVERWHELM,ISOLATION,
LONLINESS

NEEDS : SUPPORTIVE
GUIDANCE,VALIDATION,ONGOING
CARE TO PREVENT LONG TERMS
SELF-HARM OR SUBSTANCE ABUSE

DEVELOPMENT

FRONTED :
HTML,CSS AND JAVASCRIPT

BACKHEAD:
PHP

DATABASE :
MYSQL

FRAMEWORK :
JAVA SCRIPT,

HOSTING & DEPLOYMENT :
XAMPP

REGISTER FORM

Booking Assistance Form

If you need assistance, want to talk to an expert, or schedule a counseling session, please fill in the form below. We will contact you as soon as possible.

Full Name

Email

Phone Number

Example: 0123456789

Assistance Category

-- Please Select --

Your Message

Submit Request

 We appreciate your courage. All information is confidential and used for support purposes only.

★ YOUR NAME : INPUT FIELD FOR THE USER'S FULL NAME .

★ PHONE NUMBER : FIELD TO ENTER CONTACT NUMBER .

★ EMAIL : FOR USERS TO PROVIDE THEIR EMAIL ADDRESS.

★ MESSAGE : A TEXT AREA WHERE USERS CAN TYPE A MESSAGE OR REASON FOR CONTACT.

★ YOU MESSAGE:TO TELL YOUR BOOKING DATE AND DAY ANY SPECIFIC REQUEST.

MAIN INTERFACE

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-
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[Home](#)
[Mental Health Info](#)
[Booking](#)
[Contact Us](#)

Welcome to Thrive Within

Taking care of your mental health is the first step towards overall well-being.

 **Mental Health Basics**

Mental health is a state of emotional, psychological, and social well-being. It affects how we think, feel, and act.
Understanding mental illnesses helps us better support ourselves and those around us.

ABOUT INTERFACE

1. Header (Top Navigation Bar)
represents calmness

Navigation Menu – Includes links like:

Home
mental health info
booking
contact us

2. Educational Resources

Articles about depression, anxiety, stress, etc.

Tips on self-care and emotional regulation

3. Professional Support

Appointment booking system

4. Footer (Bottom of Page)

Contact information

5. User-Friendly Features

Mobile-friendly design

Simple and clear layout

FUTURE WEBSITE IMPROVEMENT

- ◆ ADD A REGULAR ARTICLES AND VIDEOS RELATED TO MENTAL HEALTH TO PROVIDE ONGOING KNOWLEDGE.
- ◆ DEVELOP A NOTIFICATION SYSTEM SUCH AS DAILY REMINDERS IN THE FORM OF WORDS OF ENCOURAGEMENT.
- ◆ INTRODUCE A VIRTUAL SUPPORT COMMUNITY WHERE USERS CAN SAFELY SHARE EXPERIENCES.

CREDITS GOES TO

★ CHAT GPT

Thank you

FOR LISTENING TO OUR
PRESENTATION