Mindful.BN

User Documentation

USER DOCUMENTATION
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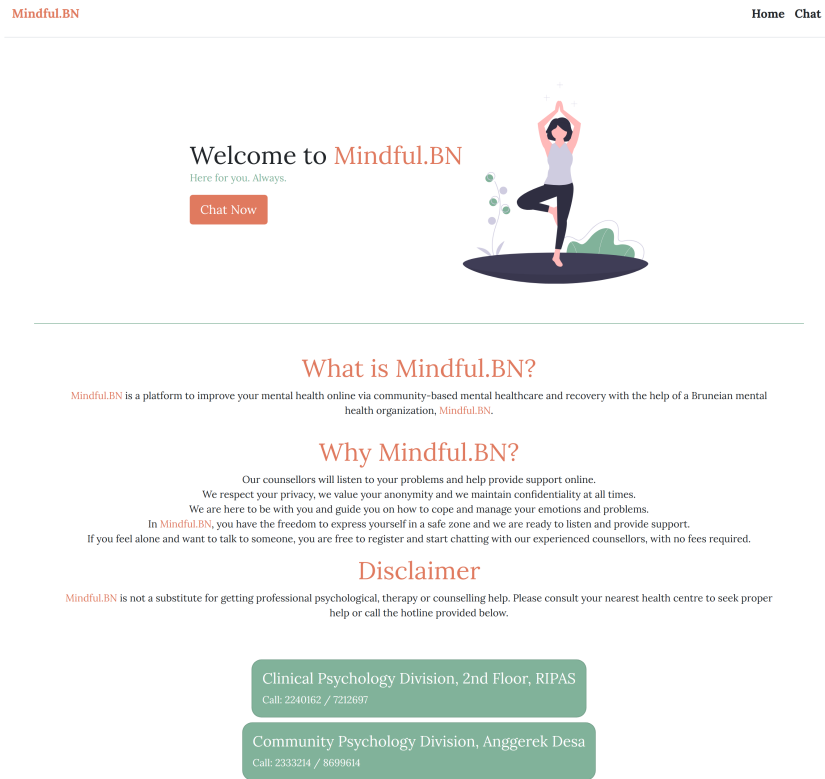# 1 GENERAL INFORMATION

1.1 System Overview

Mindful.BN is a chat-platform website application that allows users to join/create a chatroom, in which these chat-rooms act like a support group for the users, that enables them to interacts with other users and trained-counselors. Mindful.BN lays the foundation that aims to promote Bruneian on their mental health wellbeing via community-based mental health care and recovery.

Collaborative effort with Mindful.BN themselves have resulted in the creation of Mindful.BN WebApp with the objective of promoting help-seeking behaviors and emotional wellbeing practices as a first step for the users that has reach out, seeking to improve on their mental health. Moreover, help in raising awareness among Bruneian on mental health and further reducing mental health-associated stigma.
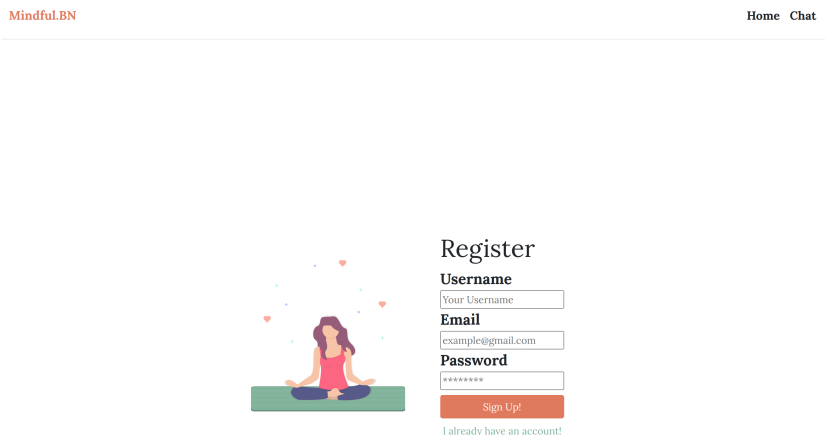
2 SYSTEM FEATURES

2.1 Home Page

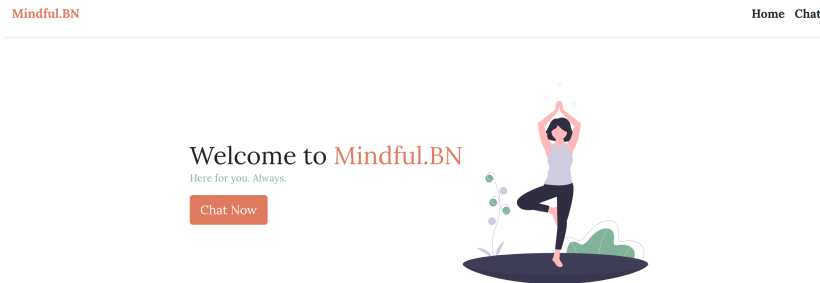The home page provides you with general information on Mindful.BN WebApp including Disclaimer and Helpline.

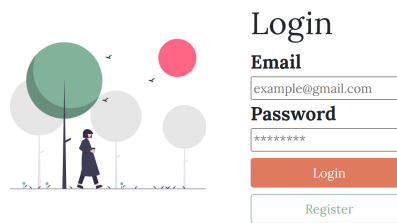**Mindful.BN**   Home   Chat

Welcome to Mindful.BN

Here for you. Always.

[Chat Now]

What is Mindful.BN?

Mindful.BN is a platform to improve your mental health online via community-based mental healthcare and recovery with the help of a Bruneian mental health organization, Mindful.BN.

Why Mindful.BN?

Our counsellors will listen to your problems and help provide support online.
We respect your privacy, we value your anonymity and we maintain confidentiality at all times.
We are here to be with you and guide you on how to cope and manage your emotions and problems.
In Mindful.BN, you have the freedom to express yourself in a safe zone and we are ready to listen and provide support.
If you feel alone and want to talk to someone, you are free to register and start chatting with our experienced counsellors, with no fees required.

Disclaimer

Mindful.BN is not a substitute for getting professional psychological, therapy or counselling help. Please consult your nearest health centre to seek proper help or call the hotline provided below.

> Clinical Psychology Division, 2nd Floor, RIPAS
> Call: 2240162 / 7212697

> Community Psychology Division, Anggerek Desa
> Call: 2333214 / 8699614

2.2 Registration Page

To access the chat feature of the WebApp, you are first required to register.

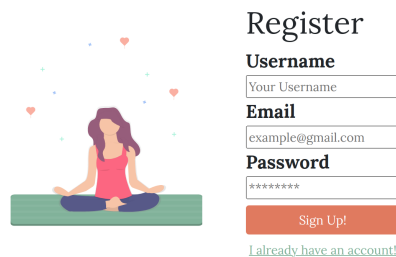**Mindful.BN**   Home   Chat

Register

Username
[Your Username]
Email
[example@gmail.com]
Password
[********]

[Sign Up!]

I already have an account!

(1) From the Home page. Click on either the Chat Now button or the Chat link on the navigation bar.

Mindful.BN   Home   Chat

Welcome to Mindful.BN
Here for you. Always.

Chat Now

(2) You will then redirected to the login page. Here you can find and click the Register button (under the Login button) to register.
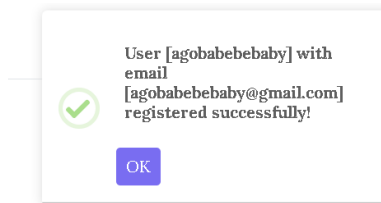
Login

Email
example@gmail.com
Password
****

Login

Register

(3) Once clicked the login page will change to Register page, with forms that you are required to fill in.

Register

Username
Your Username
Email
example@gmail.com
Password
****

Sign Up!

I already have an account!

2.2.1   Successful Registration

1) After finishing filling in the registration form. Click Sign Up! button.
2) A pop-up alert will appear to inform you the registration is successful with the following message: *User [username] with e-mail [user e-mail] registered successfully.*

User [agobabebebaby] with email [agobabebebaby@gmail.com] registered successfully!

OK

2.3   Login Page

After registration completed, you will be redirected automatically to the login page. Proceed by entering information required according to the information entered during registration process, and click the Login button.

Login
Email
example@gmail.com
Password
****
Login
Register

2.3.1   Successful Login

If successful, you will be redirected to the dashboard of the WebApp, and an alert will appear confirming that you have logged is successfully with the following message: *User [username] logged in successfully!*

Mindful.BN

User [agobabebebaby] logged in successfully!

OK

Hello! Today is Sunday! The time is 12:26pm!
What would you like to do today?

Talk   Track Mood

no one cares   Join

why continue living?   Join

i am too lazy and undisciplined   Join

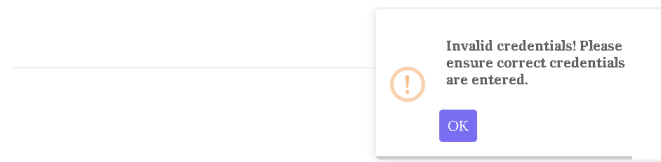no friends no hobby no goals in life   Join

i am a huge disappointment   Join

2.3.2   Invalid Password

If you happen to entered the wrong password during login. An alert will appear to remind you to enter the correct credentials. The message is as follow: *Invalid credentials! Please ensure correct credentials are entered.*

Dismissed the alert and proceed with reentering the correct password to login.

Invalid credentials! Please
ensure correct credentials
are entered.

OK

Login

Email

agobabebebaby@gmail.cc
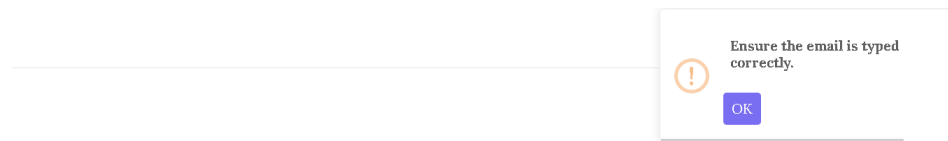
Password

••••••••••••••

Login

Register

2.3.3 Invalid Username

In the case of invalid username. An alert will appear notifying you to enter the correct
email to login. The message is as follow: *Ensure the e-mail is typed correctly.*

Dismissed the alert and proceed to enter the correct password to login.

Ensure the email is typed
correctly.

OK

Login

Email

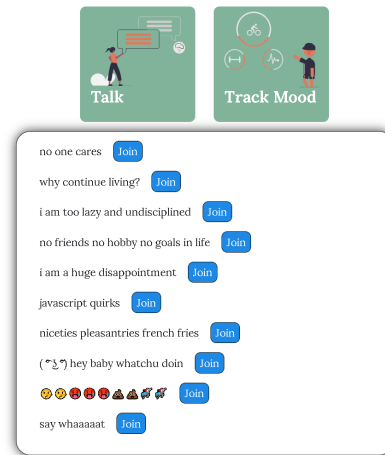agobabebebaby@live.com

Password

••••••••••••

Login

Register

2.4 Dashboard

Once logged in. You are redirected automatically to the Dashboard. On the dashboard you can
find Talk button, Track Mood button (*this feature is currently unavailable*) and Join button to
join available chat room listed.

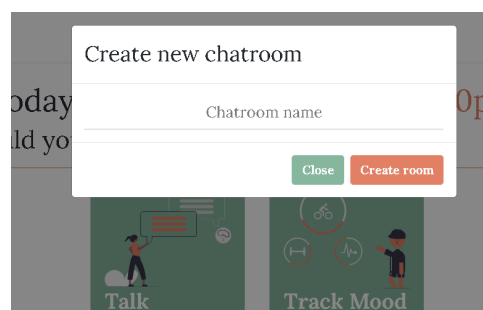Hello! Today is Sunday! The time is 12:30pm!
What would you like to do today?

Talk   Track Mood

no one cares   Join

why continue living?   Join

i am too lazy and undisciplined   Join

no friends no hobby no goals in life   Join

i am a huge disappointment   Join

javascript quirks   Join

niceties pleasantries french fries   Join

(͡° ͜ʖ ͡°) hey baby whatchu doin   Join

😂😂😡😡😡💀💀☠☠💢💢   Join

say whaaaaat   Join

2.4.1   Add Chatroom

1) To add/create chatroom, click on the Talk button.

Hello! Today is Sunday! The time is 12:30pm!
What would you like to do today?

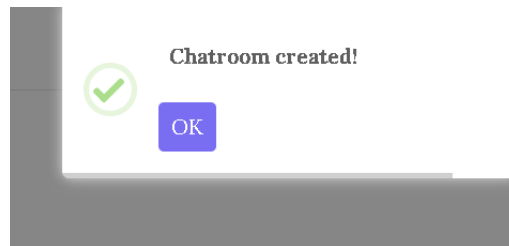Talk   Track Mood

2) A pop-up will appear requiring to enter the name for the chatroom. Click Create room
button after filling in the chatroom name.

Create new chatroom

Chatroom name

Close   Create room

Talk   Track Mood

3) An alert will appear to notify you new chatroom has been created with the following
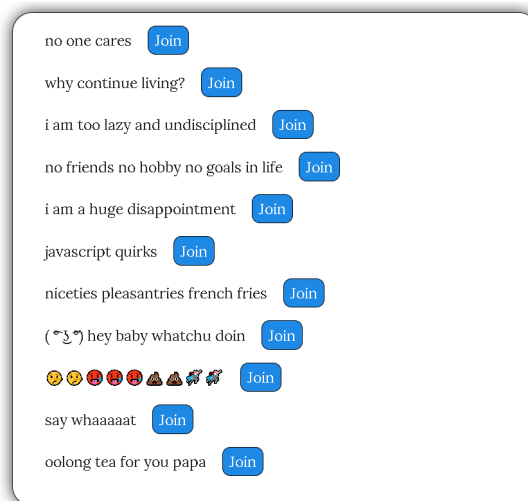message: *Chatroom created!*

Newly created chatroom will be added to the bottom of the list on the Dashboard.

2.4.2   Join Chatroom

To join a chatroom, you can choose any from the list of chatroom and click the Join button next to it.
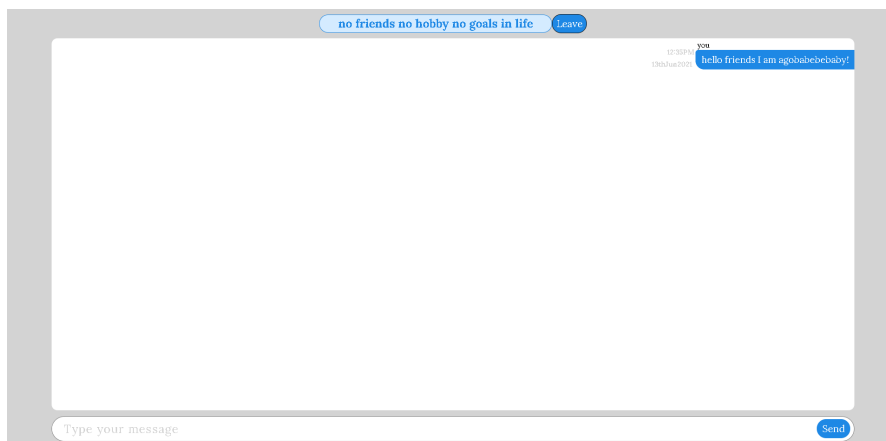

2.5   Chatroom

1) Chatroom UI are design to imitate messenger app for familiar and easy-to-use experience for the user.

2) You can type your message inside the type message box, and click the Send button to send your message to users that are in the same chatroom as you selected. The message you typed and send will be displayed on the right side of the chat-box.

3) Messages send by other users in the chat will be displayed on the left side of the chat-box.