App name: Strezzy

Category: Health & Wellness

Abstract:

An interactive app which helps people to connect with other users to share feelings, reduce stress and seek professional help if they want to… anonymously.

Problem Statement:

*"95 per cent of **Indian** millennials between the age group of 18-34 are **stressed**"*

- Says [study](#)

In the times of need when the majority is suffering from stress and depression, everyone needs a buddy to lighten their hearts.
Society tends to mock people who try to seek professional help from psychologists, counselors etc.

What are we offering to our users?

1. Allowing people to interact with professionals while maintaining their anonymity.
2. Share their feelings with other people.
3. A chill time with strangers

What pain points are we reducing for the users?

1. Stress caused due to monotonous routine
2. Ease of finding good psychologists while maintaining complete privacy
3. Difficulty to find good listeners

Our Solution:

A mobile application that helps people to get an anonymous account and connect with other users to share feelings, reduce stress and seek professional help if they want to.

Connecting stressed people with healers where identity of both the parties remain anonymous.

User flow:

- Users log in with their basic details like email, gender, age etc.
- We provide them with a anonymous profile (say Albert Einstein 420)
- All other users will know you by this name only. Any personal data won't be revealed.
- Then users can select their match filter settings.
    - Role (stressed person/ healer/ any)
    - Gender/ Age to filter the partners accordingly
    - Interests/ likes/ dislikes
- Users can start finding people by simply clicking a button
- A user with relevant settings gets matched and a chat window open for both of them
- If the user isn't satisfied with the people around, they can opt for seeking help from professionals instantly using our premium model

Technologies Used:

1. Ionic framework (for mobile app development)
2. Hasura Engine (backend)
3. Postgres (database)

Application Wireframes: