

README

Otter - Tool for Providing space to check-in and thinking about mental health in order to act/take actions on mental health

General Use:

- A menu with 4 options at the bottom
- Tapping on the option to go to that specific action
- Scales allow user to drag small blue meter around for a rating
- Options for “Practice” would be drop down menu to select then select Start
- Can Create a Goal with “Goals” option from bottom menu and inputting required info
- User can select options that appear for Yes No
- User has easier navigation to get away from text pop up and back to menu at bottom by tapping anywhere besides keyboard

Limitations:

- Wizard of Oz for conversation with Otter
- Does not show some steps not relevant to task (ex: Sign-up screen, Goal Progress, etc)
- Contains limited options on “Practice” that will be more tailored to user
- Has limited follow-ups with people once they have reached a goal or practiced self-care
- Cannot animate Otter in static screens