**Application Name:** Speak Mental Health (SMH)  
  
**Introductory Message:**  
  
Don’t keep it to yourself, talk about your mental struggles with people who share the same experience.   
  
Passed through a traumatic experience? Suffering from mental health issues and not finding anyone to talk to? You don't feel comfortable sharing with your friends or family, or you feel that they don't understand you? SMH matches you with someone who shares the same experience and allows you to talk about it with complete secrecy.   
  
Note: People you are matched with share a similar experience, but they are not professional doctors. If you believe your mental health issues are severe, seek professional help. *(Add info and statistics about mental health and seeking professional help)*  
  
**An Overview:**

The application allows people passing through hard times or suffering from mental health issues to connect and speak with people who are passing through a similar experience. Due to individuals not finding someone to talk to about their problems, and especially those related to mental health, a lot of people just hold it inside, which leads to more severe complications, and sometimes suicide. Finding someone who shares the same feelings, experience, or problems always helps you cope with them.  
  
The application preserves full privacy, where you are not required to share your name, location or any other identification information through the process. Each user is given a unique code and has the freedom to choose whether to share where he is coming from or not. However, sharing your location can sometimes provide you with a more personalized experience and can match you with people from the same country or city. This allows you to talk about experiences specifically related to that country (For example, the explosion that took place in Beirut, Lebanon in August 2020).

The application does not allow gender identification. This increases privacy and stops the application from being used for purposes different from its initial purpose, such as for online dating. To verify your account, an email address is needed, however it will not be shared or shown to anyone.   
  
**The Matching Process:**

1. On your account, you are allowed to add up to 10 key words that describe the problems that u wish to talk about. These key words are always editable, to deal with changing or different circumstances that you are facing simultaneously. These words are used to match you with others who have key words. Also, if you choose to share your location, it allows you to match based on your location to find people around you that share a similar experience based on a location's specific event.
2. After applying your search, you will find different users (presented by their unique codes). This allows you to choose the ones that are most relevant to your issue. Then you can request permission to connect. When sending the request, you can write few sentences that explain your reasons for connecting and what you are intending to talk about. Afterwards, the other person will be able to see your request and your full profile (Unique code, key words, location \*if any\*, and description \*will be discussed later\*) and based on that they either accept or decline your request. They will also have the option to send few sentences with the request reply to explain the reason behind their decision.
3. If matched, you will be able to have an open conversation with them, knowing that your identity will remain a secret unless you choose to tell them.

**Your Profile:**

Your profile contains the following elements:

* Unique Code: each user is given a unique code that represents them and their profile, keeping their identity (name, gender, etc.) private. (ex: 193746)
* Key words: up to 10 key words that best describe or identify your mental health issue. This is used for the matching process. Also, these words are continuously editable. (ex: performance anxiety, insomnia, Beirut explosion, schizophrenia)
* Location: if you choose to share your location, it will be limited to your city or country and can be turned off at any moment. In the matching process, you can choose to search for people who share the same location which allows to a more location specific incident that you need to talk about (ex: an explosion, a shooting, etc..)
* Profile Description: this allows for a more detailed description of your problem and what you are looking for in a conversation. When sending a request to connect with someone, you can see their keywords and profile description beforehand, which allows you to do a more informed decision. On the other hand, the people who receive your request will also be able to see your description and key words, which will help them to decide on whether your profile fits their needs.

**The User Journey:**

1. Create a profile and use your email address for verification.  
2. Receive a unique code by email and create a password for your account.   
3. Sign in  
4. Add your key words, allow to share your country or city (if you want), and add your profile description of your problem (all editable at any time)  
5. Start your search  
6. The application will give you a list of matches found based on your key words and location (if any).

7. Choose the most relevant by seeing their key words and profile description  
8. Send a matching request alongside few sentences that explains your problem and needs more.   
9. Your request is accepted or declined after the other user sees your key words, profile description and request message (the other user is able to send a message alongside their decision to explain the reasons behind accepting or declining your request).  
9. If accepted, you now are matched and have an open conversation where you can also share your name, gender and any other information.   
10. You can choose to block their unique code or exit the conversation fully at any time. Exiting conversation takes you back to point zero. However, they can search for your unique code and send u another request.  
  
**Rules and Limitations:**

* Your email address is not shared with anyone and is only used for profile verification
* Your name, gender and any other identity information are not shared at any point in the matching process. Also, they are not allowed in the key words, nor in the description (to be discussed). However, you are allowed to share such information after you are matched and connected with another user.
* You can block any user by accessing their profile. In that case, they can’t see your profile again or send your requests.
* You can exit a conversation at any point. This closes all history and erases all your data from their system. However, if they have your Unique Code, they can send you a request again.

**Future Updates:**

* Ability to change your Unique Code once every 6 months
* Ability to choose which of your keywords to use in every search