

Jacob Cole

Mobile Apps Programming I

Wellness Resources Report

My application, Wellness Resources, is basic, yet intuitive for the seasoned internet user. If you are from an era of computing when the internet was mostly lists of web resources, this app will make a ton of sense to you. The problem that I was looking to solve is that of mental health. I am not trying to solve mental health problems in their entirety, but many people throughout the world struggle to even know how to approach their own mental health. Thus, the goals of my app are simple: connect users with resources to improve their mental health.

Originally, my main approach was to build a searchable database of mental health professionals that someone could sift through on their own. However, what I discovered is that the websites which exist for this purpose already work quite well on mobile, and as such I would simply end up attempting to compete against services which I did not intend to. As such, I went back to the problem of people not knowing where to go to get help, and settled on creating what you might call an “old-time” directory of useful resources that I’ve found in relation to mental health. In this way, I would still be helping deliver people resources they need (including *multiple* databases where they can find therapists or other professionals) while not being overly specific in my reach/purpose. This approach allowed me to focus on two main activities that the user will interface with: web resources and app resources. Originally, I included a note-taking activity in my app, but eventually removed it because I recognized that mobile phones already have note-taking apps, and this would just be obfuscating their purpose. I decided against including features simply for the sake of including them.

I chose this approach because I thought it would be a good way to slowly learn about app development and the various functionalities that Android Studio offers without overwhelming myself with too difficult a task. I plan on taking the sequel to this class in the Spring, and I would love to focus on more in-depth and complex undertakings in the future. I would say that this project, though, has provided me with a good basis for learning more Android development, and I may even venture into iOS development in the near future!