Declaration

I, [Student Name], declare that this assignment, titled [Assignment Title], is my own original work and has not been copied from any other source except where explicitly acknowledged. I have not engaged in plagiarism, collusion, or any other form of academic misconduct in the preparation and submission of this assignment. All sources of information and data used in this assignment have been properly cited and referenced in accordance with the prescribed guidelines. I have not used unauthorized assistance in the preparation of this assignment and have not allowed any other student to copy my work. I am aware that any breach of academic integrity may result in disciplinary action as per the policies of Monash University, which may include failing this assignment or the course, and further academic penalties.

Signature: YIGJIE ZHENG Date: 18/08/2024

Github Check

Enter your Github details here.

Github Username Enter your username here	jimmyzheng1027
A2 Shared? Have you started and shared your assignment repository with your tutor yet?	No

Self-Evaluation

Rate your performance for each criteria. Put a \emptyset (tick) in the box where you think your work belongs.

Criteria	Exceeds Expectations	Meets Expectations	Needs Improvement	Fail to meet expectations
Executive Summary	∜			
User Personas	∜			
Sitemap	$ \checkmark $			
Wireframes/Low-fidelity Prototype		≪		

Section 1: Executive Summary

This project aims to design and develop a web application dedicated to supporting individuals facing mental health challenges. The client's primary objective is to create a safe, informative, and user-friendly platform where users can find reliable resources, connect with mental health professionals, and engage in supportive communities. The website will serve as a comprehensive mental health hub, offering content and services tailored to the diverse needs of its users.

Target Audience:

Primary target audiences include individuals with mental health problems such as anxiety, depression and stress, as well as their families and carers. Secondary audiences include mental health professionals who wish to reach out to clients and provide services, as well as organisations concerned with mental health awareness and promotion. The audience varies in age, background and severity of mental health issues faced, ranging from young adults to older people seeking support.

Primary Goals:

- Accessibility and Usability: The website will be designed to ensure easy navigation and accessibility for all users, including those with disabilities. The user interface will be intuitive, allowing users to find the resources they need without unnecessary complexity.
- Comprehensive Resource Hub: The platform will offer a wide range of resources, including articles, videos, self-assessment tools, and a directory of mental health professionals. These resources will be curated and regularly updated to ensure relevance and accuracy.
- Community Engagement: A key feature of the site will be its community forums and support groups, where users can share experiences, ask questions, and provide peer support in a moderated and safe environment.
- Professional Connection: The site will include tools for connecting users with mental health professionals
 for consultations, either through an integrated booking system or through partnerships with telehealth
 services.

The web application will be built with a focus on security and confidentiality, ensuring users feel safe when seeking help. By providing these essential services, the website aims to reduce the stigma surrounding mental health, encourage early intervention, and ultimately improve the mental well-being of its users.

Section 2: User Personas



James Hernandez

Demographics:

- Age: 42
- Gender: Male
- Occupation: Construction Worker
- Location: Melbourne, Victoria
- Education: High School Diploma
- Income: \$55,000/year
- Family Background: Married, with two children

Goals and Need

James works on construction sites in Melbourne, where the harsh work environment, long hours of physical labor, and unstable job conditions make him feel exhausted and depressed. Due to the high risk of injury at work, he also suffers from chronic pain and psychological stress. He is looking for ways to cope with these stresses and hopes to find resources to better communicate his mental health needs to his family.

Pain Point

- Chronic pain and stress;
 Long-term physical labor leads to chronic pain and mental stress.
- Communication barriers;
 Difficulty in discussing mental health issues with his family, especially with his children.
- Limited access to affordable mental health services: Particularly given the time constraints from his job at the construction site.

How the Web Application Will Address His Needs

The website will offer James specialized resources to cope with job-related stress, including strategies for managing chronic pain and recovering physically after work. The site will also provide family support resources to help him effectively communicate with his wife and children. Online mental health counseling services will allow him to seek help outside of work hours through video or phone consultations. Additionally, the site will feature support groups specifically for men, where he can connect with other workers facing similar challenges.



Olivia Chen

Demographics

- · Age: 31 years old
- Gender: Female
- Occupation: Software Engineer
- Location: Sydney, New South Wales
- Education: Master's Degree in Computer Science
- •Income: \$95,000/year
- Family Background: Single, living alone

Goals and Needs

Olivia is a software engineer at a tech company in Sydney, and she experiences significant work-related stress, especially when approaching project deadlines. She is looking for effective stress relief methods and online resources to help her manage her time and emotions better. Additionally, she is interested in connecting with other professional women facing similar challenges to share experiences and support.

How the Web Application Will Address Her Needs

The website will provide Olivia with a variety of online resources, including stress management techniques, time management courses, and topics on maintaining mental health in the workplace. The community forums on the site will also help her connect with other professional women, enabling them to discuss mental health challenges in their careers. Additionally, the site will offer anonymous counseling and support services to ensure her privacy is protected.

Pain Points

- Time constraints: Her busy schedule makes it difficult to attend offline mental health support activities.
- Privacy concerns: She worries that seeking mental health support might affect her career progression.
- Cultural adaptation: As a Chinese-Australian, Olivia sometimes feels isolated due to cultural differences at work.



Aisha Ahmed

Demographics:

- Age: 21 years old
- Gender: Female
- Occupation: University Student (Psychology Major)
- Location: Brisbane, Queensland
- Education: Currently pursuing a Bachelor's Degree in Psychology
- Income: Part-time job, \$15,000/year
- Family Background: Single, living with family

Goals and Needs

Aisha is a psychology student at a university in Brisbane. She has a strong interest in mental health but struggles with academic pressure and social anxiety. She is looking for resources to help her better manage her mental health while balancing her academic responsibilities. Additionally, she wants to find a platform where she can apply her academic knowledge to her personal life and future career.

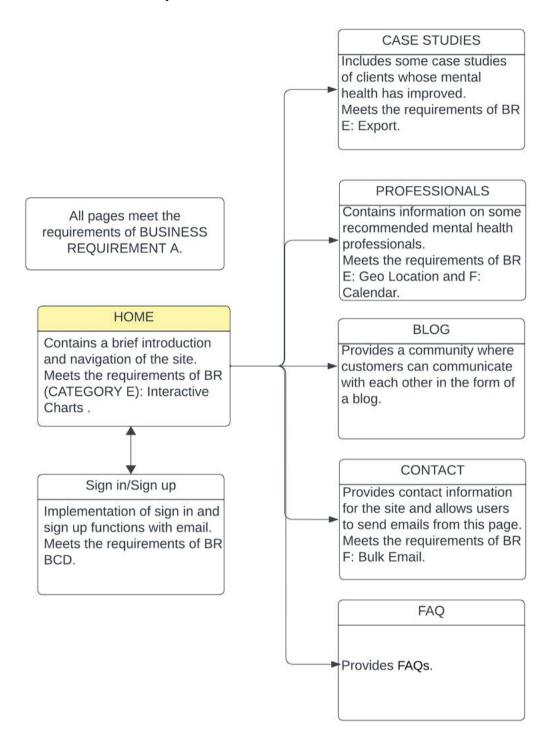
How the Web Application Will Address His Needs

The website will provide Aisha with mental health resources specifically designed for students, such as guides on coping with exam stress, time management, and social anxiety. She can also access an online learning community through the site to connect with other psychology students to share experiences and study resources. The website's online courses will help her further learn how to apply psychology knowledge in her personal life and offer career guidance resources to help her prepare for her future career.

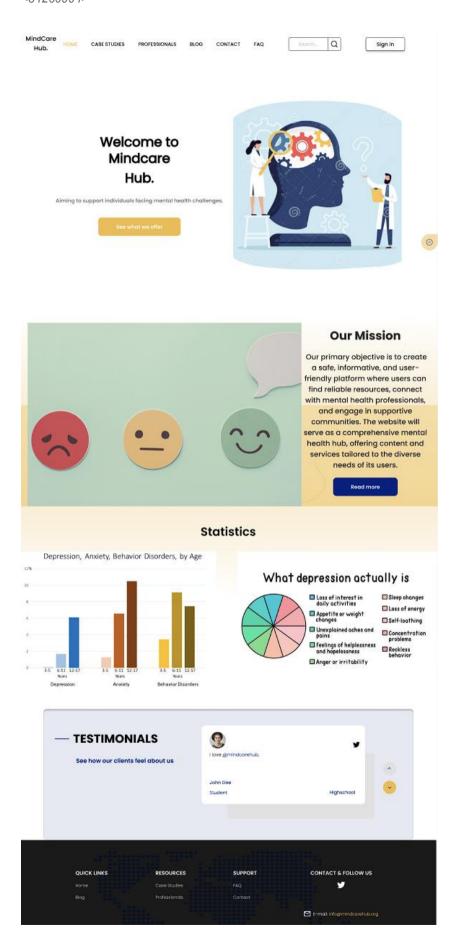
Pain Points

- Academic pressure and exam anxiety: Especially during final exams.
- Social anxiety: Difficulty in building connections with her classmates.
- Limited mental health support at school: Uncertainty about how to apply academic knowledge to real-life situations.

Section 3: Sitemap



Section 4: Wireframes/Low-fidelity prototype



<34260994>

Login

See your growth and get consulting support!

or Sign in wi	th Email
mail*	
mail@website.com	
assword*	
Min. 8 character	
Remember me	Forget password
Logi	

Other business requirements are list in Sitemap.

FIT5032 <YINGJIE ZHENG> <34260994>

Declaration: Additional Help

Any tools that you used (including Gen Al or existing code reuse) must be declared here.

Note: GenAl is not allowed for coding purposes in any assignment,

However, you may use GenAl for brainstorming and problem solving. You need to declare all such uses here. One row per help used.

Name	Description
ChatGPT for brainstorming ideas	I used ChatGPT to brainstorm how to do User Personas because I was feeling stuck with it.