

# Helping

A cosy serious game that teaches healthy wellbeing habits

## PROJECT GOALS

- Investigate how character actions and storytelling affect audiences
- Use these techniques to create a fun game to encourage better mental health practices

## INTRODUCTION

**88.2%** of people feel that their **mental health** and emotional wellbeing could be improved.<sup>[1]</sup>

*Helping* uses principles of **educational games and psychology** to create an enjoyable experience that offers both immediate escapism and longer term healthy habit forming to support users' mental wellbeing.



## DISCUSSION

The game design of *Helping* follows the **Conceptual Framework of Serious Games**<sup>[2]</sup>, combining game mechanics with learning outcomes.

The learning outcomes in this instance are:

- Learn about nature based therapies
- Practise therapeutic and wellbeing skills

**Soft visuals** and **cosy branching narrative** options make the experience calm and immersive, providing an attractive way to spend time whilst simultaneously learning how to better support their own mental health.

## CONCLUSIONS

**The finished product demonstrates how serious games can be created to improve users mental health in both the long and short term.**

The delivered game is a vertical slice of what the concept could be with more development.

In future, it could be expanded to include:

- Additional characters to interact with
- More interconnecting storylines
- Range of therapeutic approaches

maybe a walk  
would help?

...maybe.  
where?

the highstreet?  
the meadows?  
→ the woods? ←

## END RESULT

A relaxing, story-centric game which teaches players about therapy inspired healthy habits