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GLOBAL:CHALLENGE

HEALTH CARE

Problem Statement

Our problem relates to the pressing and urgent mental health challenges that, encompasses high rates of depression, anxiety disorders, substance abuse, PTSD, eating disorders, and suicidal ideation.

Related:GCGO

This problem relates to Healthcare as a global challenge facing majority of the people in the world

Why The Problem Matters?

The Problem matters because Mental health issues have a significant impact on productivity and economic stability on an individual. When individuals struggle with mental health issues, it can impair their ability to concentrate, make decisions, and perform effectively in their personal and professional lives.



AFFECTED PERSON\GROUP

Mental health Problems affect these groups of individuals, this includes:

Elderly people.

Families and caregivers.

persons living with disability.

Children and adolescents.

Children and adolescents.

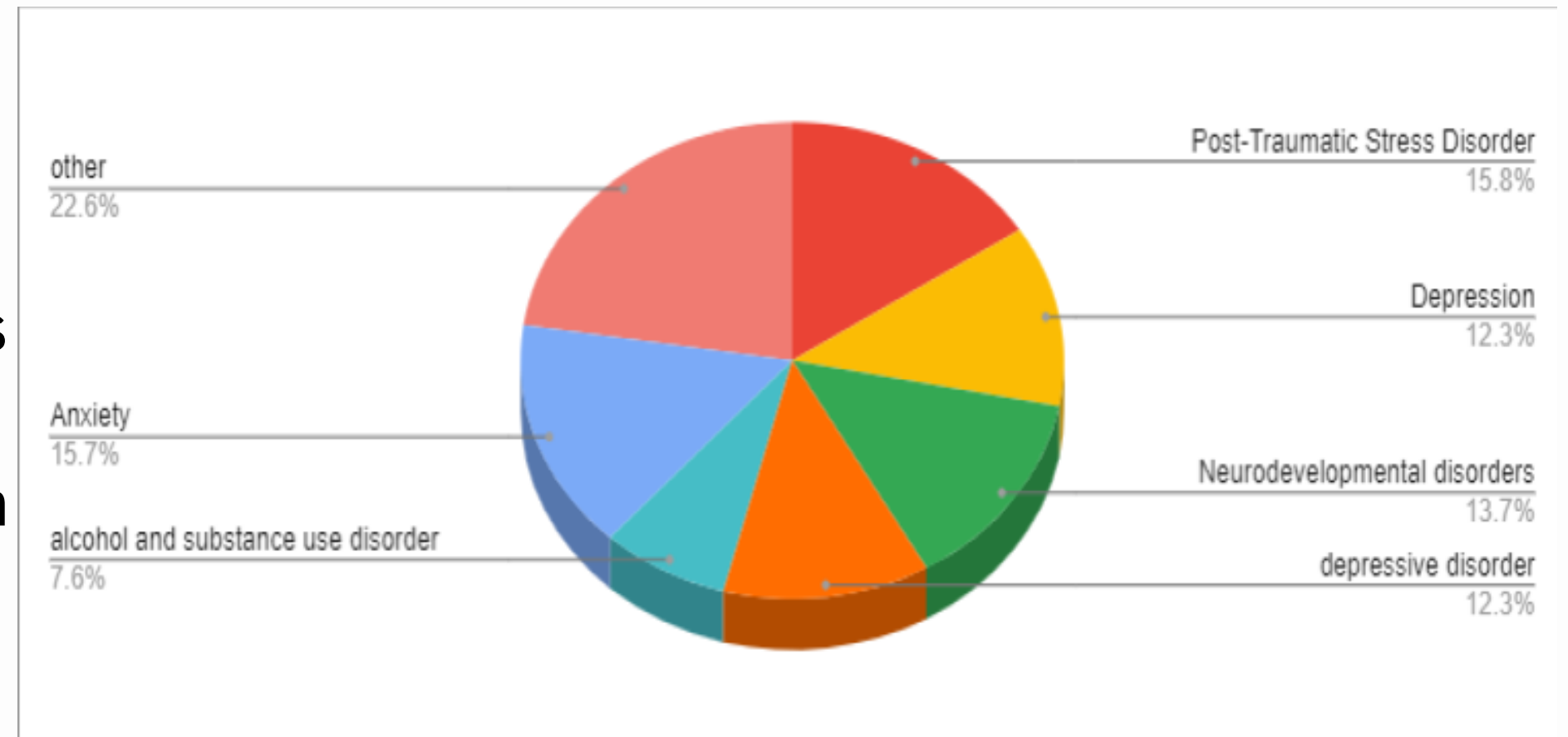
Families and caregivers.



Data Visualization

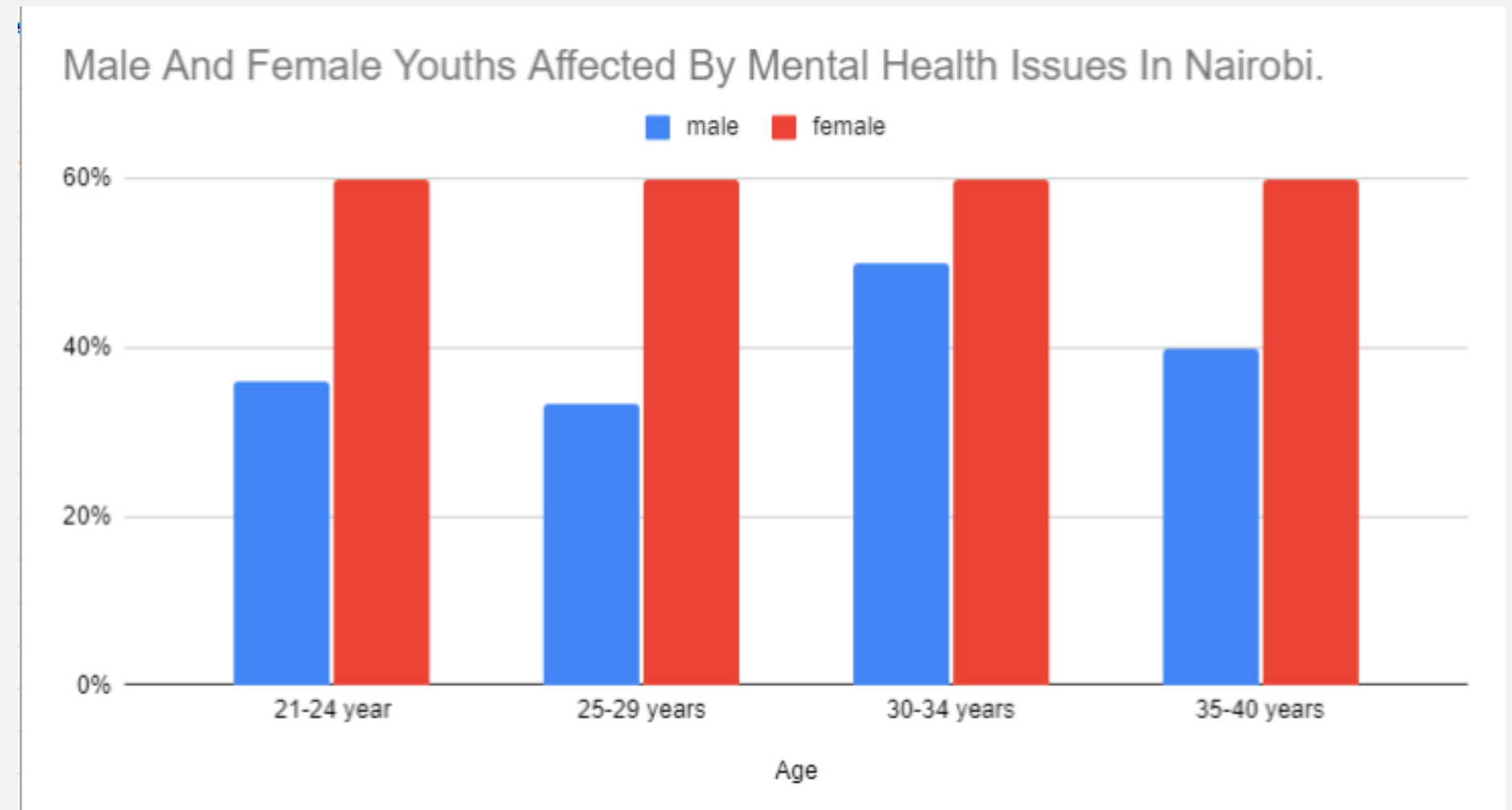
Percentage Of Individuals Affected By Mental Health Issues

In the pie chart Anxiety and post-traumatic stress disorder are the leading types of mental health issues with post-traumatic stress disorder leading with 15.8% while Anxiety with 15.7%.



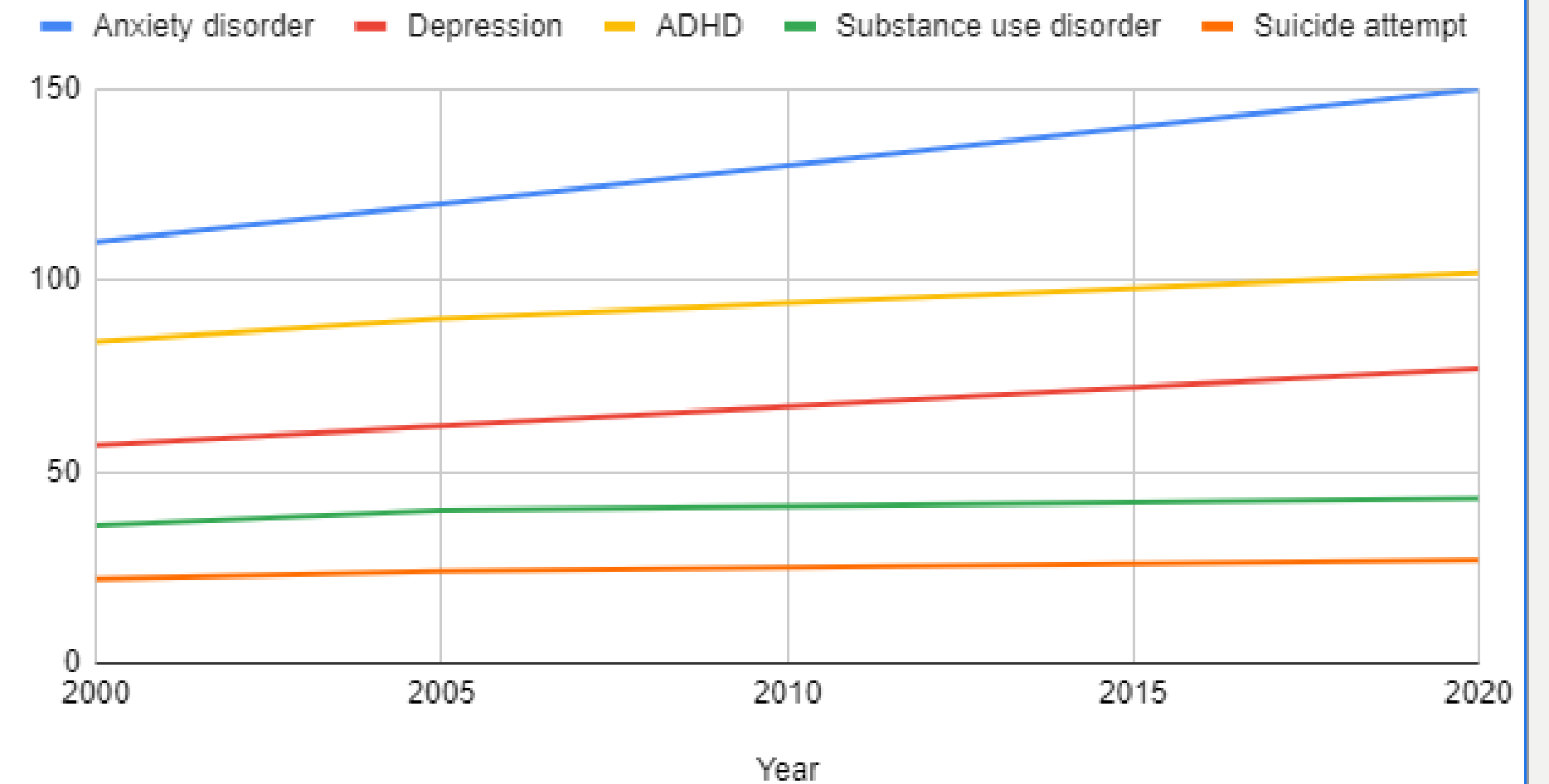
Data Visualization

This data visualization is from a data set that shows the percentage of males and females from different age groups affected by mental health problems



Data Visualization

Mental health among youths, distributed in years over time



SOLUTION



solution

Mobile applications can provide accessible and convenient resources for individuals seeking support. These apps diagnose which specific mental illness the person suffers from and then offer various features specific to the illness such as guided meditation, stress reduction techniques, mood tracking, journaling, and cognitive-behavioral therapy exercises.



Why the solution was Chosen .

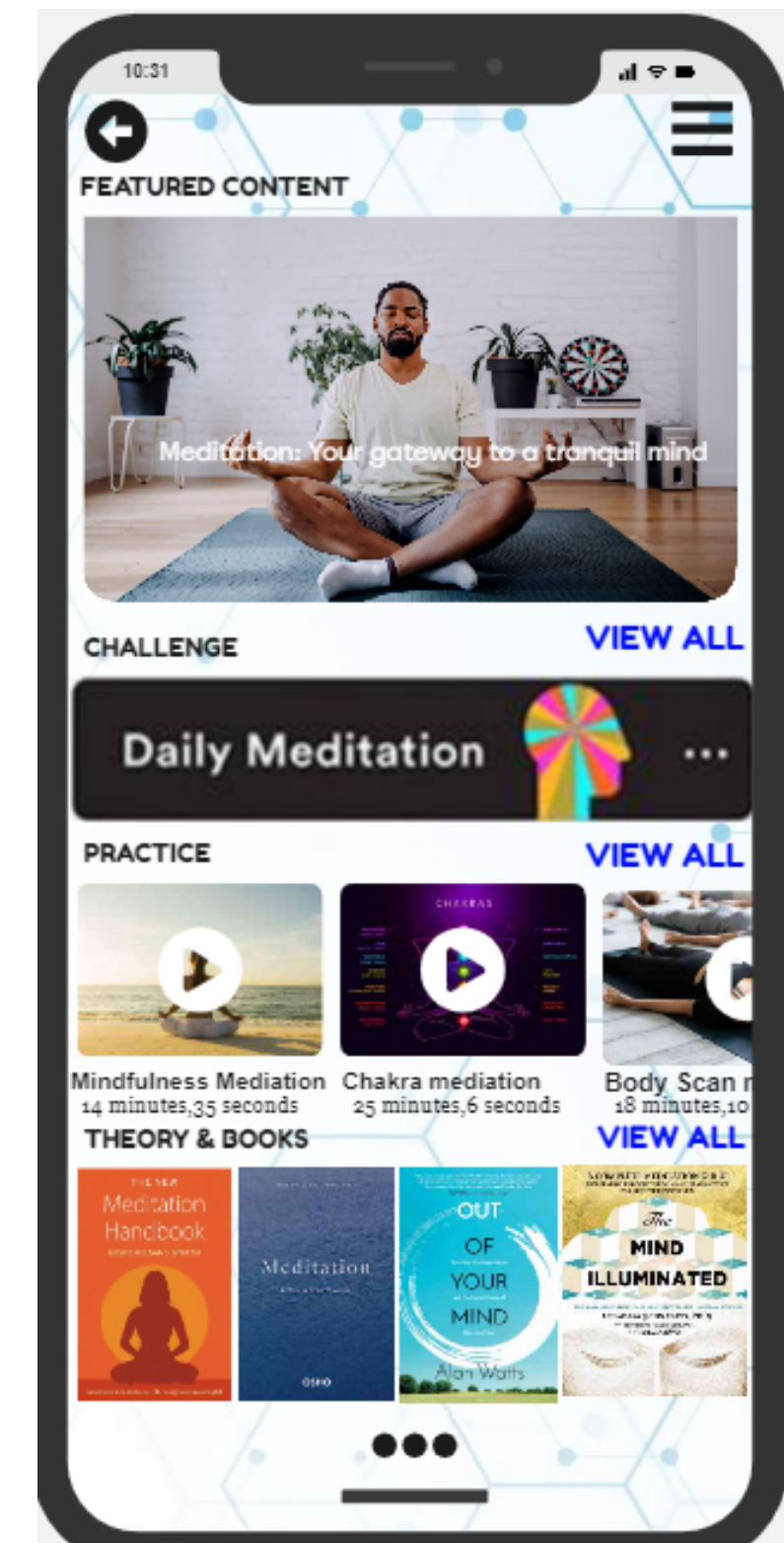
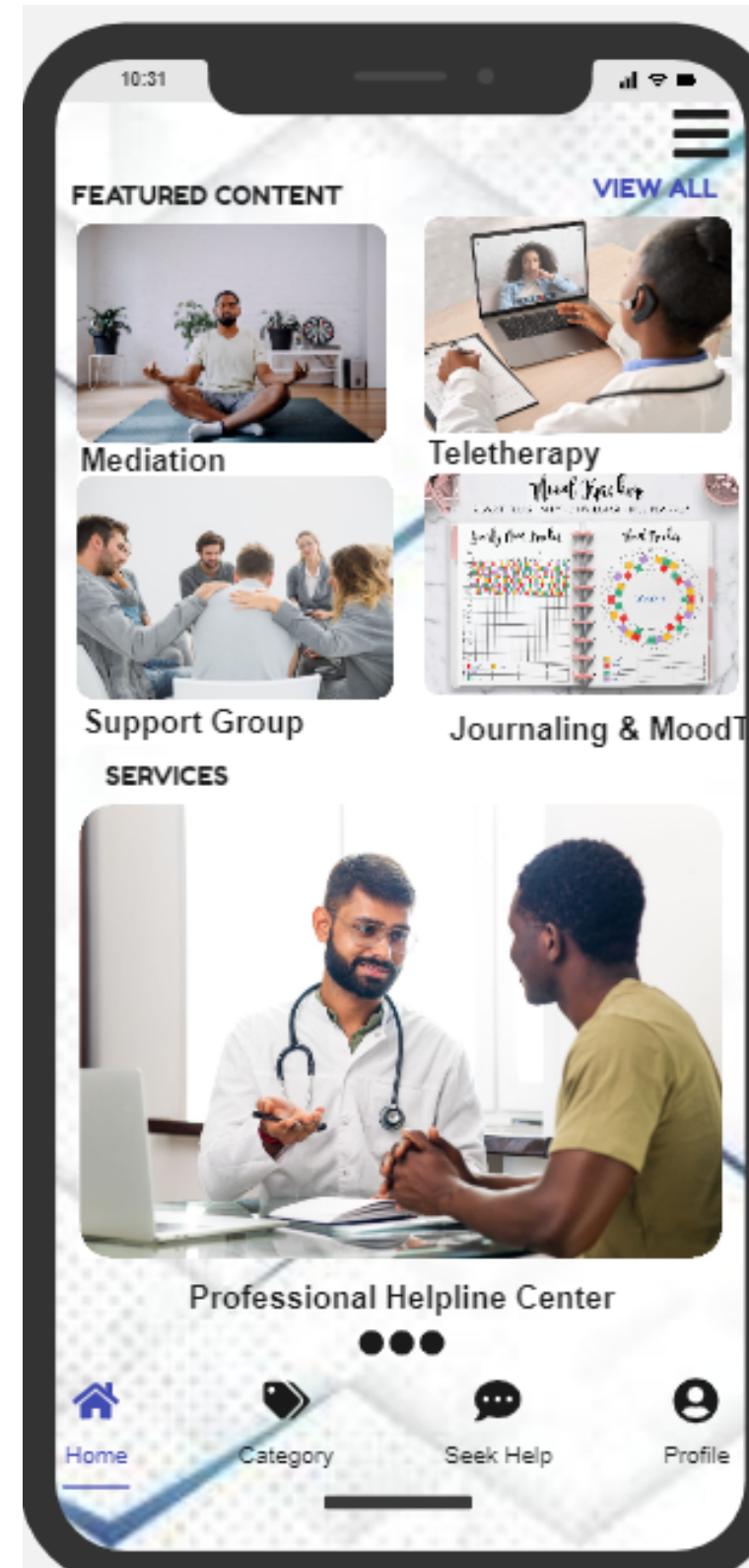
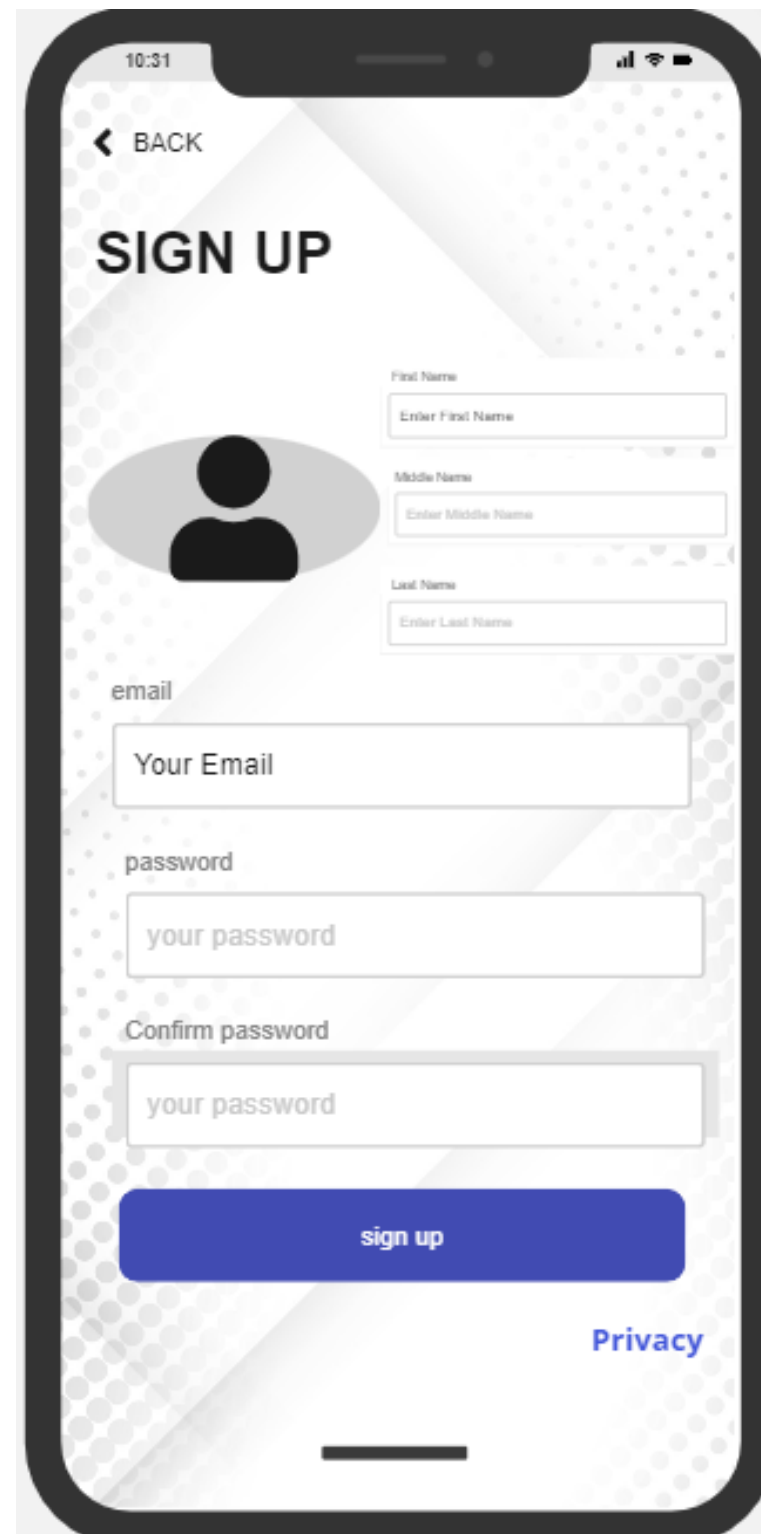
Mobile apps provide a convenient and accessible platform for individuals to access mental health resources and support anytime, anywhere.



Why the solution will be effective

People can use these apps from the comfort of their own homes or even on the go, which reduces barriers to seeking help and increases access for individuals who may face limitations in terms of time, mobility, or location.

Images Of The Wireframe



PAIN POINTS

- 1 My users need accurate and reliable information about mental health conditions, symptoms, treatment options, and self-help strategies.
- 2 My Users require a platform that provides emotional support and encouragement, either through direct communication with professionals or through peer support communities.
- 3 Some of my users may need access to virtual therapy or counseling sessions with qualified mental health professionals.
- 4 My users may require immediate access to resources and helplines in case of a mental health crisis.





RECOMMENDATION

Collaborate with mental health professionals:
Seek partnerships or collaborations with reputable mental health professionals, psychologists, therapists, or mental health organizations. This collaboration can help ensure that the information provided in your app is accurate, evidence-based, and up to date.

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IF GIVEN FUNDING

A portion of the funding would be allocated to marketing and promoting the mobile app to reach the target audience. This could involve digital marketing campaigns, social media outreach, collaborations with influencers, partnerships with mental health organizations, and targeted advertising to raise awareness about the app's benefits and attract users.



Why the solution could make an important difference.

By providing a mobile app, we can make mental health resources and support easily accessible to a wide range of individuals. This addresses the issue of limited access to mental health services due to factors such as geographical location, time constraints, or social stigma.

