

DIWA

Final Requirements: Exploration Stage

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Section:
WD- 301

I.INTRODUCTION

DIWA your hub for mental health and support. In a world where mental health is often ignored, we're here to make a difference. With a range of resources like articles, guides, personal stories, and expert advice, we promote mental well-being and resilience. But we're more than just a source of information; we're a community where people connect, share experiences, and find support. Together, we're tearing down barriers, fighting stigma, and pushing for policies that prioritise mental health.

II.PROBLEMS

Mental health covers a range of struggles like depression, anxiety, and trauma, which deeply impact individuals. These issues can disrupt everyday life, making it hard to experience happiness and fulfilment. It's important to address these challenges to promote well-being and improve quality of life. Seeking support and treatment can help people navigate these difficulties and regain a sense of balance and resilience.

III.OBJECTIVES

- Increase understanding and awareness of mental health issues, including common disorders, symptoms, and available treatments.
- It will give other people motivation and good information about their mental health problems.
- Offer clear and concise explanations about the prevalence and impact of mental health problems on individuals and society.
- Encourage regular updates and additions to the website's content to reflect advancements in mental health research and treatment modalities.

MEMBERS & ROLES:

Chrisjohn Crisostomo - Member

- Assisted in proposing a title, and did the majority of the introduction while adding extra details regarding the objectives.

Louis Jae Garcia - Member

- I assisted in naming our advocacy and would be one of the members who would be responsible for the visual aspect of our website

Joshua Ezekiel Limiac - Member

- Assisted in proposing an advocacy topic and wrote the explanation for the problem part, and created the repository in GitHub.

Rymbrent Maximillian Rabano - Leader

- I am the one who provides the google docs. And I also added some ideas in the Objective part.