

9:41



You're feeling
Happy 😊



Journal



Menu

Recommended Today

How to be happy without fearing what is to come next, near-sight anxiety.

[Book Your Slot Now](#)

“Happiness is not the absence of problems, it's the ability to deal with them.”



Talk to someone

Share your thoughts with a certified therapist, friend or a chat bot



[Know more →](#)





You're feeling
Angry 😠

Journal

Menu

Recommended Today

Let's talk about it, Calm ways 101, Mindful positivity

Book Your Slot Now

“Holding onto anger is like drinking poison and expecting the other person to die.”

Talk to someone

Share your thoughts with a certified therapist, friend or a chat bot



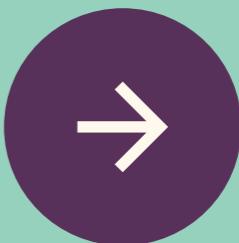
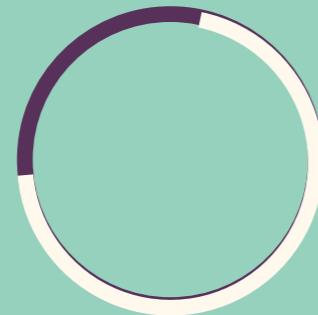
Know more →



To be Kind to your mind



It's Okay
to
Not be okay



9:41



Good Afternoon,
Marian!

How are you feeling today ?



Happy



Sad



Angry



Calm



M

Write here any notes/reason your are feeling
this way...

Talk to a professional

Book Your Slot Now



**It's Ok Not To Be
OKAY !!**

Let Us Help You

9:41



You're feeling
Sad 😞



Journal



Menu

Recommended Today

It's okay to not be okay. Let's care for ourselves. Self is more.

Book Your Slot Now

“Sadness is a part of life, just as joy is. It is not a sign of weakness, but a reminder to take care of ourselves.”

Talk to someone

Share your thoughts with a certified therapist, friend or a chat bot



Know more →





Aaron
Last seen 2h ago

Say "hi" or ask them a random question

Type Message





Let's Start



Please fill the details !

Email Address



Password



SignUp

[Terms & Conditions](#)

<

X

9:41



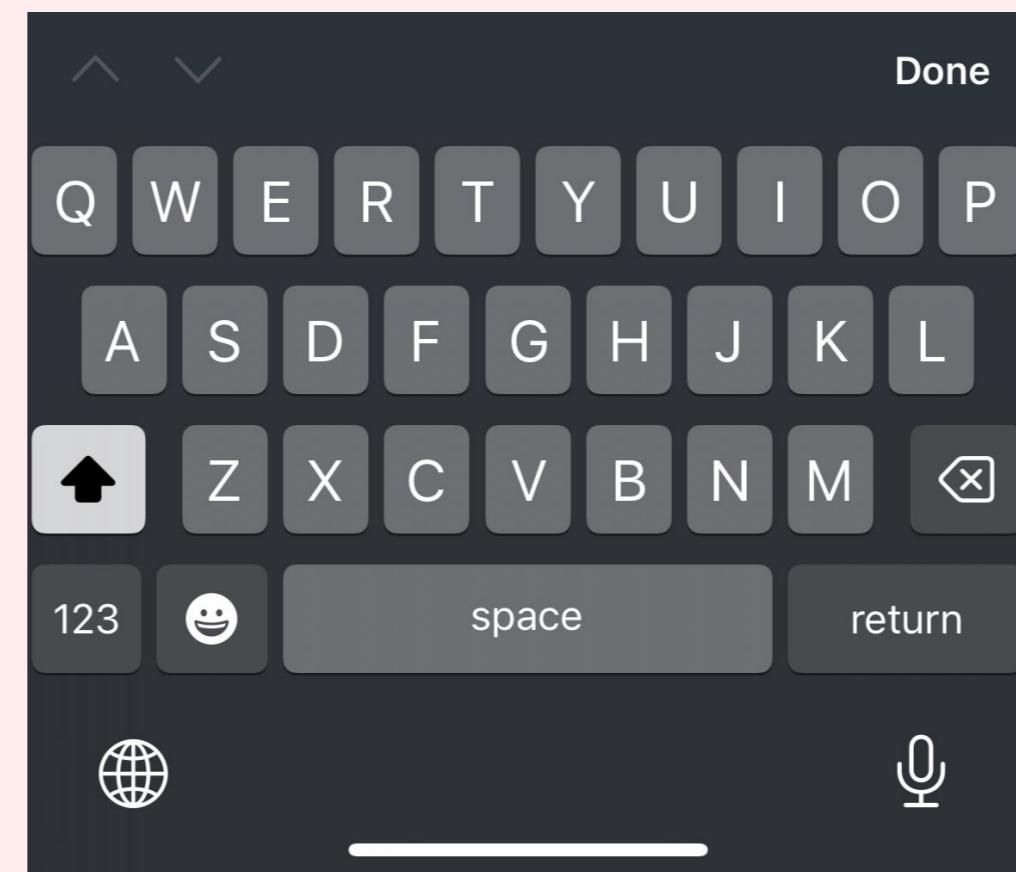
Welcome Back!

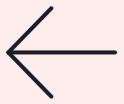
Email Address



Login

Forgot Password?





Welcome Back!

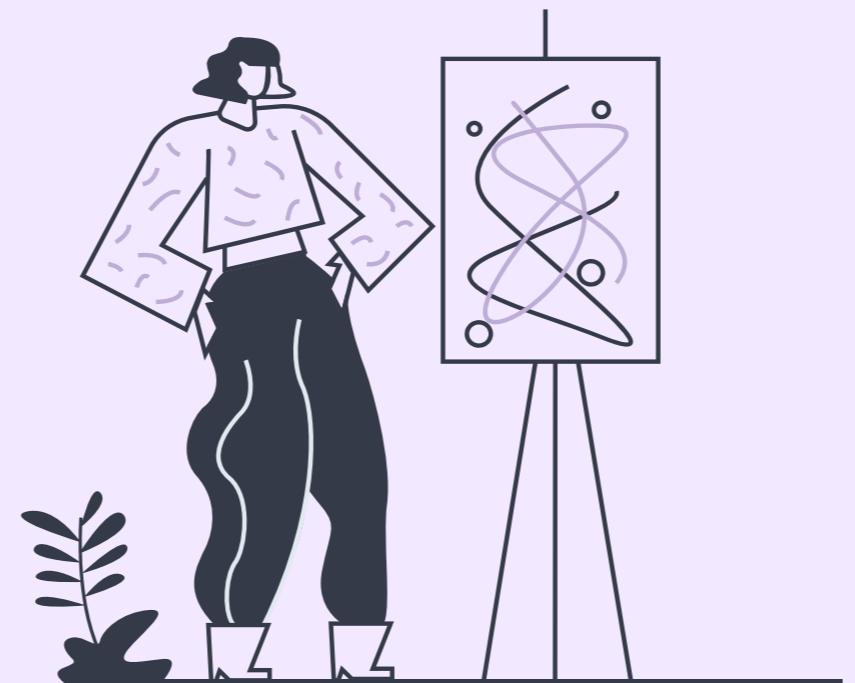
Email Address



Password

Login

[Forgot Password?](#)



Welcome to Personal Supervisor
System / Student Wellbeing
prototype.

Login

SignUp



Continue with Google



Talk to a professional

Breathing routine

Talk Lets get started ->



Chat



Mental Health Clinics

Virtual Counseling

[Set up panic mode](#) [My friend needs help](#)



Panic Mode

An easy way to set up for future safety, when you need to talk to someone or any sort of help at any time. A step towards better mental health

Double tap off button

Every time you press your off button twice, it will call your desired choice of person.

[Set now](#) 

Triple tap video call

Automated video call with certified therapist on pressing the home button thrice.

[Set now](#) 

[Customised button](#)



Have you noticed any
alarming signs in your
friend?

Help us help them

Provide us with their Phone number,
Instagram ID or email ID for us to
ANONYMOUSLY reach out to them for help

Yes my friend needs help



Neaby Clinics

Example Clinic #1

Contact Details:

Location:

Example Clinic #2

Contact Details:

Location:

Example Clinic #3

Contact Details:

Location:

Example Clinic #4

Contact Details:

Location:



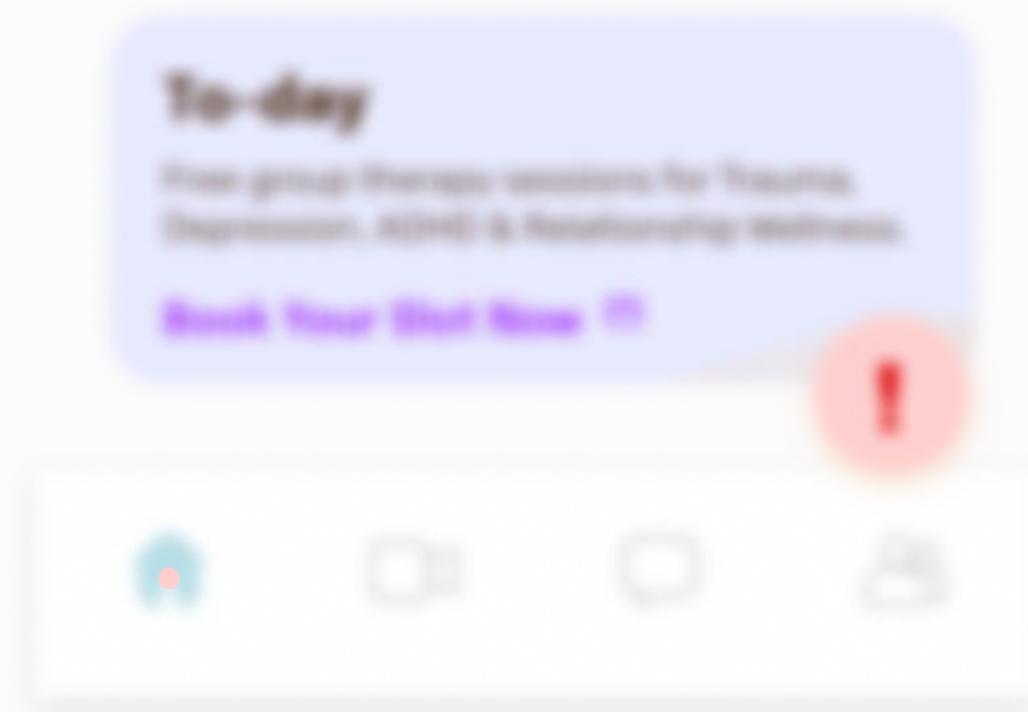
Good Afternoon,
Mariam!

How are you feeling today?

Last thing before we start, would you mind if we sent you occasional affirmative notifications to get you through your day and about the latest updates!

Yes

no





Aaron

Last seen 2h ago

Say "hi" or ask them a random question

Type Message





Current Spendings

ADD NEW EXPENSE

VIEW PAST TRANSACTIONS

SET BUDGET LIMITS

Total for the month

April 2024

Groceries 150 £

Transportation 250 £

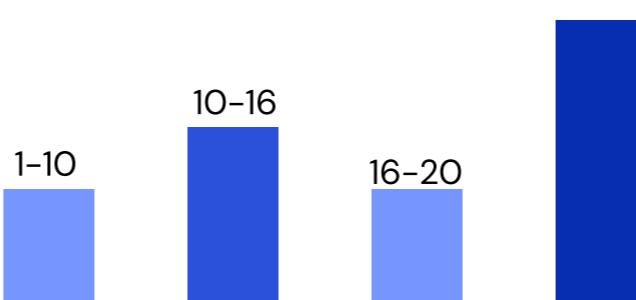
Services 350 £

Shopping 100 £

Entertainment 50 £

Restaurants 50 £

Transfers 500 £





ADD NEW EXPENSE

AMOUNT SPENT

DATE

CATEGORY

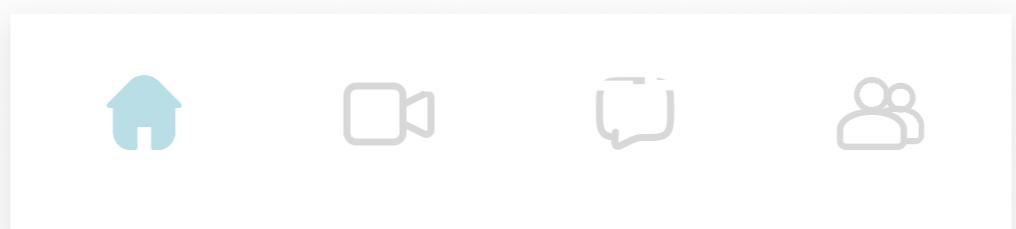
SAVE

SAVE





SAVED





BOOKING CREATED WITH SUPERVISOR JASMITE
PATEL, MONDAY 18 APRIL, 13:00 PM VIA CHAT.





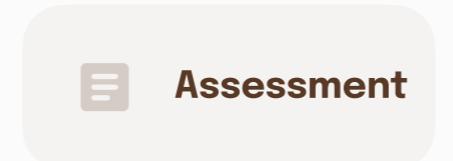
Good Afternoon,
Supervisor
Marian!
How are you feeling today ?



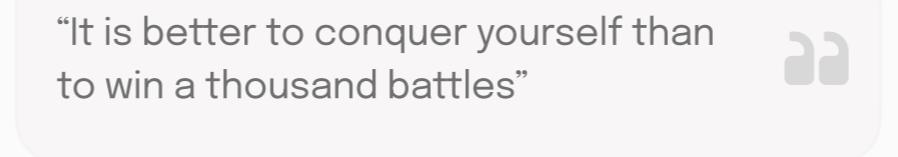
SEE STATUS OF THE STUDENTS



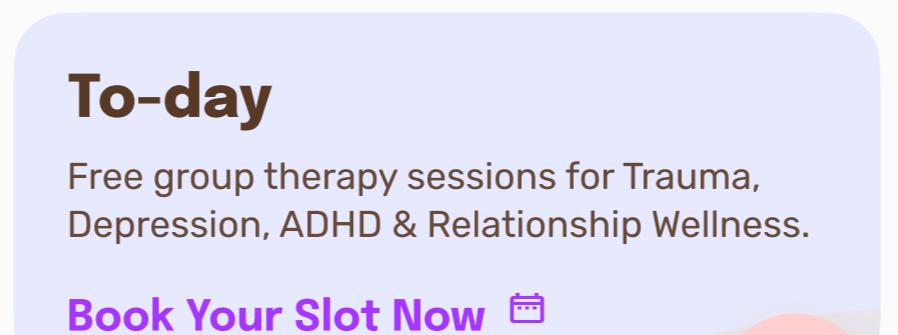
Journal



Assessment



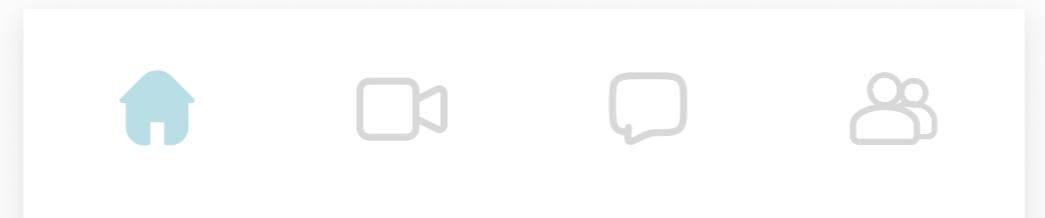
“It is better to conquer yourself than
to win a thousand battles”



To-day

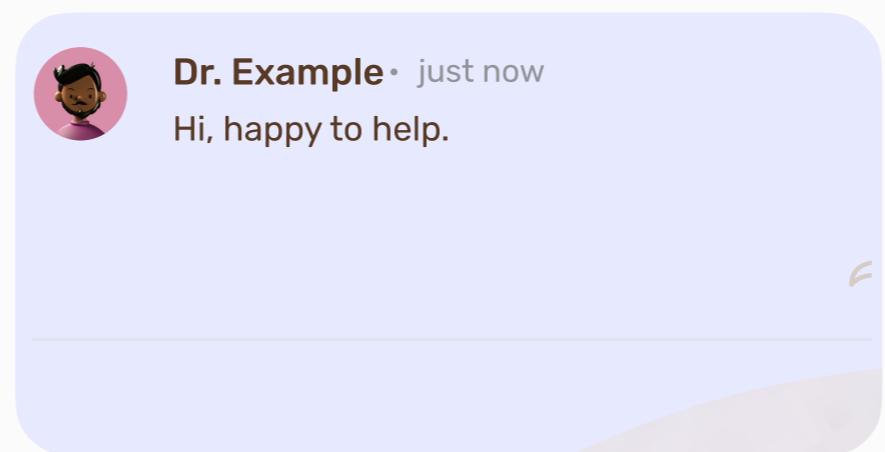
Free group therapy sessions for Trauma,
Depression, ADHD & Relationship Wellness.

Book Your Slot Now



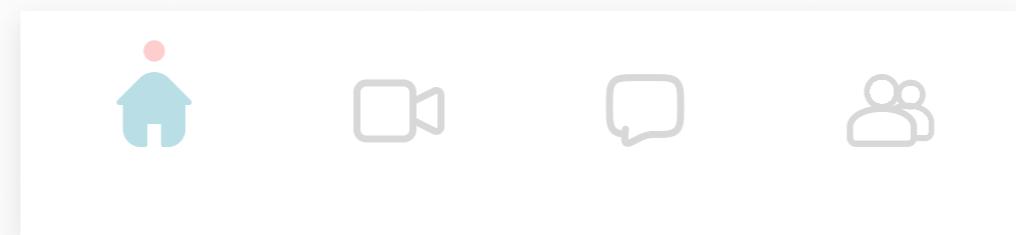
>

Chat opened



Type your message below

Type Message





TRANSACTION HISTORY

9:28 AM Cash \$16.05

January 27, 2021

1:49 PM 5401 \$0.02

1:47 PM Cash \$27.00

1:46 PM Cash \$33.00

January 25, 2021

4:08 PM Cash \$0.05

January 13, 2021

EXPORT DATA

SAVING TIPS





Please enter details for appointment, such as
purpose

SUBMIT





Chats

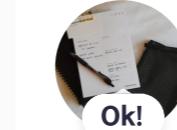


CS Lecturer

Awesome

3

Today, 12:25



Daily planning

Ok!

2

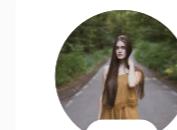
2 h



Classmate #1

Go

March 6, 20



Dr. Therapist

Sounds goood!

8h



Kate

Can't wait)

September, 2C

9h

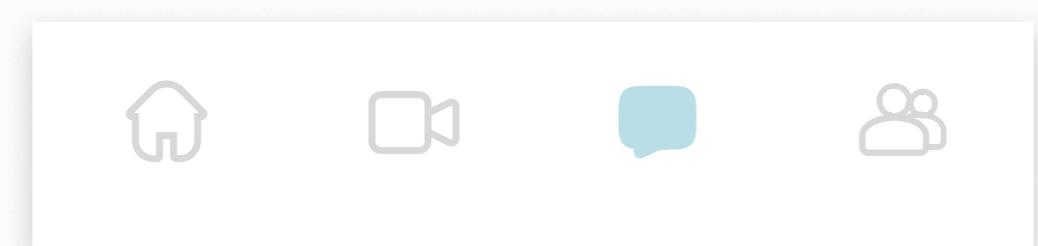


Senior Tutor



Personal Supervisor

March, 20





-  **My Account** ⚠ >
Make changes to your account
-  **Personal Details** >
Make changes to your personal details
-  **Face ID / Touch ID**
Manage your device security
-  **Two-Factor Authentication** >
Further secure your account for safety
-  **Log out** >
Further secure your account for safety

-  **Help & Support** >
-  **Donate to a charity** >





TIMETABLE

		Day	Week	Month	List															
		April 2024						Activities of all types shown				<	Today	>						
31	Mon 1	Tue 2	Wed 3	Thu 4	Fri 5	2023/24														
32	8	9	10	11	12	DAMIAN,MARIAN_UGCOMSFF_7_Y2	441190_A23_T12 Extra-Curricular Activities	500083_A23_T2 Advanced Programming	551457_A23_T1 Databases and Networks	551458_A23_T1 Artificial Intelligence	551460_A23_T2 User Interfaces and Experience	551462_A23_T12 Design Develop Deploy	Other activities	2023/24						
						11:00 Design Develop Deploy [Lec] - 551462_A2...	12:00 Advanced Programming [Lec] - 500083_A...	13:00 Rather Useful Seminars [Lec] - 441190_A...	09:00 Advanced Programming [Lab] - 500083_A...	11:00 Design Develop Deploy [Lab] - 551462_A2...				2022/23						
						15:00 Advanced Programming [Online] - 500083...	14:00 User Interfaces and Experience [Lec] - 551...	16:00 Advanced Programming [Online] - 500083...	14:00 User Interfaces and Experience [Lab] - 551...	16:00 User Interfaces and Experience [Lab] - 551...				DAMIAN,MARIAN_UGCOMSFF_7_Y1	441101_A22_T12 Programming Portfolio	441102_A22_T2 Architectures, Operating Systems and the Cloud	441104_A22_T1 Computational Thinking			
33	15	16	17	18	19	441105_A22_T1 Algorithms and Data Structures	441108_A22_T2 Professional Development	Other activities	11:00 Design Develop Deploy [Lec] - 551462_A2...	12:00 Advanced Programming [Lec] - 500083_A...	13:00 Rather Useful Seminars [Lec] - 441190_A...	09:00 Advanced Programming [Lab] - 500083_A...	11:00 Design Develop Deploy [Lab] - 551462_A2...							
						15:00 Advanced Programming [Online] - 500083...	14:00 User Interfaces and Experience [Lec] - 551...	16:00 Advanced Programming [Online] - 500083...	14:00 User Interfaces and Experience [Lab] - 551...	16:00 User Interfaces and Experience [Lab] - 551...										
34	22	23	24	25	26	11:00 Design Develop Deploy [Lec] - 551462_A2...	12:00 Advanced Programming [Lec] - 500083_A...	13:00 Rather Useful Seminars [Lec] - 441190_A...	09:00 Advanced Programming [Lab] - 500083_A...	11:00 Design Develop Deploy [Lab] - 551462_A2...				Apr 2024						
						15:00 Advanced Programming [Online] - 500083...	14:00 User Interfaces and Experience [Lec] - 551...	16:00 Advanced Programming [Online] - 500083...	14:00 User Interfaces and Experience [Lab] - 551...	16:00 User Interfaces and Experience [Lab] - 551...				M	T	W	T	F	S	S
35	29	30	1	2	3	11:00 Design Develop Deploy [Lec] - 551462_A2...	12:00 Advanced Programming [Lec] - 500083_A...	13:00 Rather Useful Seminars [Lec] - 441190_A...	09:00 Advanced Programming [Lab] - 500083_A...	11:00 Design Develop Deploy [Lab] - 551462_A2...				25	26	27	28	29	30	31
						14:00 User Interfaces and Experience [Lec] - 551...	15:00 Advanced Programming [Online] - 500083...	16:00 Advanced Programming [Online] - 500083...	14:00 User Interfaces and Experience [Lab] - 551...	16:00 User Interfaces and Experience [Lab] - 551...				1	2	3	4	5	6	7
														8	9	10	11	12	13	14
														15	16	17	18	19	20	21





Hi, Student!

How are you feeling today?

Write here...

Track your progress

If you notice these symptoms in
someone, let us know and we'll
anonymously try to help them





Hi, Student!

Here is your progress

If you notice these symptoms in
someone, let us know and we'll
anonymously try to help them





Supervisors available for meetings

Supervisor Jasmine Patel

Supervisor Ethan Miller

Search Supervisor





Availability

Mon

6

Tue

7

Wed

8

Thu

9

Fri

10

Mon

11

Tue

12

Wed

13

Thu

14

Fri

15

Mon

18

Tue

19

Existing Meetings

Student Marian

Meetings not found



Available for meetings





Virtual Counselling



Select a date for your appointment

Mon
6

Tue
7

Wed
8

Thu
9

Fri
10

Mon
11

Tue
12

Wed
13

Thu
14

Fri
15

Mon
18

Tue
19





MENTAL HEALTH RESOURCES

These will take you to another webpage

articles:

podcasts:

helplines:

support groups:

THIS SECTION IS FOR YOU TO LEAVE FEEDBACK

Share a resource with friends or classmates

STRESS MANAGEMENT

ANXIETY RELIEF

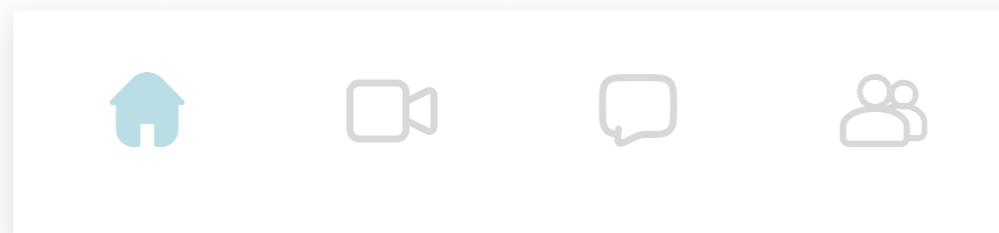




MENTAL HEALTH RESOURCES

STRESS MANAGEMENT

Managing stress is crucial for maintaining overall well-being. Here are some resources that can help you effectively manage stress:





MENTAL HEALTH GOALS

- 1.MINDFULNESS AND DAILY MEDITATION
- 2.HEALTHY BOUNDARIES
- 3.PHYSICAL ACTIVITY
- 4.THERAPHY

SET NEW GOALS





MENTAL HEALTH RESOURCES

These will take you to another webpage

articles:

podcasts:

helplines:

support groups:

THIS SECTION IS FOR YOU TO LEAVE FEEDBACK

STRESS MANAGEMENT

ANXIETY RELIEF





Help us help others!

Donate

Sign me up!





Upcoming Mental Health Goal

Reminders and progress tracking.
Meditation daily for 10 minutes.

Day 1 - 6 April

All Sessions ▾



Suhana M

Msc in Clinical Psychology

1st May '24

7:30 PM - 8:30 PM

Reschedule

Join Now



Sana K

Msc in Clinical Psychology

21st March '24

7:30 PM - 8:30 PM

Re-book

Give Feedback



Sahana V





BOOK PS MEETING
Let's get started ->

TIMETABLE
Let's get started ->

Trends
Let's get started ->

RESOURCES
Let's get started ->

ADDICTION
Let's get started ->

Commute Options
Let's get started ->

MEET PS
Let's get started ->

MEET ST
Let's get started ->

SPENDING TRACKER
Let's get started ->

Exam Timetable
Let's get started ->

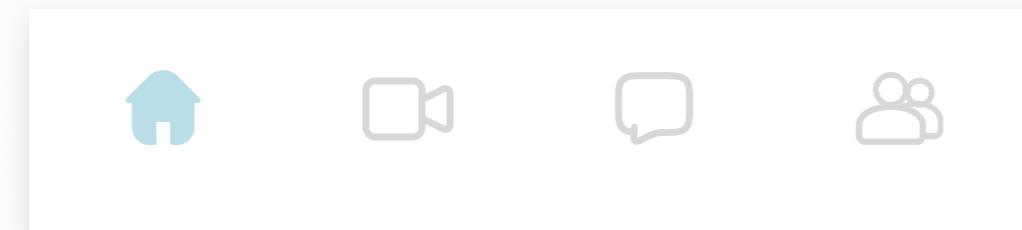
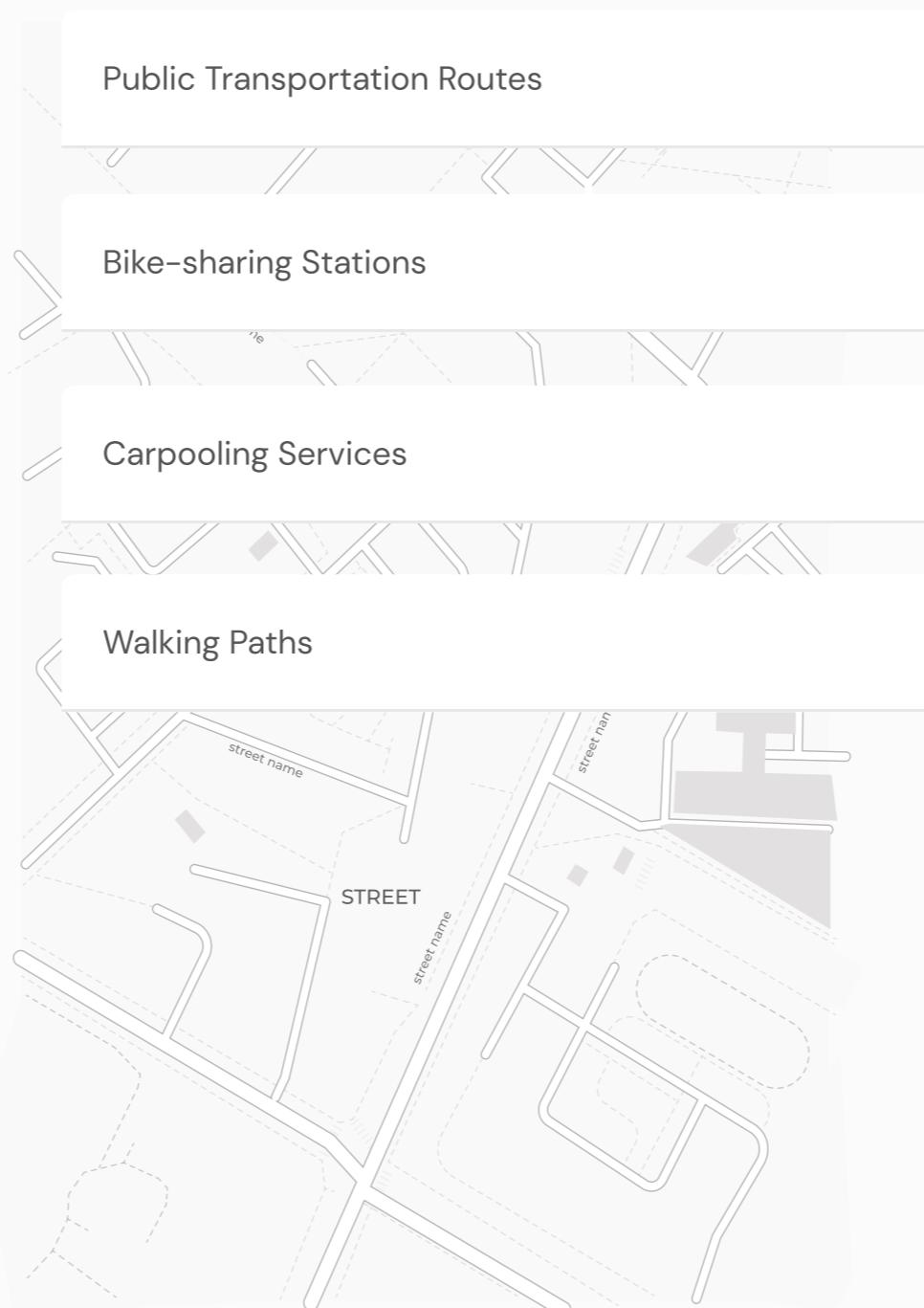
AGGRESSION
Let's get started ->

BIPOLAR
Let's get started ->

PSYCHOSIS
Let's get started ->

IDENTITY DISORDER
Let's get started ->



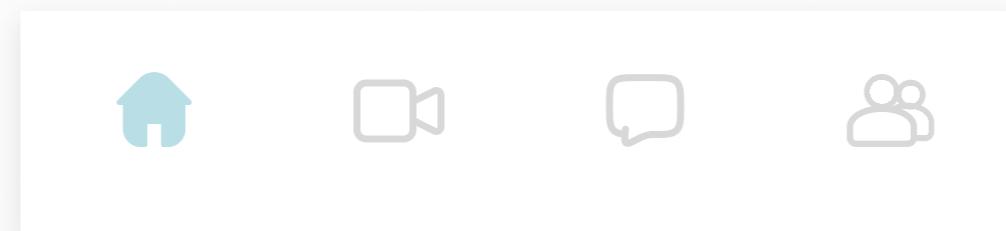




MENTAL HEALTH RESOURCES

ANXIETY RELIEF

Managing anxiety involves a combination of self-care practices, professional support, and lifestyle adjustments. Here are some resources that can help in relieving anxiety:





CHOOSE YOUR STARTING DATE

Mon

6

∅ 5 Meds

Tue

7

∅ 5 Meds

Wed

8

∅ Music ...

Thu

9

∅ Doctor's ...

WHAT'S YOUR MENTAL HEALTH GOAL?

Practice Mindfulness for 10 minutes daily..

Set Healthy boundaries

Positive Affirmations

Gratitude Practice

REMINDERS AND PROGRESS TRACKING

SET NEW GOAL





PROGRESS TRACKING AND REMINDERS

Practice Mindfulness for 10 minutes
daily..

PROGRESS TRACKING:

REMINDERS:



Bio-data



Marian A. Damian

damianandrei258@gmail.com

DAMIAN

Phone number

MALE



DOB: 25/08/1996

Update Profile





ADD EXAM



EXAM DATE

EXAM TIME

EXAM LOCATION

UPDATE INFORMATION





EXAM TIMETABLE



**Advanced
Programming Exam:
06/06/2024**

**Ui/Ux Exam :
05/05/2024**

ADD EXAM

EDIT EXAM





ADD EXAM



PLEASE ENTER EXAM NAME,
DATE,TIME AND LOCATION



9:41



Good Afternoon,
Marian!

SELF-REPORT

Menu

GOALS

Track Mood

INSIGHTS

Talk to a professional

Book Your Slot Now





SET NEW GOALS

Type your goal here





CANCEL/ RESCHEDULE



EXAM DATE

EXAM TIME

EXAM LOCATION

UPDATE INFORMATION





Senior Tutor
Online

Hey! I need some help with my assignment.

Free for a call?

12:15 PM

Yes ! Let's talk

How have you been though?

12:20 PM

Yeah, I am okay

12:22 PM

Alright! What's the problem?

12:25 PM



12:22 PM

...

4:17 PM

See other notifications



Type Message





INSIGHTS



VISUALISATION OF MOOD TRENDS

