



You'll Be Fine!

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Motivation

Mental health is a crucial part of a person's overall well-being. While talking about one's mental health is still considered a taboo in many societies, this is an alarming issue worldwide.



According to WHO....



20%

Of the world's children and adolescents have a mental health condition.

1/5

People in post-conflict settings have a mental health condition.





Overview

"You'll be fine" is an application to come to when you feel overwhelmed with thoughts, emotions and feelings and express yourself. Its different features help the user to cope up with mental health related issues in various ways, building an environment of inclusivity of mental health care as part of overall wellness of the user.



Key Features

Appointment Booking

Helps the user book appointments with our experts

Design Principles:

- Consistency
- Cater for Universal Usability
- Offer Informative Feedback
- Design Dialogues to Yield Closure
- Permit Easy Reversal of Actions
- Support Internal Locus of Control

Universal Usability Principles:

- Personality Differences
- User with Disabilities

← YOU'LL BE FINE!

Book Appointment

Username:

Reason for appointment:

Appointment Date:

Appointment Type:
☒ Video Call ☐ Voice Call ☐ Chat

Expert You Wish to talk to:

BOOK NOW

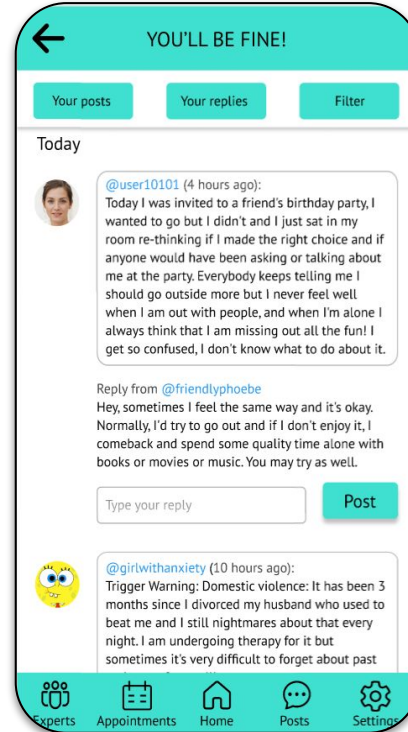
Experts Appointments Home Posts Settings

Public Posts

Let's the user share their thoughts with others

Design Principles:

- Consistency
- Cater For Universal Usability
- Offer Informative Feedback
- Reduce Short Term Memory Load
- Visibility

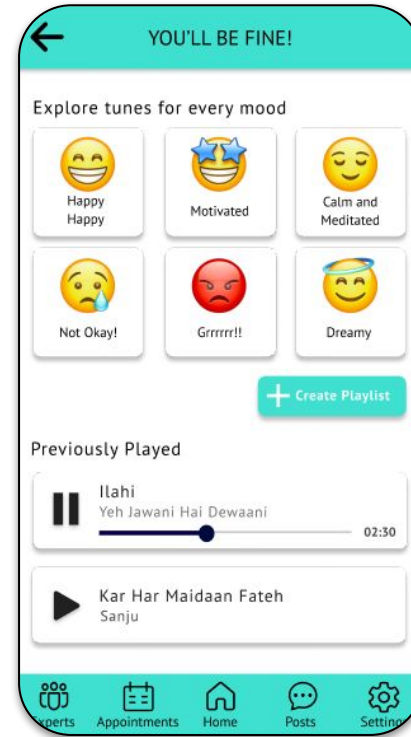


Music

Let's the user listen to music to calm their nerves

Design Principles:

- Consistency
- Support Internal Locus of Control
- Offer Informative Feedback
- Personality Differences



Curated Therapies

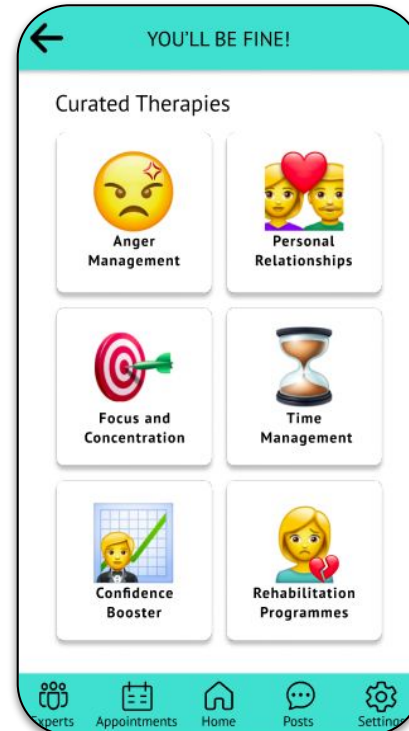
Helps the user enroll into special sessions to get rid of or develop certain habits

Design Principles:

- Consistency
- Support Internal Locus of Control

Universal Usability Principle:

- Personality Differences



Difficulties Encountered and Resolved

- Time taking exploration of Figma
- Collaboration difficulty with Figma
- No option of database and data validation in Figma
- Different designs for different devices need to be made





Real Life Implementation Challenges

Technical Challenges



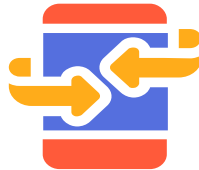
Implementing
Multi-user
system



Algorithm for
Self-test



Efficient
Database



Internal Locus
of Control



User data
security



Language &
Device
Support

Social Challenges



Raising
Awareness



Experts
Assignment



Therapy
Curation



Thank You!