5App Screens (15+ Screens)

1. Onboarding Screens (3 Screens)

1. Welcome Screen:
   - A calming design with a tagline (e.g., "Your Mental Health Companion").
   - A "Get Started" button to begin the onboarding process.
2. Personalization Screen:
   - A brief questionnaire to understand the user's needs (e.g., "What brings you here today?").
   - Options: Anxiety, Depression, Stress, Sleep, etc.
3. Privacy Policy Screen:
   - A brief overview of the app's privacy practices.
   - An "Agree and Continue" button to proceed.

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2. Home Screen (1 Screen)

4. Dashboard:
   - A central hub with quick access to key features (e.g., mood tracker, meditation, therapy booking, crisis support).
   - Personalized recommendations (e.g., "Try this meditation for stress relief").

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3. Mood Tracker Screens (2 Screens)

5. Mood Logging Screen:
   - A simple interface for users to log their daily mood (e.g., Happy, Sad, Anxious).
   - An optional notes section for additional context.
6. Progress Tracker Screen:
   - A visual representation of mood trends over time (e.g., graphs, charts).
   - Insights and recommendations based on mood patterns.

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4. Meditation and Relaxation Screens (2 Screens)

7. Meditation Library:
   - A categorized library of guided meditations and breathing exercises (e.g., Stress Relief, Sleep, Focus).
   - A play button for each meditation.
8. Meditation Player Screen:
   - A player interface with play/pause, skip, and timer controls.
   - Calming background visuals and audio.

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5. Therapy Booking Screens (2 Screens)

9. Therapist Directory:

- A searchable directory of therapists with filters (e.g., specialization, availability).
- Therapist profiles with credentials, reviews, and booking options.

10. Booking Screen:
- A calendar for selecting a session time.
- Payment integration for booking confirmation.

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6. Crisis Support Screens (2 Screens)

11. Crisis Resources Screen:
- Immediate access to crisis hotlines, chat support, and emergency resources.
- Calming exercises (e.g., breathing techniques) for immediate relief.

12. Crisis Chat Screen:
- A live chat interface for connecting with crisis support professionals.
- Pre-written prompts for quick communication (e.g., "I need help now").

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7. Community Forum Screens (2 Screens)

13. Forum Home Screen:
- A categorized forum for peer support (e.g., Anxiety, Depression, Caregiving).
- An anonymous posting option for privacy.

14. Thread Screen:
- Individual discussion threads with like, comment, and share options.
- A search bar for finding specific topics.

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8. Journaling Screens (2 Screens)

15. Journaling Home Screen:
- A list of journal entries with dates and tags (e.g., "Work Stress," "Family").
- A "New Entry" button to start writing.

16. Journal Entry Screen:
- A writing interface with prompts (e.g., "What are you grateful for today?").
- Options to save, edit, or delete entries.

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9. Settings Screens (2 Screens)

17. Account Settings Screen:
- Options to update personal information, privacy settings, and notification preferences.
- A logout button.

18. Help and Support Screen:
- FAQs, contact information, and a feedback form.
- A "Report an Issue" button for technical problems.

Website Screens (15+ Screens)

1. Homepage (1 Screen)

1. Hero Section:
   - A calming design with a tagline (e.g., "Your Mental Health Companion").
   - A "Get Started" button to explore the platform.
2. Feature Overview Section:
   - Icons and brief descriptions of key features (e.g., therapy, self-help tools, community support).

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2. About Us Page (1 Screen)

3. Mission Statement Section:
   - A brief overview of the platform's mission and values.
4. Team Section:
   - Photos and bios of the team members.

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3. Therapist Directory Page (1 Screen)

5. Search and Filter Section:
   - Options to filter therapists by specialization, availability, and location.
6. Therapist Profiles:
   - Detailed profiles with credentials, reviews, and booking options.

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4. Self-Help Resources Page (1 Screen)

7. Resource Library:
   - A categorized library of articles, videos, and infographics (e.g., Anxiety, Depression, Mindfulness).
   - A search bar for finding specific resources.

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5. Community Forum Page (1 Screen)

8. Forum Home Screen:
   - A categorized forum for peer support (e.g., Anxiety, Depression, Caregiving).
   - An anonymous posting option for privacy.

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6. Crisis Support Page (1 Screen)

9. Crisis Resources Section:
   - Immediate access to crisis hotlines, chat support, and emergency resources.
   - Calming exercises (e.g., breathing techniques) for immediate relief.

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7. Blog Page (1 Screen)

10. Blog Home Screen:
- A list of mental health articles with thumbnails and titles.
- Categories and a search bar for easy navigation.

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8. Contact Us Page (1 Screen)

11. Contact Form Section:
- Fields for name, email, and message.
12. FAQ Section:
- Common questions and answers about the platform.

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9. Pricing Page (1 Screen)

13. Pricing Plans Section:
- A comparison of free and premium features.
- A "Sign Up" button for each plan.

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10. Testimonials Page (1 Screen)

14. Testimonials Section:
- User reviews and success stories.
- Photos and names (with consent) of users who shared their experiences.

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11. Privacy Policy Page (1 Screen)

15. Privacy Policy Section:
- A detailed overview of the platform's privacy practices.

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12. Terms and Conditions Page (1 Screen)

16. Terms and Conditions Section:
- A detailed overview of the platform's terms and conditions.

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13. Careers Page (1 Screen)

17. Job Openings Section:
- A list of available positions with descriptions and application instructions.

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14. Events Page (1 Screen)

18. Upcoming Events Section:
- A calendar of mental health events (e.g., webinars, workshops).
- Registration links for each event.

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15. Donate Page (1 Screen)

19. Donation Section:
- Information about how donations are used.
- A donation form with payment options.