### 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.

#### 2. Home Screen (1 Screen)

1. 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”).

#### 3. Mood Tracker Screens (2 Screens)

1. 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.
2. Progress Tracker Screen:
   * A visual representation of mood trends over time (e.g., graphs, charts).
   * Insights and recommendations based on mood patterns.

#### 4. Meditation and Relaxation Screens (2 Screens)

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

#### 5. Therapy Booking Screens (2 Screens)

1. Therapist Directory:
   * A searchable directory of therapists with filters (e.g., specialization, availability).
   * Therapist profiles with credentials, reviews, and booking options.
2. Booking Screen:

* A calendar for selecting a session time.
* Payment integration for booking confirmation.

#### 6. Crisis Support Screens (2 Screens)

1. Crisis Resources Screen:

* Immediate access to crisis hotlines, chat support, and emergency resources.
* Calming exercises (e.g., breathing techniques) for immediate relief.

1. 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”).

#### 7. Community Forum Screens (2 Screens)

1. Forum Home Screen:

* A categorized forum for peer support (e.g., Anxiety, Depression, Caregiving).
* An anonymous posting option for privacy.

1. Thread Screen:

* Individual discussion threads with like, comment, and share options.
* A search bar for finding specific topics.

#### 8. Journaling Screens (2 Screens)

1. Journaling Home Screen:

* A list of journal entries with dates and tags (e.g., “Work Stress,” “Family”).
* A “New Entry” button to start writing.

1. Journal Entry Screen:

* A writing interface with prompts (e.g., “What are you grateful for today?”).
* Options to save, edit, or delete entries.

#### 9. Settings Screens (2 Screens)

1. Account Settings Screen:

* Options to update personal information, privacy settings, and notification preferences.
* A logout button.

1. 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).

#### 2. About Us Page (1 Screen)

1. Mission Statement Section:
   * A brief overview of the platform’s mission and values.
2. Team Section:
   * Photos and bios of the team members.

#### 3. Therapist Directory Page (1 Screen)

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

#### 4. Self-Help Resources Page (1 Screen)

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

#### 5. Community Forum Page (1 Screen)

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

#### 6. Crisis Support Page (1 Screen)

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

#### 7. Blog Page (1 Screen)

1. Blog Home Screen:

* A list of mental health articles with thumbnails and titles.
* Categories and a search bar for easy navigation.

#### 8. Contact Us Page (1 Screen)

1. Contact Form Section:

* Fields for name, email, and message.

1. FAQ Section:

* Common questions and answers about the platform.

#### 9. Pricing Page (1 Screen)

1. Pricing Plans Section:

* A comparison of free and premium features.
* A “Sign Up” button for each plan.

#### 10. Testimonials Page (1 Screen)

1. Testimonials Section:

* User reviews and success stories.
* Photos and names (with consent) of users who shared their experiences.

#### 11. Privacy Policy Page (1 Screen)

1. Privacy Policy Section:

* A detailed overview of the platform’s privacy practices.

#### 12. Terms and Conditions Page (1 Screen)

1. Terms and Conditions Section:

* A detailed overview of the platform’s terms and conditions.

#### 13. Careers Page (1 Screen)

1. Job Openings Section:

* A list of available positions with descriptions and application instructions.

#### 14. Events Page (1 Screen)

1. Upcoming Events Section:

* A calendar of mental health events (e.g., webinars, workshops).
* Registration links for each event.

#### 15. Donate Page (1 Screen)

1. Donation Section:

* Information about how donations are used.
* A donation form with payment options.