The White Lotus | WL

👀 Vision

Brainstorming ideas on mental health:

- Developing a mental health Website that provides resources for people struggling with mental health and support issues.

- Hosting educational workshops to increase awareness and understanding of mental health

- Providing mental health benefits and resources for employees in the workplace - cash cow

- Collaborating with mental health professionals to create a network of care and support for those in need

---

💭 Questions and Thoughts

- Why did we land with this?

- How are we solving this issue?

- What alternatives did we consider?

- How can we provide timely and accessible support for those in need?

- How can we address the stigma surrounding mental health and encourage individuals to seek help?

- How can we personalize support and resources for individuals based on their specific needs and challenges?

- How can we facilitate connections and support networks for individuals struggling with mental health?

- How can we track and measure progress in mental health management and provide feedback and recommendations for improvement?

- As a mental health app, it is important to consider the needs of our users and the challenges they face. Providing timely and accessible support for those in need is a key priority. This could include options for crisis support, such as hotlines or chat services, as well as resources for ongoing support, such as therapy or support groups.

- Addressing the stigma surrounding mental health and encouraging individuals to seek help is also important. This could involve providing education and information on mental health, as well as creating a supportive and non-judgmental environment for users to seek help.

- Personalizing support and resources for individuals based on their specific needs and challenges can also be beneficial. This could include options for users to input their symptoms or challenges and receive tailored recommendations for support and resources.

- Facilitating connections and support networks for individuals struggling with mental health is another area to consider. This could involve features such as peer support groups or connecting users with mental health professionals or advocates.

- Finally, tracking and measuring progress in mental health management and providing feedback and recommendations for improvement can help users stay motivated and engaged in their mental health journey. This could include features such as tracking mood and symptoms, setting goals and reminders, and receiving personalized feedback and recommendations for improvement.

By addressing these questions and priorities, we can create a mental health app that truly supports and empowers individuals on their mental health journey.

✈️ Plan

-