

## Team: O-KAJ

Members: Omar Minaya, Keyla Santoyo, Jonathan Labeau, Anthony Robles

### ***Overview of why intended application is valuable:***

Mental illness effects everyone across age, sex, and race.

1 in 5 people suffer from mental illness; approximately (10-50) million Americans every year.

Globally that number converts into 1 in every 16.

Depression is the leading cause of disability worldwide. By 2020 depression is estimated to be the second ailment in the world.

We understand that professional help in low-income communities and countries makes it hard to seek out proper care. We plan on developing a platform for those in need of help by creating an outreach community online. Our app main features will include a way for users to vent, while creating a community where they feel they're being heard. We seek to provide helpful resources to further assist the user in understanding their situation, and locate them help by zip code if they request support. Users will keep their anonymity as this adds to the feeling of space and freedom of expression. We plan on continuing our efforts to bring awareness to mental health issues. We plan on being a platform for all those battling with issues such as; depression, stress, shame, anxiety, post traumatic stress, phobia, addiction, and the list goes on. We want to let the people know "they are not alone".

"One of the main reasons why we vent is to reduce our stress levels. [Rime \(2009\)](#) states that disclosing stress is a coping mechanism." --Published in The psychology of Venting

Our vision is not to create a website full of information, rather a site where you can login anonymously, and allow the user to behave much more freely than any regular mental health website. We envision our site to use the color blue. Blue [makes you feel safe](#) and relaxed. Blue evokes feelings of calmness and spirituality as well as security and trust. Seeing the [color](#) blue causes the body to create chemicals that are calming.

The site will use the MERN framework technologies such as ExpressJS, ReactJS, and NodeJS with database MongoDB in order to develop the project.

### ***User Stories:***

1. As a volunteer therapist I would like to assist any member with-in the *Who Helps* community that needs help.
2. My Anxiety during the COVID-19 has left me with many sleepless nights, how do I cope with this.
3. Not feeling my best today, and I really don't feel like communicating it with my loved one, I need an outlet

***Roles by Group Member:***

Keyla and Anthony are working on the Site layout which includes (react, components, site layout, node)

Jonathan and Omar are working on Backend (MongoDB, express, api, fetch, post, get)

Entire team is hands on with all other code needed to complete the project.