# ASSIGNMENT-4

MENTAL HEALTH APP

**Aim:**

To design an interactive and user-friendly mental health app prototype using Figma, focusing on promoting user well-being through features such as mood tracking, guided meditation, and professional consultation tools.

**Procedure:**

1. **Research and Analysis:**
   * Conduct a thorough analysis of existing mental health apps to understand key features and user expectations.
   * Identify gaps in current solutions and brainstorm innovative features that can add value (e.g., personalized wellness programs or a mental health chatbot).
   * Outline user personas to tailor the app design based on target audience needs.
2. **Wireframing and Initial Design:**
   * Create low-fidelity wireframes for the main pages such as Home, Mood Tracker, Guided Meditation, and Professional Support.
   * Ensure intuitive navigation, accessibility, and a clean layout.
   * Iterate on wireframes based on feedback and usability considerations.
3. **High-Fidelity Prototyping:**
   * Use Figma to design detailed, interactive high-fidelity screens.
   * Implement components like buttons, forms, and navigation bars.
   * Add colour schemes that evoke calmness and positivity (e.g., pastel blues and greens).
   * Use Figma’s prototyping feature to link pages, ensuring a seamless user flow.
4. **Usability Testing:**
   * Share the prototype with a group of users for testing.
   * Collect feedback on the app’s layout, ease of use, and feature usefulness.
   * Make improvements based on user input.
5. **Final Design Adjustments:**
   * Refine the design elements, ensuring consistency in typography, iconography, and overall aesthetics.
   * Apply feedback to enhance the user experience further.
   * Conduct a final review to check for any UI/UX issues.

**Result:**

A functional and interactive Figma prototype for a mental health app is created. The design highlights user-centric features such as an easy-to-navigate mood tracker, access to guided meditation sessions, and options for professional help. The app prototype reflects a calm and supportive user interface designed to improve user mental health through engaging and accessible tools.

**Figma Screenshot:**

