Assignment 1- The idea of Mental Health App

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The idea of Mental Health App

Psychology is abstract, and psychology is also a complicated subject. Psychological counselling related to psychology is even more like a mysterious veil, and it has not been exposed to ordinary people.

We do not know where to find reliable psychologists, nor do we know how psychologists work? What should we pay attention to it? What is the charge for psychological consultation? How can we judge how long a psychological consultation or treatment "treatment" should last? We consult a psychological counsellor when people think we have "mental illness." These questions are pervasive. When most people face this field, the concept is mostly vague. Although they may know that they have psychological problems and seek professional help in time, they do not know how to choose and find them.

Besides, in this generation, more news and information that are touched around are related to psychology. Some even happen to our relatives and friends, suicide due to depression, anxiety caused by workplace pressure, family relationships, Frequent problems and so on, all urgently need to find ways and solutions to solve.

Therefore, I hope to develop an idea for a psychological counselling application. It will cover a wide range of functions, including career guidance, education and counselling, mental health, marriage and family, etc. It will also add an emergency contact button to contact family members or the police urgently before the user is unwilling to commit suicide to prevent regrettable things from happening.