



## Business case

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Community (UN SD goal):	3. Good Health and well-being
Date:	May 14, 2021

<b>Proposed Project</b>	WorryNot: A platform to get all support to improve your mental health according to your terms. When there will be no one, this tool site will be with you to uplift your mood. Consider it as your feel-better toolkit, including goals and moods tracking, share the bad day with stranger without a second thought and affirm everyday to evaluate your self-esteem.
<b>Date Produced</b>	May 15, 2021
<b>Background</b>	<p>From the experiences of people and research, it can be concluded that in this Covid pandemic situation, people are suffering more because of depression, stress, financial issues etc. Therefore, the goal of the project is to reduce the anxiety as much as possible by maintaining positivity overall through many tools. During the pandemic, about 4 in 10 adults in the U.S. have reported symptoms of anxiety or depressive disorder, a share that has been largely consistent, up from one in ten adults who reported these symptoms from January to June 2019. (Panchal, Kamal, Cox, &amp; Garfield, 2021)</p> <p>This goal is inline with one of the target goal of UN Sustainable development goal 3: Good Health and Well-being.</p> <p><b>3.4</b> By 2030, reduce by one-third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being.</p> <p>People of the community can use this site to quickly cheer up their mood and to get positive emotions by achieving goals, group discussions etc. There are apps who only provide paid advises from expert or health program. However, this tool is free and people here can help each other and grow together from stress.</p>
<b>Business Need/ Opportunity</b>	The project will address the need of the community people to overcome the various mental health issues that will help themselves to be more self-confident, ambitious, self-motivated and positive thinker. There are people who feel shy to share their bad experiences with friends/family but using this platform, they can share anything with anyone without the fear of being judged. They can affirm daily by speaking loudly or reading to boost the self-assurance. The last two scenarios are the best opportunity for this tool. Different type of features included in future scope for future needs.
<b>Options</b>	<p>There will be a website with different features to achieve the purpose of this project.</p> <ul style="list-style-type: none"><li>• Website will be developed by exploring WordPress</li><li>• Different type of features included in future scope</li></ul>
<b>Cost-Benefit Analysis</b>	

### Costs:

- The main cost that will affect is time. As this course is for about one and half month so there will be less time for the completion of this site.
- Other cost can be the paid plugins or paid software if used.



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Benefits:

- If the free software and plugins are only used which might not be much advanced will help at least to create suitable product as project outcome.

### Recommendation

The recommendation to achieve the purpose of the project is to use define tasks according to the given time by using Kanban board and develop a minimum viable product.

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### References

Panchal, N., Kamal, R., Cox, C., & Garfield, R. (2021, Feb 10). *The Implications of COVID-19 for Mental Health and Substance Use*. Retrieved from KFF: <https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/>