

SOLACE FOR MENTAL HEALTH

Why Mental Health?

Solace (the name of our website) was created to raise awareness and support other students who may be struggling with mental health. We've noticed that many people our age deal with different emotional problems such as, but not limited to: stress, pressure, or anxiety. By sharing reliable information, helpful tips, and encouraging messages, we want to make it easier for others to understand and destigmatize mental health in order for them to feel comfortable reaching out without being afraid of judgement.

The Individual Contributions of Each Member

Below is a compilation of each member's contribution to this project:

Jzhywll Acdal

- Finalization of wireframe

Reese Cady Burnea

- Creation of this document
- Organization of website files
- Coding

Arnie Mar Pajaron

- Conceptualization of wireframe
- Coding

Screenshots/Photos While Doing The Project

```

33 <!-- MAIN CONTENT -->
34
35 <main>
36   <section Class="container articles-section">
37     <div class="articles-header">
38       <h2>Self-Help Articles</h2>
39       <p>Choose an article that speaks to what you're feeling today.</p>
40       
41     </div>
42
43     <div class="articles-list">
44       <article class="article-card">
45         
46         <h3>Understanding Overwhelm - Why You Feel It and How to Calm Your Mind</h3>
47         <p>Learn why overwhelm happens, what it does to your brain, and simple steps to bring yourself back to calm.</p>
48         <a class="read-more" href="#">Read more </a>
49       </article>
50
51       <article class="article-card">
52         
53         <h3>Healing from Burnout - When Your Body and Mind Are Asking for Rest</h3>
54         <p>Recognize the quiet signals of burnout and learn gentle ways to rest, recover, and reconnect with yourself.</p>
55         <a class="read-more" href="#">Read more </a>
56       </article>
57     </div>
58   </section>
59
60 </main>
61
62 <script src="https://code.jquery.com/jquery-3.6.0.min.js"></script>
63 <script src="https://cdn.jsdelivr.net/npm/@popperjs/core@2.9.2/dist/umd/popper.min.js"></script>
64 <script src="https://cdn.jsdelivr.net/npm/bootstrap@5.1.3/dist/js/bootstrap.min.js"></script>
65
66 </body>
67 </html>

```



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- Jhynil Aedal**
 - Finalization of wireframe
 - Creation of document
 - Organization of website files
 - Coding
 - Conceptualization of wireframe
 - Coding
- Arnie Mar Pajaron**

```

1 <!DOCTYPE html>
2 <html lang="en">
3   <head>
4     <meta charset="utf-8" />
5     <meta name="viewport" content="width=device-width,initial-scale=1" />
6     <title>We Are - Solace</title>
7     <link href="https://fonts.googleapis.com/css?family=Montserrat:wght@300:600&family=Playfair+Display:wght@400:700&display=swap" rel="stylesheet">
8     <link rel="stylesheet" href="style.css" />
9   </head>
10  <body class="page-who">
11
12    <header class="site-header small">
13      <div class="container header-inner">
14        <div class="brand">
15          
16          <span>SOLACE</span>
17        </div>
18        <nav class="main-nav">
19          <a href="#">Home</a>
20          <a href="index2.html">Home</a>
21          <a href="index3.html">Explore</a>
22          <a href="resources.html">Resources</a>
23          <a href="about.html">About</a>
24          <a href="guidance.html">Guidance</a>
25          <a href="about.html">About</a>
26          <a href="contact.html" class="cta">Contact</a>
27        </nav>
28      </div>
29    </header>
30
31    <main>
32      <section class="who-hero">
33        <div class="container who-title-box">
34          <h2 class="who-title">Who We Are</h2>
35        </div>
36      </section>
37    </main>
38  </body>
39 </html>

```