INNNOVATORS TEAM

TRAVEL THERAPY APP FOR MENTAL HEALTH & REHABILITATION

PRESENTED BY:

Sagda Mohamed
Gehad Hedaya
Jihad Yousry
Habiba Mohamed
Menna Yousry
Alaa Sayed

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Overview

Mental health challenges such as anxiety, depression, PTSD, ADHD, and addiction often require a combination of therapy, lifestyle changes, and supportive environments for effective recovery. This project aims to develop a travel-based mobile application that integrates therapeutic travel with mental health support, providing users with a unique way to enhance their psychological well-being through travel experiences. The app will guide users to destinations that offer healing environments, such as natural retreats, cultural sites, wellness resorts, and adventure locations, all tailored to different psychological conditions. It will include customized travel plans, guided meditation and therapy exercises, virtual consultations with mental health professionals, and self-improvement challenges to ensure a holistic recovery journey. Additionally, users will have access to daily motivational content, mental health tracking, and community support to reinforce their progress. By combining travel therapy with digital health solutions, this app aims to redefine mental health care, making it accessible, engaging, and impactful

Objective of the project

The objective of this project is to develop a travel-based mobile application that integrates mental health therapy with travel experiences, providing users with personalized healing journeys. The app aims to:

1- Enhance Mental Well-being Through Travel – Offer curated travel destinations that promote relaxation, self-discovery, and emotional healing based on users' psychological conditions.

2- Provide Accessible Mental Health Support – Connect users with virtual therapy sessions, self-help resources, and guided wellness activities.

3- Promote Holistic Healing – Combine nature, culture, adventure, and mindfulness practices to improve mental health outcomes.

4- Encourage Community & Support Networks – Enable users to share experiences, join support groups, and read inspiring recovery stories.

5- Track & Personalize Recovery Journeys – Offer tools for mood tracking, self-reflection, and progress analysis to help users stay committed to their mental well-being.

Timeline , Milestone

Task	Timeline	Person
Research	1/2 to 3/2	Project 1: Gehad Hedaya and Jehad Yousry Project 2: Habiba Mohamed and Menna Yousry (Chosen Project) Project 3: Alaa Sayed and Sagda Mohamed
Competitor Ananlysis	1/3 to 3/3	Habiba Mohamed and Menna Yousry
Swot Analysis	4/3 to 6/3	Habiba Mohamed and Menna Yousry
Features	7/3	Habiba Mohamed and Menna Yousry
Survey Questions and It's Analysis	8/3 to 10/3	Habiba Mohamed and Menna Yousry

Task	Timeline	Person
Design System	19/3 to 20/3	Gehad Hedaya, Alaa Sayed and Jehad Yousry
Low-fidelity prototype	19/3 to 20/3	Gehad Hedaya, Alaa Sayed and Jehad Yousry
Project Oraganization	20/3	Sagda Mohamed

Task	Timeline	Person
Persona	13/3	Sagda Mohamed
User Journey	16/3	Sagda Mohamed
Sitemap	17/3	Gehad Hedaya, Alaa Sayed and Jehad Yousry
User Flow	18/3 to 19/3	Gehad Hedaya, Alaa Sayed and Jehad Yousry
Wireframe	18/3 to 19/3	Gehad Hedaya, Alaa Sayed and Jehad Yousry

Risk & Solutions

Risk	SOLUTION
Storing personal mental health data and travel details poses a security threat.	Implement end-to-end encryption, strict data access controls, and comply with global privacy standards
Building and maintaining a high-quality app with AI and mental health features can be expensive.	Seek funding through investors, partnerships with mental health organizations, and subscription-based revenue models to sustain the app.
Users may not trust AI-driven mental health suggestions or feel uncomfortable relying on automated guidance.	Integrate AI with certified human therapists, ensuring a hybrid approach where AI assists but professionals provide critical interventions.
Exposure to new climates, food poisoning, or lack of access to medical facilities.	Provide health advisories, a 24/7 medical assistance feature, and wellness-focused travel recommendations.
Users might find budget recommendations unrealistic or struggle with currency fluctuations affecting their travel plans.	Offer live exchange rate updates, AI-driven spending insights, and an option for users to manually adjust budgets based on real-time expenses.

RESEARCH

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2-Diseases that can be treated by travel
3-Psychotherapy methods
4-Communuicating with psychiatrists
5-Features offered by the application
6- conclusion

RESEARCH

introduction

today's fast-paced world, mental health has become a crucial aspect of our overall well-being. Our travel application aims to address this need by offering tailored experiences specifically designed for rehabilitation and psychological therapy. By integrating therapeutic practices with travel opportunities, our app not only provides users with the chance to explore new environments but also fosters healing and personal growth. Whether through mindfulness retreats, supportive group trips, or immersive nature experiences, our platform empowers users to embark on a journey toward mental wellness and recovery. Join us as we explore how this innovative application can transform the way we think about travel and mental health.

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Diseases that can be treated by travel

While traditional medicine remains essential, the therapeutic power of travel is increasingly recognized. By changing environments and engaging in new experiences, individuals with certain conditions can find significant relief ,travel can be beneficial for certain conditions:

- Autism:

Nature reserves offer calming environments with open spaces and quiet landscapes.

- Intellectual Delay:

Travel provides new cultural experiences, social interactions, and stimulates the brain. Museums and art exhibitions can be beneficial.

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Diseases that can be treated by travel

- ADHD:

Changing routines and exploring new environments can reduce stress and anxiety.
New experiences stimulate the brain and improve focus.
Travel should not replace traditional medical treatment.

- Anxiety/Worry:

Natural environments (forests, mountains, beaches) can reduce stress hormones and improve mood.

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Psychotherapy methods

This app provides a holistic approach to mental wellness by integrating therapeutic travel with traditional psychotherapy. It offers personalized travel planning to calming destinations, comprehensive online support and resources, activity-based therapies like art and nature walks, and skill-building courses for emotional regulation and social skills.

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Communuicating with psychiatrists

Tele-consultants:
provide access to psychological advisers via video or text conversations where treatment sessions can be received during their travel or at home

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Features offered by the application

1- Comprehensive Health Indicators:
Users can track their sleep patterns, water intake, healthy food, and scheduled exercises to gain a holistic view of improving their mental health.

2-Inspirational Stories from Others:
Include a section where individuals share their personal experiences in psychotherapy or healing journeys. These stories can highlight the impact of activities on their mental health, fostering a sense of solidarity and hope among users.

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Conclusion

This app provides a holistic approach to mental wellness by integrating therapeutic travel with traditional psychotherapy. It offers personalized travel planning to calming destinations, comprehensive online support and resources, activity-based therapies like art and nature walks, and skill-building courses for emotional regulation and social skills.

Competitor analysis

Calm & Talkspace

	Unique Value Proposition What makes this company…	Company Advantages What are the things that…	Company disadvantages Where might drawbacks exist?
CALM	Calm offers a wide range of content, including guided meditations, sleep stories, relaxation music, and masterclasses, addressing various aspects of mental well-being like stress, anxiety, and sleep.	• User-Friendly Experience(easy navigation) • Calm curates a vast library of content, featuring collaborations with experts and celebrities, ensuring a diverse and engaging experience. • Focus on Sleep and improve sleep quality • Accessibility	• Subscription Cost • Limited Free Version • Customer Service Concerns • Potential for Distraction
TALKSPACE	talkspace provide accessible and convenient mental health services through a digital platform	• accessibility and Convenience (offering online sessions through messaging, video, and audio) • Affordability (offers various subscription plans that can be more cost-effective) • Variety of Therapy Options (messaging therapy, video sessions, and psychiatry services) • Privacy and Confidentiality • Broad Network of Licensed Therapists • Talkspace often accepts insurance, which can significantly reduce costs • user friendly • Talkspace provides a matching service to help connect users with suitable therapists, and allows users to change therapists if needed	• Cost (Even with insurance, the cost of Talkspace can be a concern for some individuals , Without insurance it can be expensive) • Limitations of Online Therapy • Therapist Matching Issues • Potential for Impersonality • Concerns regarding customer service

Competitor analysis

competitor analysis in terms of UI
Calm & Talkspace

Calm	**1. Color Scheme:** • Calm heavily utilizes soothing, nature-inspired color palettes. Think blues, greens, and soft pastels. This reinforces their focus on relaxation and mindfulness. **2. Typography:** • Calm employs clean, legible fonts that are easy on the eyes. They prioritize readability, especially in guided meditations and sleep stories. **3. Layout and Spacing:** • The layout is designed to be uncluttered and spacious. They use generous white space to create a sense of tranquility. Navigation is generally intuitive. **4. Imagery and Icons:** • Calm is known for its beautiful, high-quality nature imagery and animations. Icons are simple and easily understandable, contributing to the app's calming aesthetic. **5. Consistency:** • Calm maintains a very consistent visual language throughout the app, reinforcing its brand identity. **6. Responsive and Efficiency:** • Calm is generally well-optimized for various devices. It responds smoothly, and its media content streams efficiently.
Talkspace	**1. Color Scheme:** • Talkspace uses a broader range of colors, often incorporating purples and greens in gradient form, aiming for a modern and approachable feel. While still aiming for a calming effect, it has a more "clinical" modern feel. **2. Typography:** • Talkspace also uses clear, modern fonts, prioritizing readability for text-based communication between therapists and clients. **3. Layout and Spacing:** • The layout is structured to facilitate communication and access to therapy resources. It's designed for efficiency in messaging and video sessions. **4. Imagery and Icons:** • Talkspace uses imagery and icons that convey professionalism and accessibility. They aim to create a welcoming and non-intimidating environment. **5. Consistency:** • Talkspace strives for consistency, particularly in its messaging interface and therapy session flow. **6. Responsive and Efficiency:** • Talkspace needs to be highly responsive, especially for real-time messaging and video sessions. They prioritize efficiency to ensure smooth communication.

Competitor analysis

Moodpath & Headspace

	Unique Value Proposition What makes this company…	Company Advantages What are the things that…	Company disadvantages Where might drawbacks exist?
Moodpath	Moodpath lies in its AI-powered mental health assessment and personalized mood tracking, which help users gain deeper insights into their emotional well-being and help users track their mood and identify signs of depression or anxiety.	• Mood Tracking – Allows users to log their emotions daily • Self-Assessment for Depression & Anxiety generate reports that can be shared with a therapist. • Educational Content – Includes articles, exercises, and guided meditations	• Limited Free Features – Some advanced features, including additional exercises and reports, require a paid subscription. • No Direct Therapist Support does not offer real-time therapy or direct communication with a licensed professional. • May Lack Accuracy – Since the assessments depend on user input, results may not always be reliable.
Headspace	Headspace lies in its science-backed, user-friendly approach to meditation and mindfulness, making it accessible to beginners while still valuable for experienced practitioners	• Improves Sleep Quality – Includes sleep sounds, bedtime stories, and relaxation techniques. • Mood-Boosting Animations – The app includes fun animations that simplify mindfulness concepts • Guided Meditations – Offers structured meditation sessions	• Requires a Paid Subscription – While it offers some free content, most of the features require a paid membership. • Repetitive for Long-Term Users – Some users feel that the content becomes repetitive over time. • Needs an Internet Connection – Some features require an internet connection to access.

Competitor analysis

competitor analysis in terms of UI
Moodpath & Headspace

Moodpath	**1-User-Friendly Design**: • Users appreciate Moodpath's clean and intuitive layout, making navigation straightforward. The main page displays the "moodpath," allowing users to easily track their emotional states throughout the day. • Structured Mood Tracking: The app's design facilitates regular mood assessments, helping users monitor their mental well-being over time. **2-Color Scheme:** • Moodpath utilizes a soft and neutral color palette, predominantly featuring shades of blue and white. This choice promotes a sense of calm and serenity, aligning with the app's focus on mental well-being. **3-Typography:** • The app employs clean and legible sans-serif fonts, ensuring readability across various devices. The consistent use of typography establishes a clear visual hierarchy, guiding users through the app's features seamlessly. **4-Icons:** • Moodpath incorporates simple and intuitive icons that complement its minimalist design. These icons facilitate easy navigation and enhance the user experience by providing clear visual cues. **5-Layout and Spacing:** • The app's layout is uncluttered, with ample white space that allows content to breathe. This design approach reduces cognitive load and helps users focus on their mood tracking and assessments without distractions. **6-Responsiveness and Efficiency :** • The app's straightforward navigation and clear layout enable users to track their mental health effortlessly. Features such as mood tracking and access to self-help resources are readily accessible, promoting regular use and proactive mental health management.
Headspace	**1-Engaging and Accessible:** • Headspace's interface is designed to be non-intimidating, with playful animations and a colorful aesthetic that appeals to both beginners and experienced meditators. This approach helps demystify meditation and mindfulness practices. • Emotion-Driven Design: The app's UI/UX strategy focuses on creating an emotional connection with users, contributing to its widespread adoption across diverse user bases **2-Color Scheme:** • Headspace is renowned for its vibrant and warm color palette, with its signature orange leading the way. Recent updates have introduced complementary colors to represent a broader range of human emotions, enhancing visual appeal and accessibility. **3-Typography:** • The app features friendly and approachable typography, utilizing rounded sans-serif fonts that align with its welcoming brand identity. This choice reinforces Headspace's commitment to making mindfulness accessible to all users. **4-Icons:** • Headspace uses playful and illustrative icons that add character to the user interface. These icons not only serve functional purposes but also contribute to the app's engaging and friendly atmosphere. **5-Layout and Spacing:** • The design emphasizes simplicity, with intuitive layouts and generous spacing that guide users effortlessly through meditation sessions and other features. This thoughtful arrangement ensures a seamless and enjoyable user experience. **6-Responsiveness and Efficiency:** • Headspace provides a uniform experience across multiple platforms, including iOS, Android, and web browsers. The app's interface adjusts fluidly to various screen dimensions, maintaining functionality and visual appeal. • Headspace's intuitive design allows users to quickly access meditation sessions, sleep aids, and mindfulness exercises. The app's organized structure and minimalistic design reduce cognitive load, enabling users to focus on their mindfulness practices without distraction.

SWOT

Strengths

- **Innovative Concept**: Combining travel with mental health therapy is a unique idea that appeals to those seeking alternative wellness approaches.
- **Diverse Treatment Methods**: Offers multiple therapy options such as meditation, art therapy, physical activities, support group sessions, and virtual doctor consultations.
- **Easy Planning**: Users can book therapeutic travel destinations, create personalized plans based on their needs, and track their mental health progress.
- **Engaging Features**: Includes daily challenges, motivational notifications, and success stories to encourage engagement and commitment.
- **Technology Integration**: Features mood tracking, sleep pattern analysis, and habit monitoring to support mental well-being.

Weaknesses

- **High Travel Costs:** Traveling for therapy may not be affordable for everyone.
- **Limited Data Availability:** Requires a strong database of therapeutic destinations and verified reviews to ensure quality.
- **Adoption Challenges**: Some individuals may prefer traditional therapy methods over travel-based treatment.
- **Internet Dependency**: Limited internet access during travel could affect the app's usability.

Opportunities

- **Partnerships with Wellness Centers:** Collaborations with wellness resorts and therapy centers to provide discounts or specialized therapy programs.
- **Global Expansion**: Potential to include therapy destinations worldwide.
- **Rising Awareness of Mental Health**: Increasing global interest in mental wellness can drive user adoption.
- **Integration with Smart Devices**: Linking the app with wearable technology for real-time health tracking.

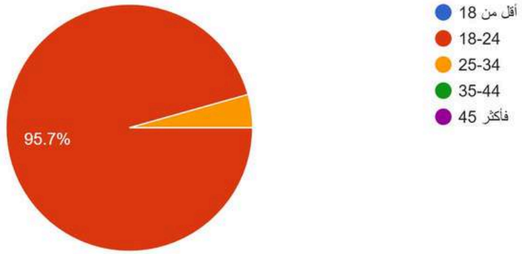
Threats

- **Competition from Mental Health Apps:** Competing with established apps like Headspace and Calm that offer relaxation and meditation services.
- **Legal and Regulatory Challenges:** Different regulations on remote mental health therapy across countries.
- **Economic Conditions**: Economic instability may reduce users' ability to afford travel therapy.
- **Travel and Health Restrictions**: Global health crises or travel bans could impact accessibility to therapy destinations.

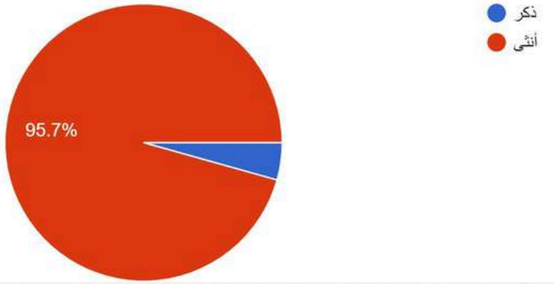
Survey Questions and It’s Analysis

Survey link

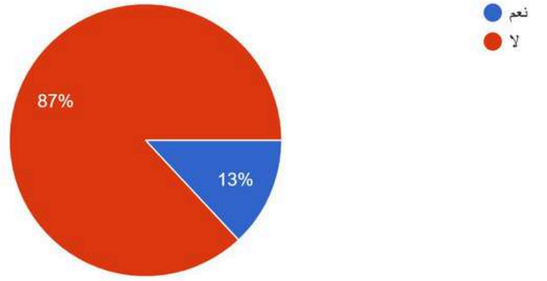
1- العمر
23 responses



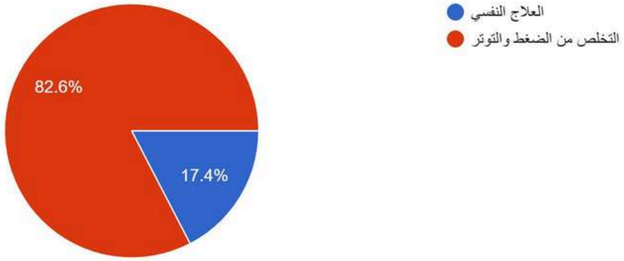
2- الجنس
23 responses



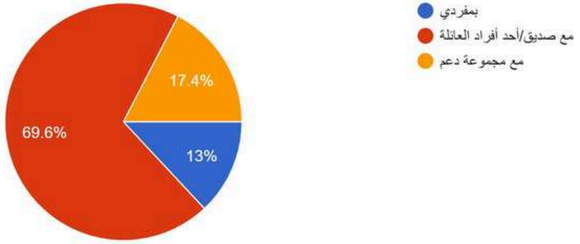
3- هل سبق لك السفر لأغراض العلاج أو إعادة التأهيل؟
23 responses



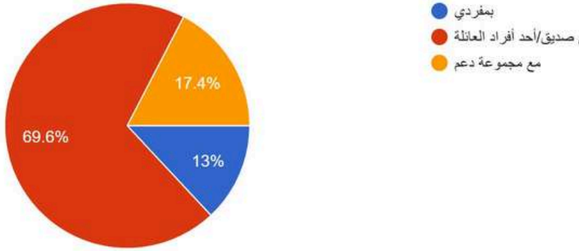
4- ما هو الهدف الأساسي من السفر للعلاج بالنسبة لك؟
23 responses



6- هل تفضل السفر بمفردك أم مع شخص داعم؟
23 responses



6- هل تفضل السفر بمفردك أم مع شخص داعم؟
23 responses

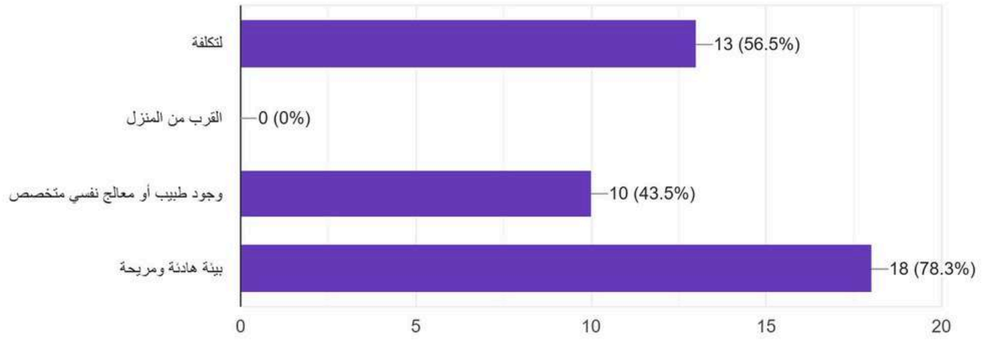


Survey Questions and It’s Analysis

Survey link

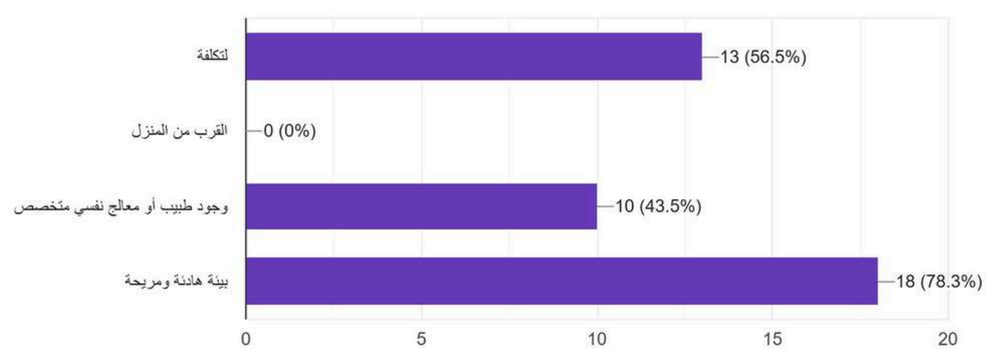
5- ما هي العوامل الأكثر أهمية عند اختيار وجهة للعلاج؟ (يمكن اختيار أكثر من خيار)

23 responses



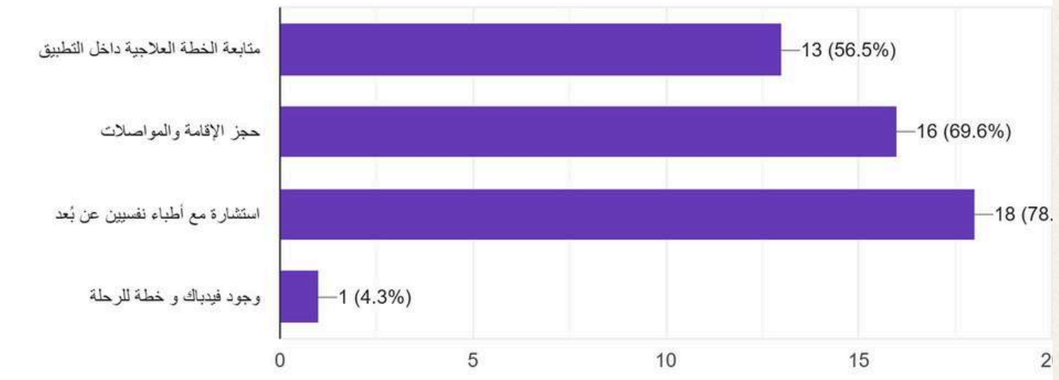
5- ما هي العوامل الأكثر أهمية عند اختيار وجهة للعلاج؟ (يمكن اختيار أكثر من خيار)

23 responses



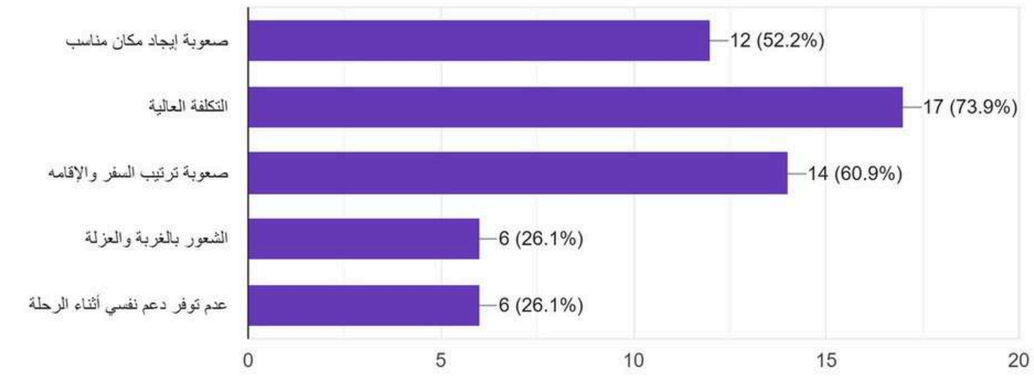
7- ما هي الميزات التي ترغب في وجودها في التطبيق؟ (اختيار أكثر من خيار)

23 responses



8- ما هو أكثر تحدٍّ يواجهك عند التخطيط لسفر علاجي؟ (يمكن اختيار أكثر من خيار)

23 responses

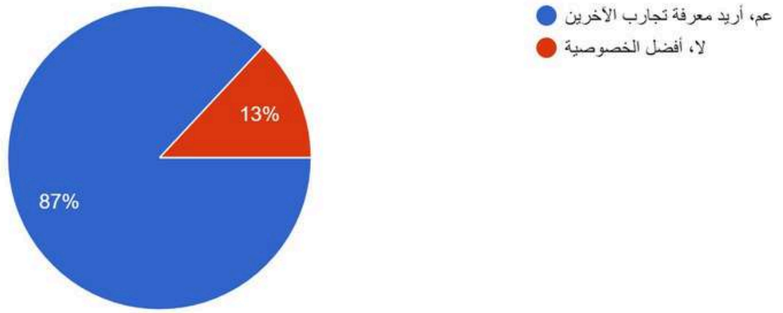


Survey Questions and It’s Analysis

Survey link

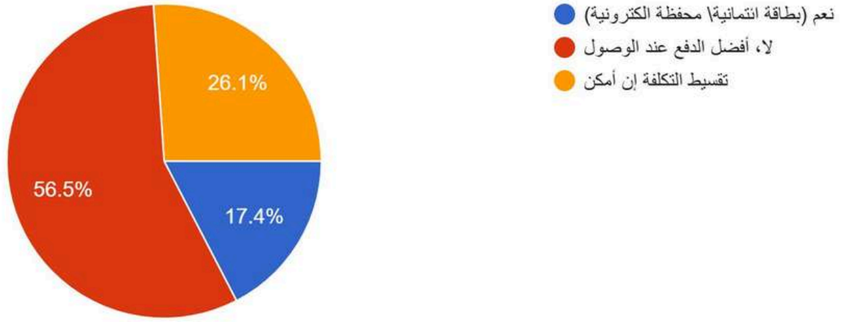
9- هل تفضل أن يحتوي التطبيق على قسم لمشاركة تجارب المستخدمين؟

23 responses



10- هل تفضل الدفع عبر التطبيق مباشرة؟

23 responses

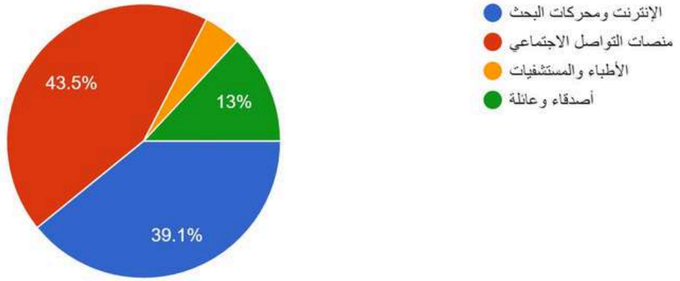


14- كيف تفضل أن يتم تنظيم رحلتك العلاجية عبر التطبيق؟

23 responses

12- من أين تحصل عادةً على معلومات عن مراكز العلاج وإعادة التأهيل؟

23 responses

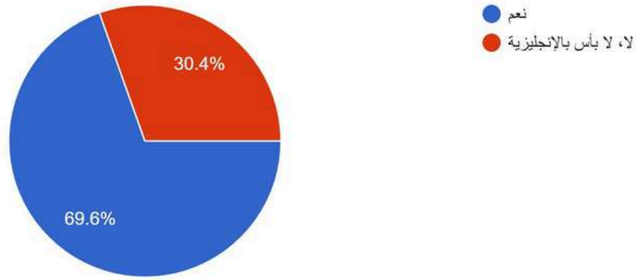


Survey Questions and It’s Analysis

Survey link

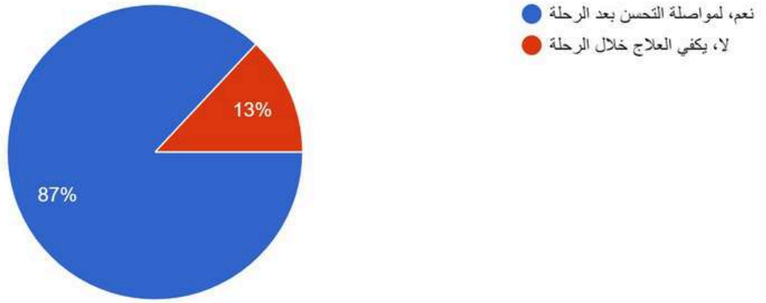
19- هل تفضل وجود واجهة باللغة العربية داخل التطبيق؟

23 responses



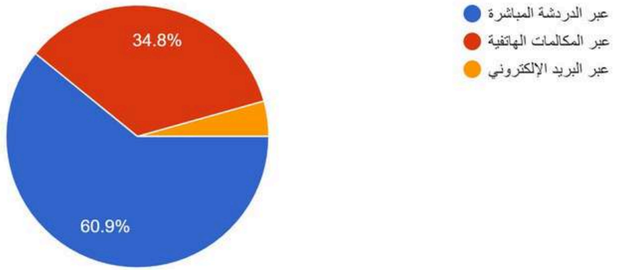
16- هل ترغب في أن يتضمن التطبيق خدمة متابعة بعد العودة من الرحلة العلاجية؟

23 responses



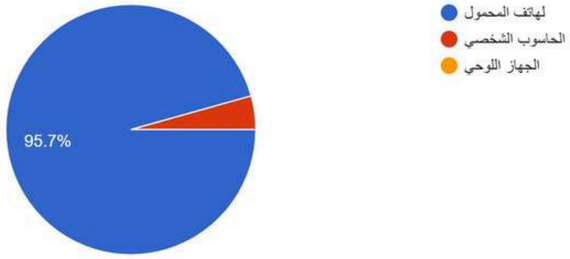
17- كيف تفضل التواصل مع فريق الدعم في التطبيق؟

23 responses



18- ما هي الأجهزة التي تستخدمها أكثر عند البحث عن خدمات السفر العلاجي؟

23 responses

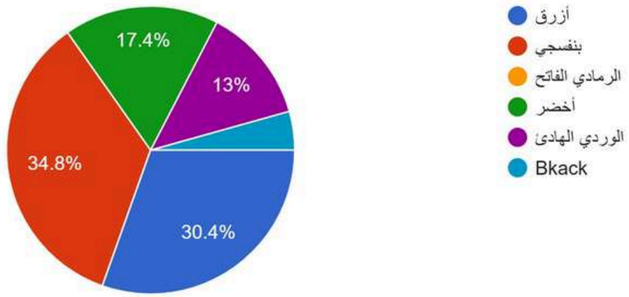


Survey Questions and It’s Analysis

Survey link

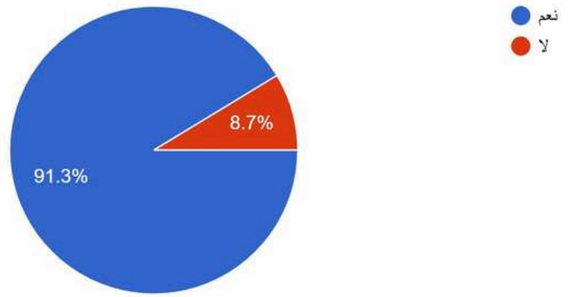
26- ما هو اللون الذي تفضله في واجهة التطبيق

23 responses



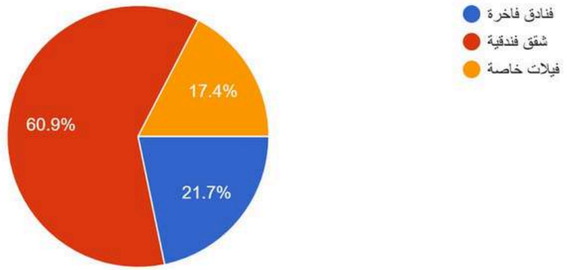
23- هل تهتم بتلقي تذكيرات وإشعارات من التطبيق لمساعدتك في الالتزام بخطة العلاج؟

23 responses



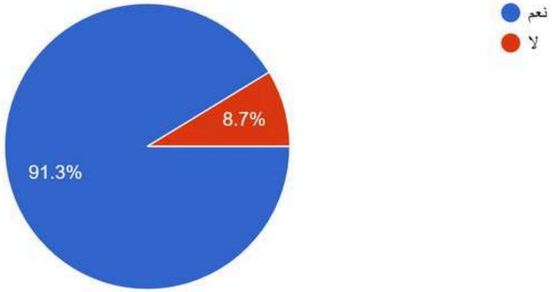
22- هل لديك أي تفضيلات خاصة فيما يتعلق بالإقامة؟

23 responses



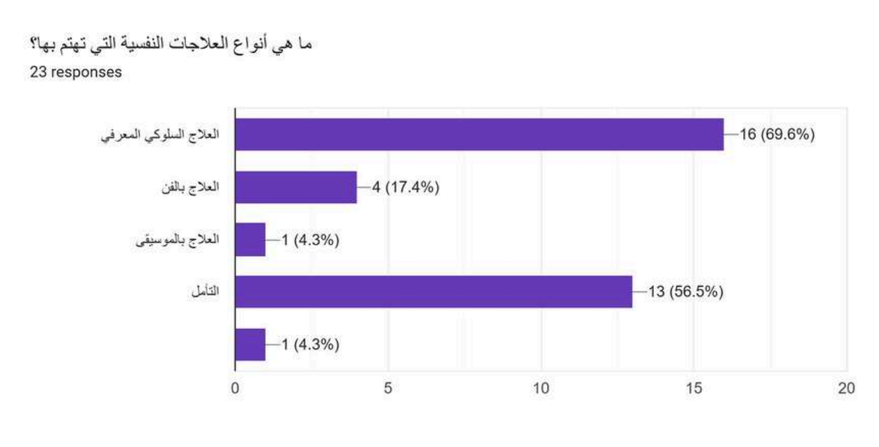
24- هل تهتم بوجود خيارات لدمج الأنشطة الجماعية أو ورش العمل في رحلتك العلاجية؟

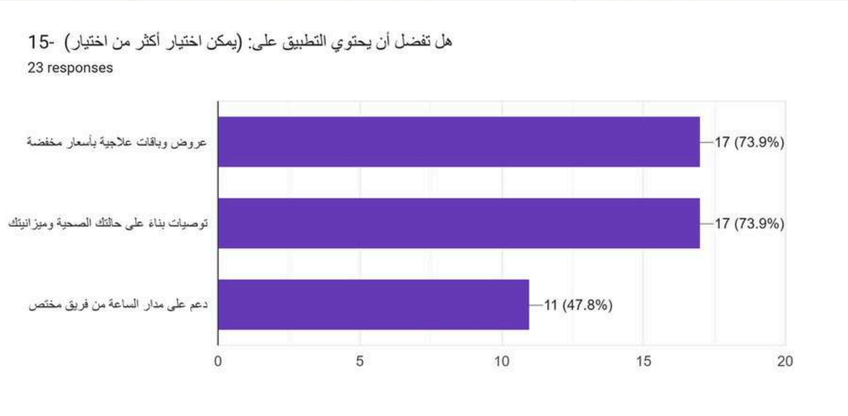
23 responses



Survey Questions and It’s Analysis

Survey link





- - ما مدى أهمية وجود خياراتلتتبعتقدمكفيالعلاجبعد العودة إلى المنزل؟ (..... ارجو التوضيح)

10 responses

مهم جدا

.

لضمان نجاح الخطة العلاجية و تطير ان حصل مشكلة او خطأ

لا اعرف لضمان استقرارالحالةالنفسيهللمريضوهلستتغيراويحدثتغيرات طفيفه بالسلب لمجرد العودة الي نفس البيئة مرة اخري مهم جدا اشعار بانشطه للمتابعه كل اسبوع

- ما هي الميزات التي تتمنى رؤيتهافيالتطبيق لجعل تجربتك أسهل؟

لا اعرف

سهولة التواصلمع الدعم الفني

المتابعه

..

- هل لديك أي اقتراحاتأوتعليقاتحول فكرة التطبيق؟

لا

. NO

وضع إرشادات

الاستخدام

يكون في عرض لتجارب المستخدمينولكنمععدمذكر الأسماء للخصوصيه بعد الانتهاء من التجربه

Features

vip features
(according to pdf)

- Find therapeutic and psychological travel programs that suit your needs
- Find treatment travel programs by treatment type, location and budget
- Booking and evaluating programs
- Communicate with psychiatric experts
- Enable users to share their experiences with others(build community)aragraph text

(high priority features)

- Generate tailored itineraries with accessible destinations, suitable accommodations, and relevant activities
- Allow users to input their rehabilitation/therapy needs, interests, and budget
- Curate a database of destinations known for accessibility and therapeutic environments (e.g., natural hot springs, wellness retreats, quiet nature reserves).
- Include reviews and ratings specifically related to accessibility and therapeutic value.
- Allow users to access critical information (itinerary, medical details, maps) even without internet access.
- Allow users to create and track their therapy goals and progress.

Persona

Amina Khaled

University Student (Studying Architecture)

Age: 21 years	Location: Cairo, Egypt
Sex: Female	Occupation: University Student (Studying Architecture)
Relationship Status: Single	Income Level: Dependent on family but saves for personal travel experiences

USER ENVIRONMENT

Balances a heavy workload at university with social life and personal projects.
Lives with family, which provides emotional support but also adds pressure.
Uses social media (Instagram, TikTok, YouTube) to explore travel, therapy, and self-care trends.

PAIN POINTS & CONCERNS

- Needs affordable yet high-quality therapy retreats. Prefers anonymity when sharing
- experiences for privacy. Wants detailed treatment plans to know what to expect. Fears
- that stress will return once she goes back to her routine.

PERSONAL BACKGROUND

Loves traveling with family and friends as a way to escape daily stress.
Struggles with academic pressure, burnout, and anxiety from her demanding studies.
Interested in mental well-being but prefers a relaxed, experiential approach over traditional therapy.
Feels overwhelmed by responsibilities but wants practical stress relief methods.

BEHAVIORAL INSIGHTS

Searches for real user experiences and reviews before making decisions.
Prefers paying upon arrival rather than pre-booking expensive trips.
Needs a calm and comfortable environment with certified therapists.
Relies on Google and social media to research therapy retreats and wellness experiences.

END GOALS

- Reduce stress and regain motivation.
- Experience meditation, art therapy, and cognitive behavioral therapy in a relaxing location.
- Maintain mental stability even after returning home.

PREFERRED FEATURES IN THE APP

- Anonymous User Stories: Can read and share
- experiences without revealing identities. Clear Guidelines: Structured usage instructions for
- each therapy retreat. Follow-Up Service: Weekly notifications and live chat to track progress
- post-trip. Luxury Hotel Stay: Prefers aesthetic, peaceful accommodations for a full healing
- experience. Expert Therapists: Ensures the presence of trusted doctors and therapists.

TASTES AND HOBBIES

ART PHOTOGRAPHY TRAVEL BUSINESS BOOKS

User journey map

Amina Khaled

Persona

- *Age : 21*
- *Occupation : University Student*
- *Location : Cairo, Egypt*

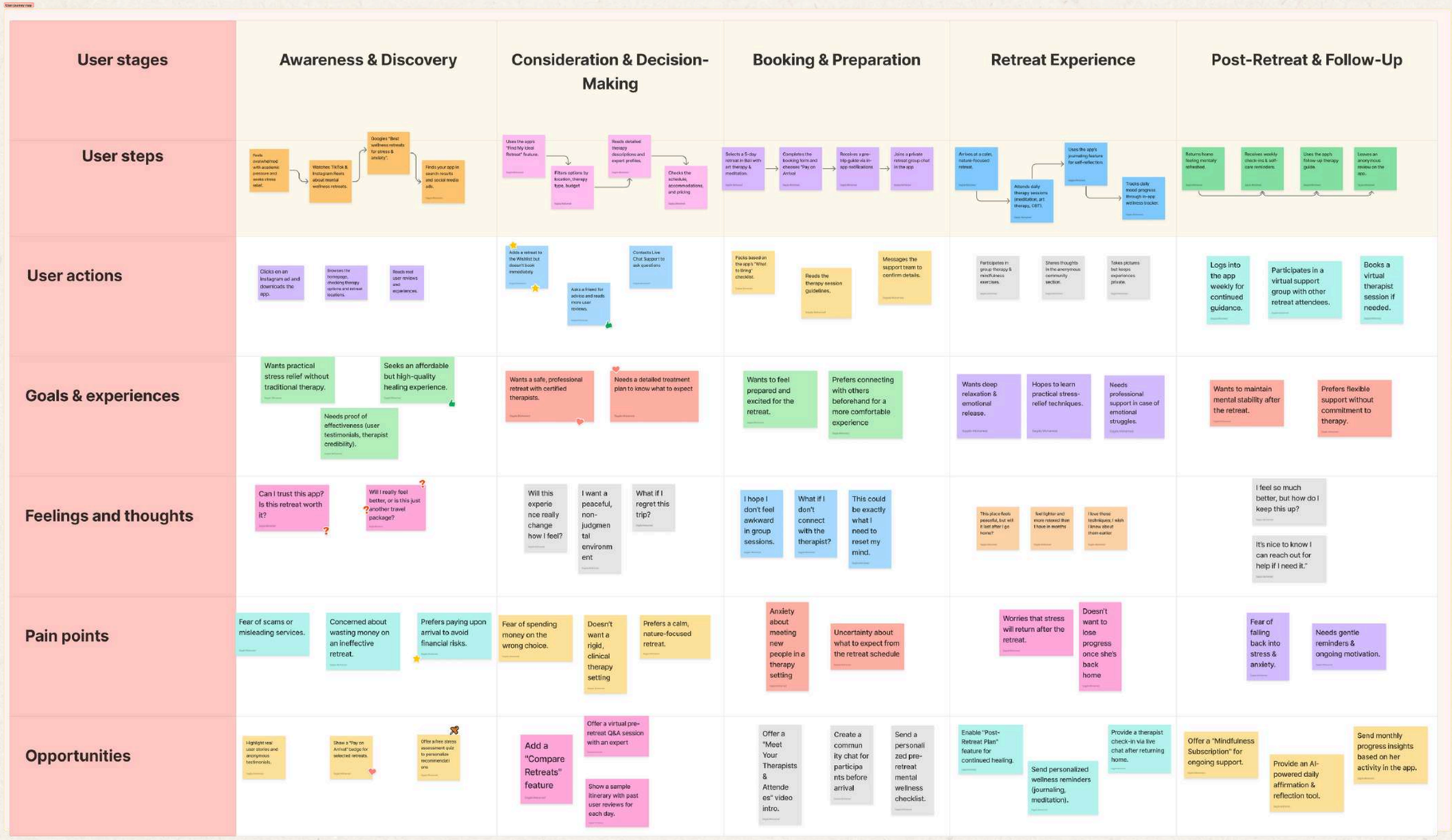
User Needs

Amina needs a stress-free escape that combines travel and therapy. She seeks emotional relief through guided meditation, art therapy, and cognitive behavioral techniques. Trust is crucial—she wants certified therapists, transparent pricing, and real success stories. Flexibility matters; she prefers a relaxed schedule and the option to pay upon arrival. Privacy is also important—she wants to read and share experiences anonymously. Long-term healing is a priority, so she looks for post-retreat support like follow-up check-ins and wellness reminders.

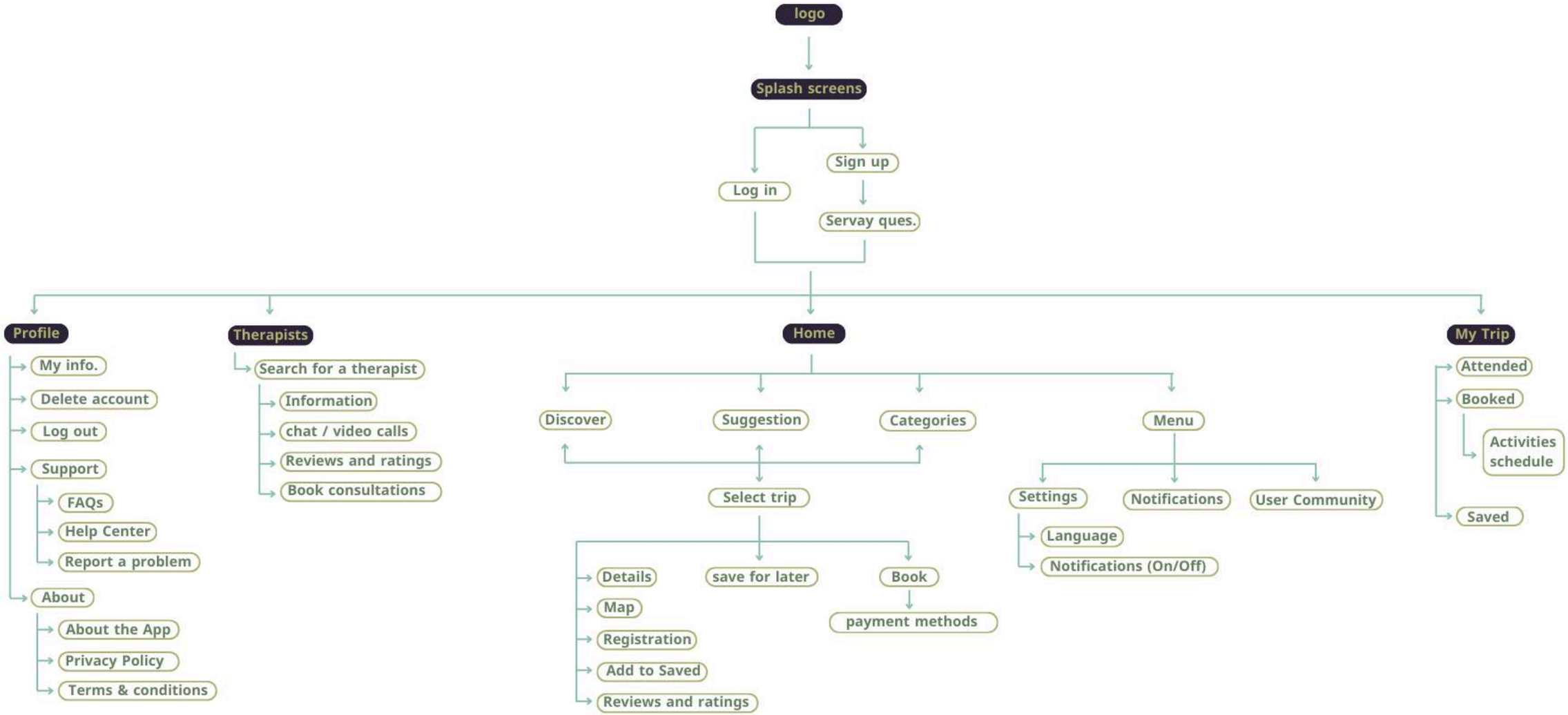
User Mindsets

Before using the app, Amina feels overwhelmed by stress but is unsure if travel therapy will truly help. She is curious but skeptical, wanting proof of effectiveness before booking.
While exploring the app, she is excited but hesitant. She needs reassurance through detailed treatment plans, expert credentials, and real user testimonials.
Before booking, she feels hopeful but nervous about the experience. She wonders if the retreat will genuinely help or if stress will return once she's home.
During the retreat, she starts to feel relief, enjoying the peaceful environment and therapy sessions. She reflects on her progress and embraces new techniques.
After the retreat, she feels transformed but worries about maintaining her progress. She appreciates follow-up support through weekly check-ins, reminders, and therapist access to continue her healing journey.

User journey map link



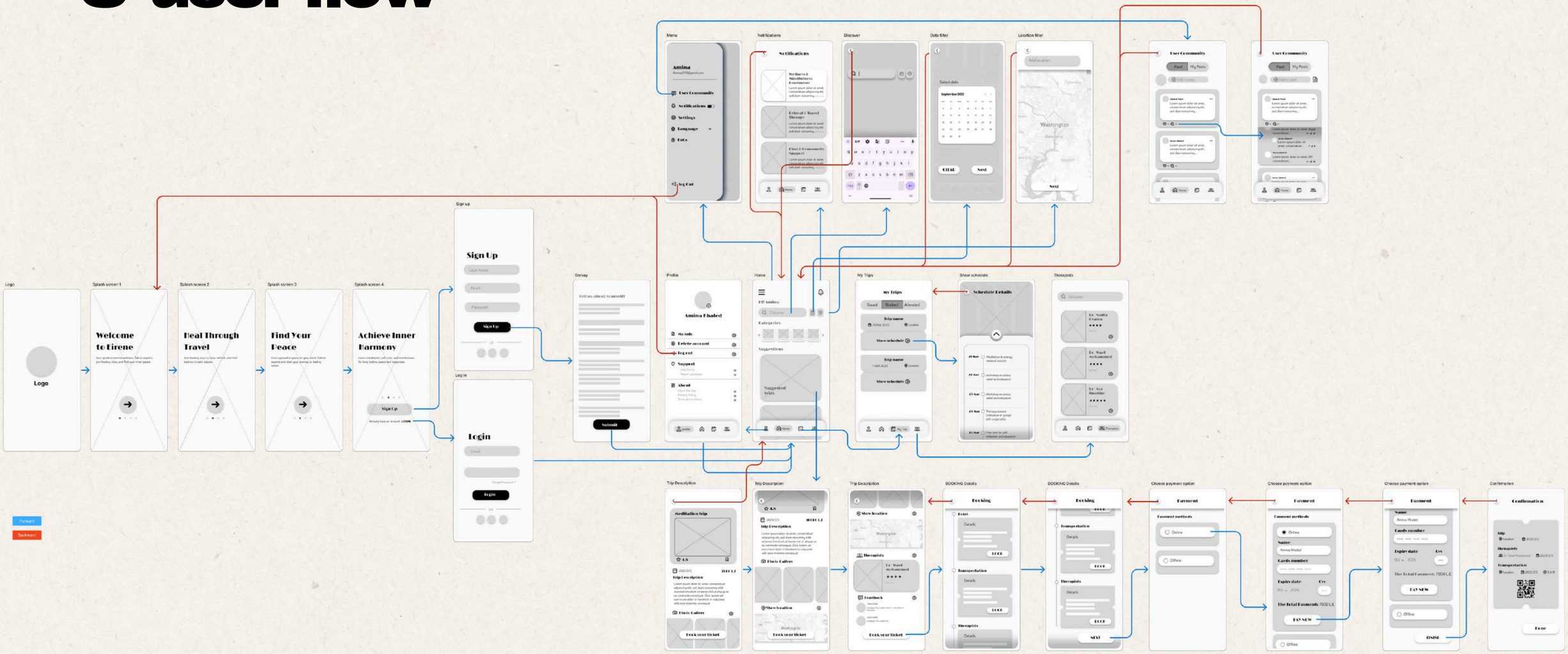
Site map



Site map link

Wireframe & user flow

wire frame & user flow link



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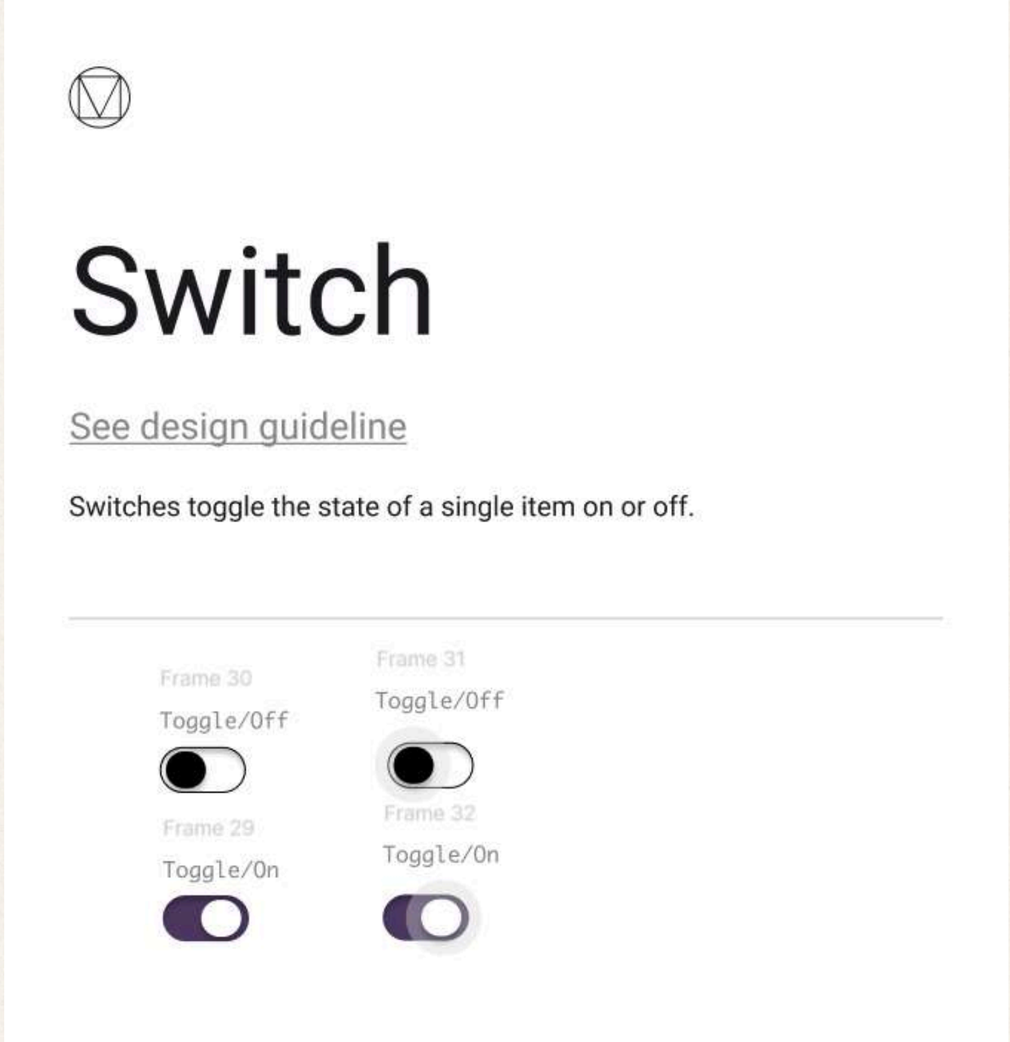

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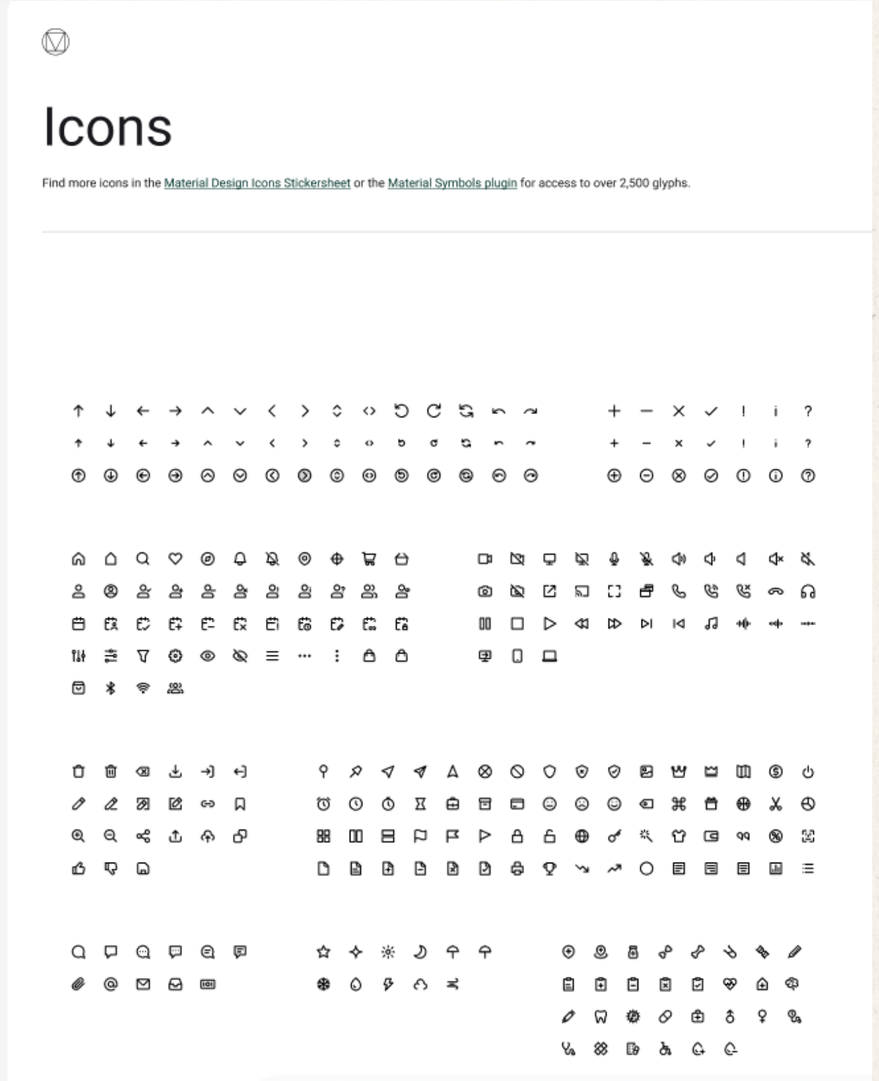

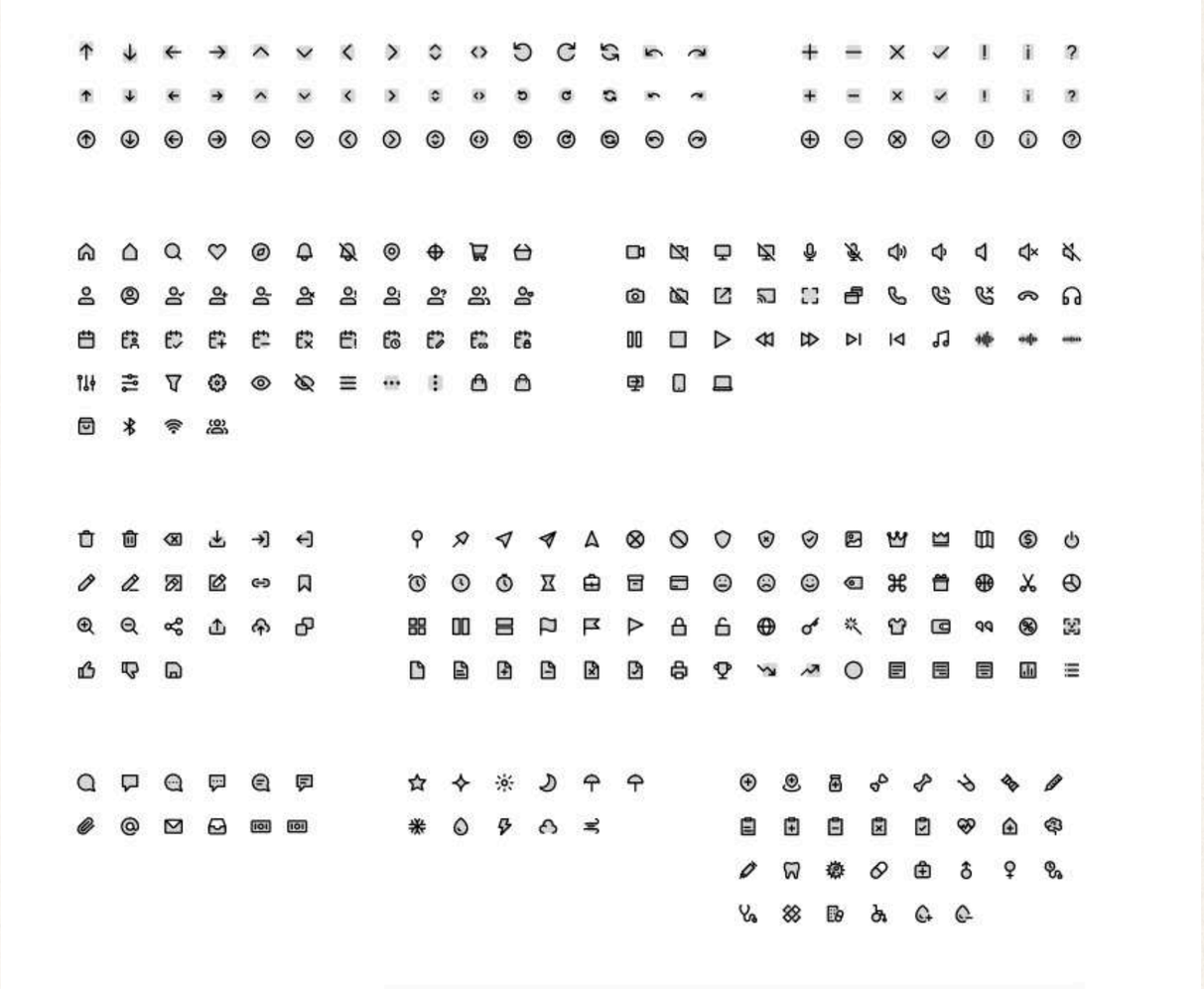

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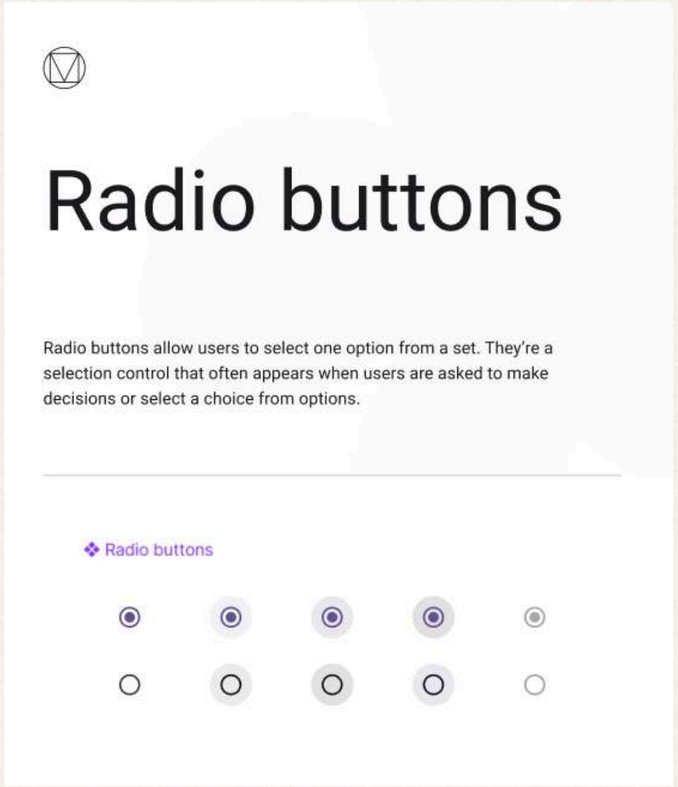

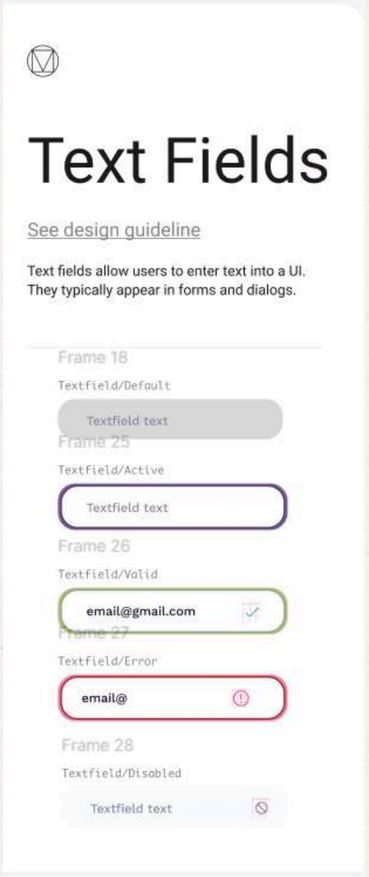

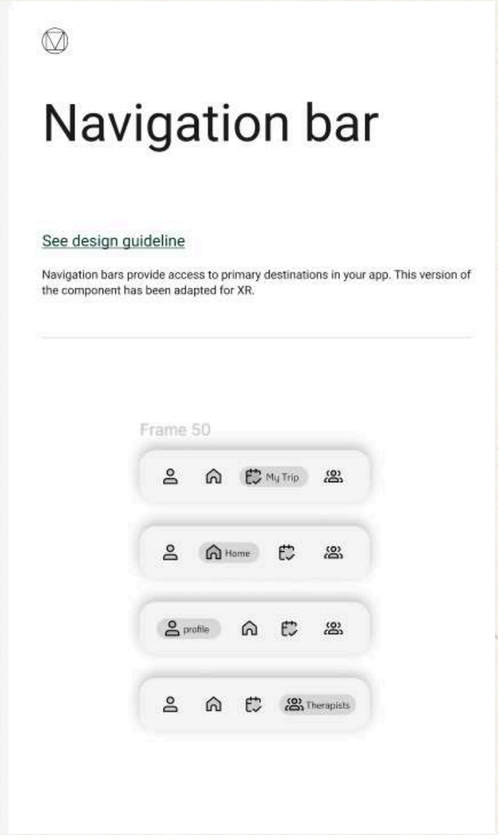

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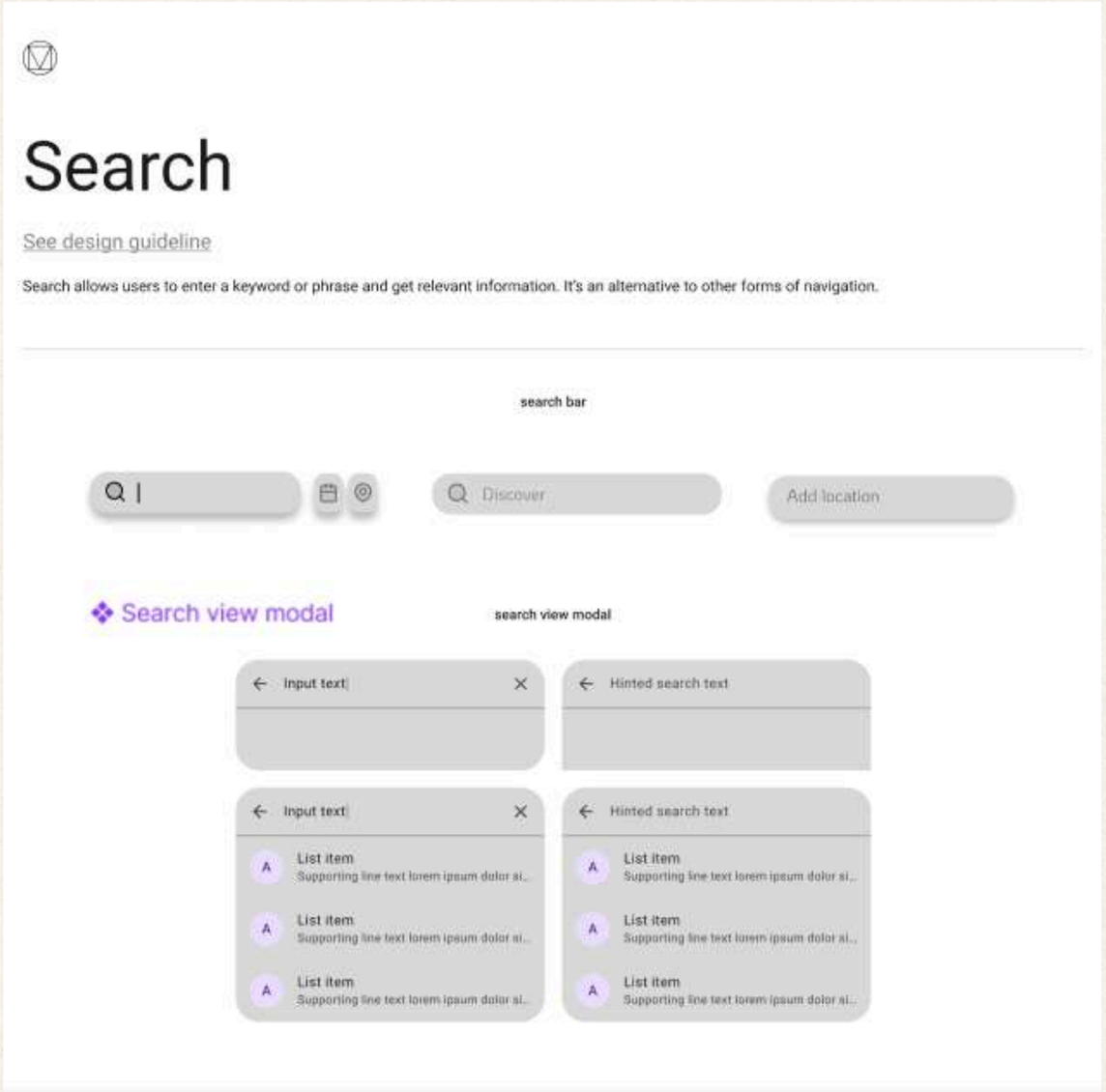

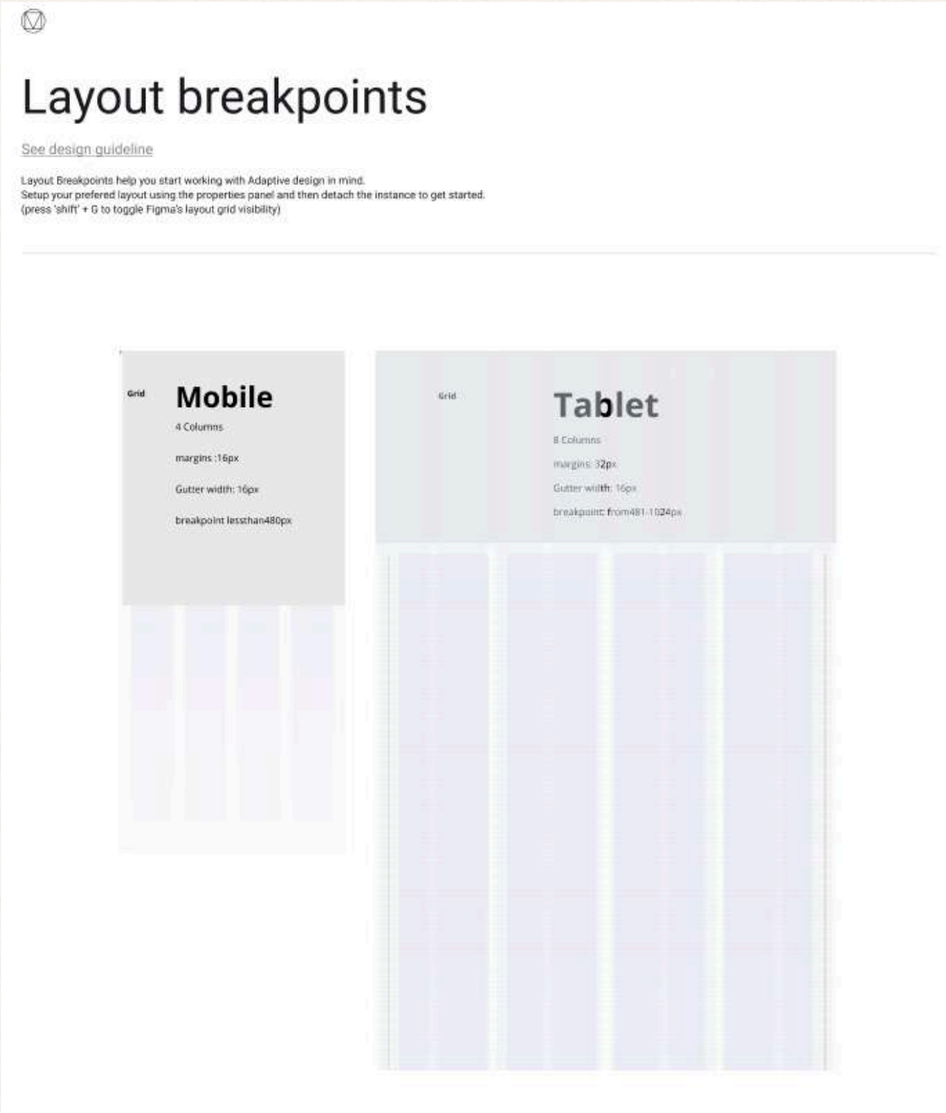

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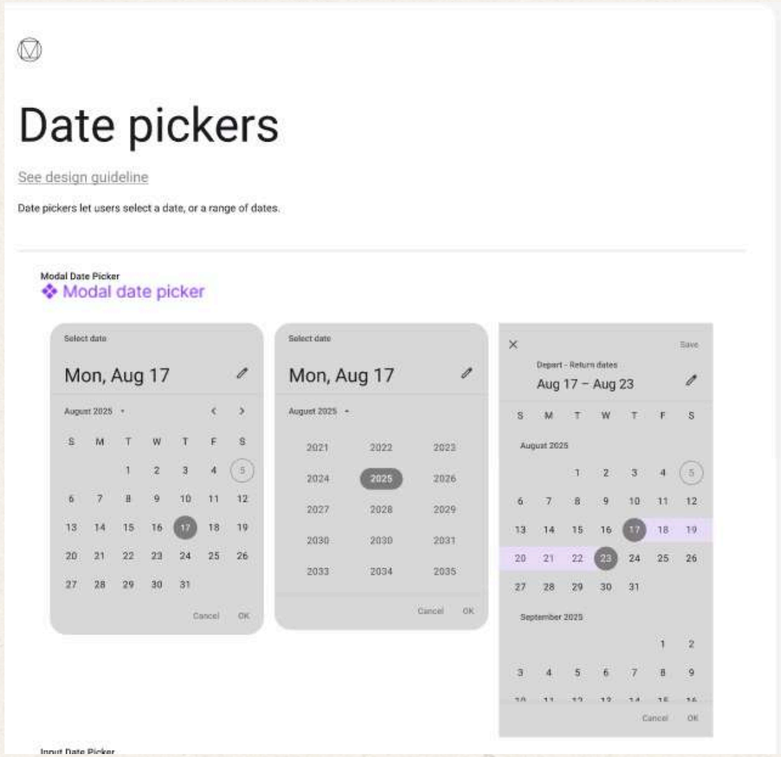

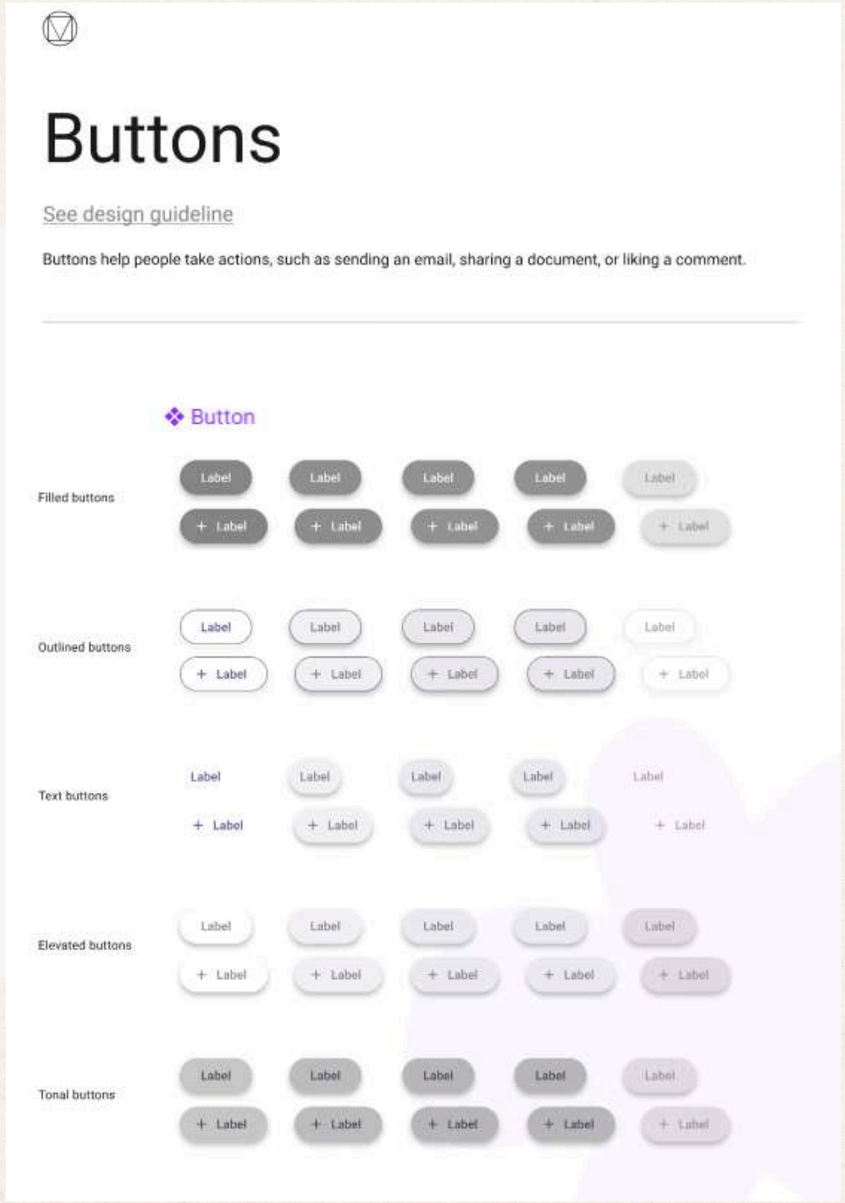

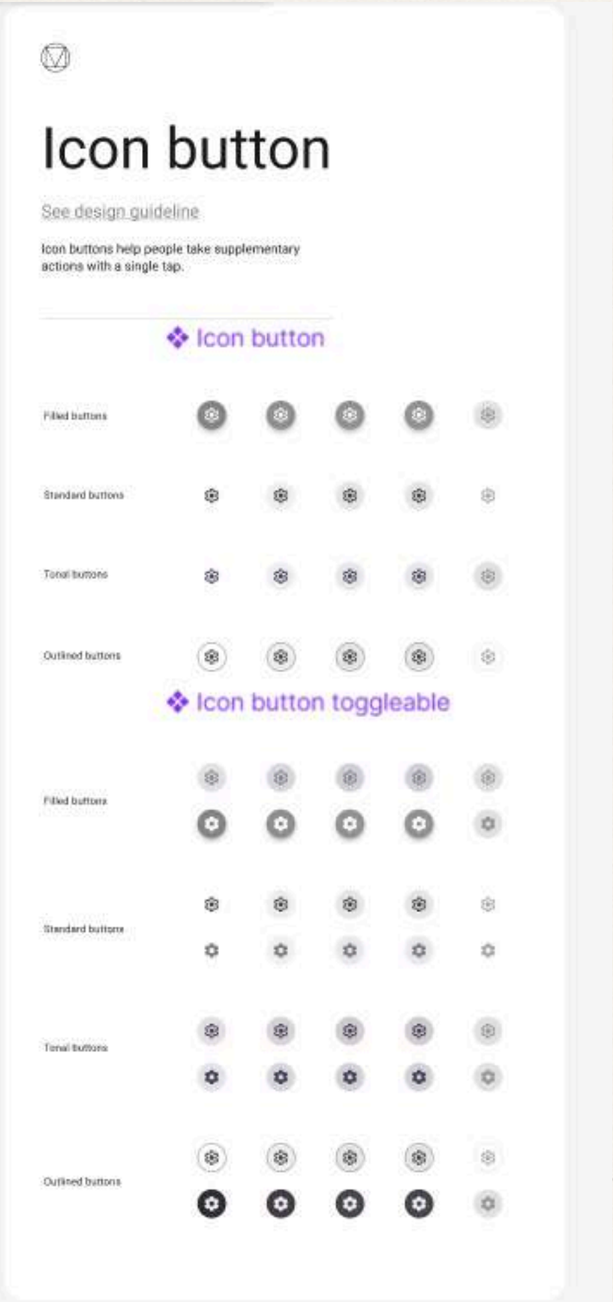

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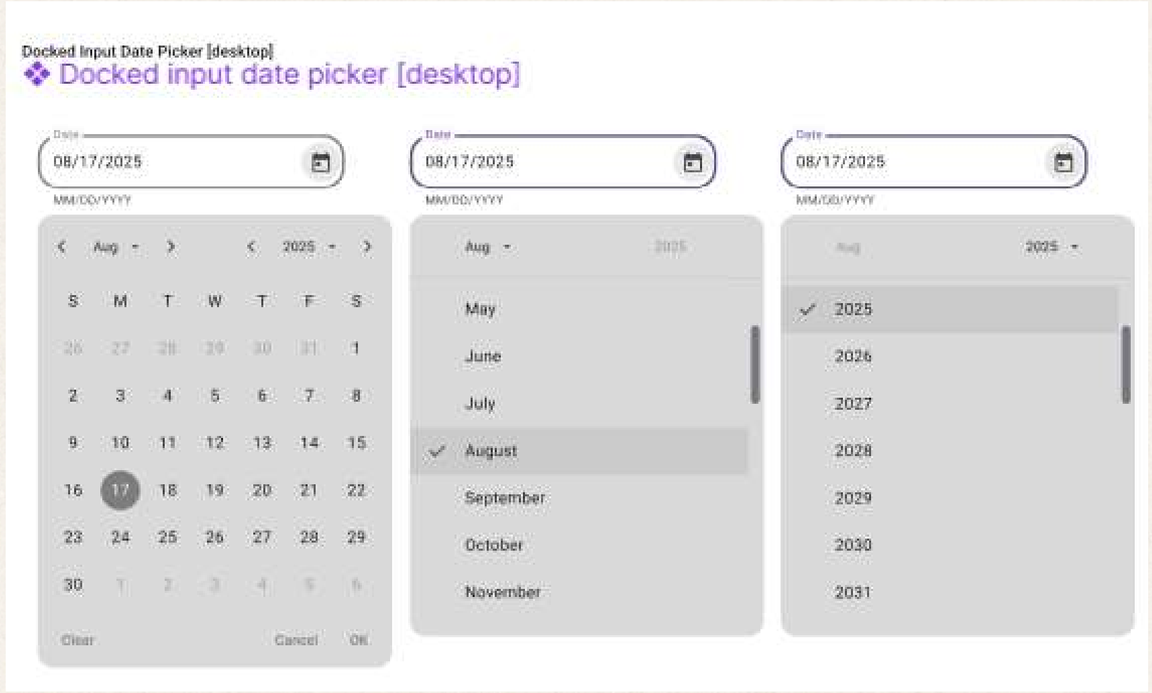

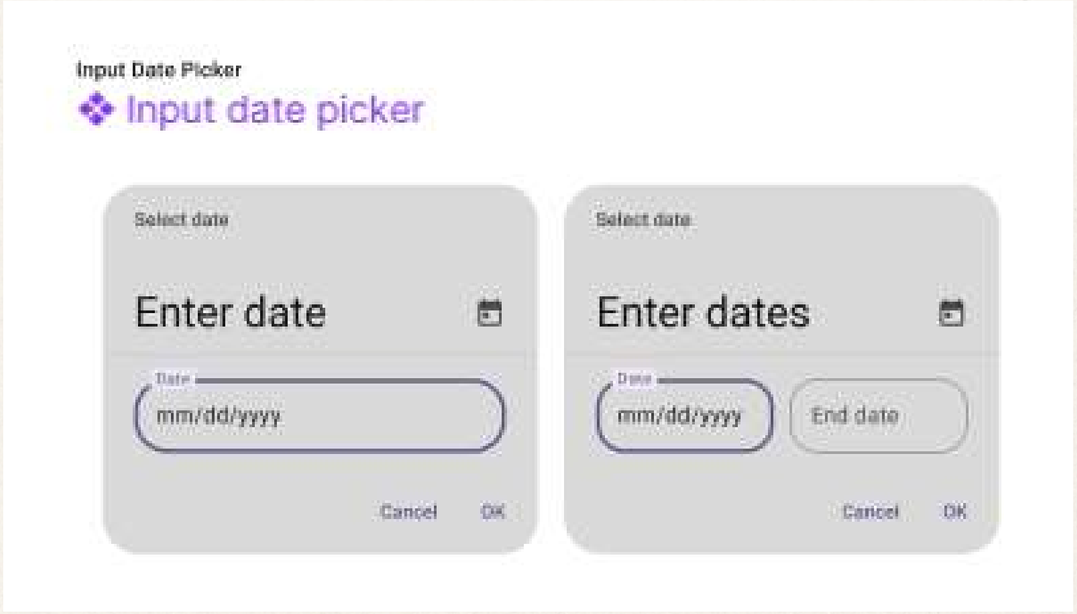

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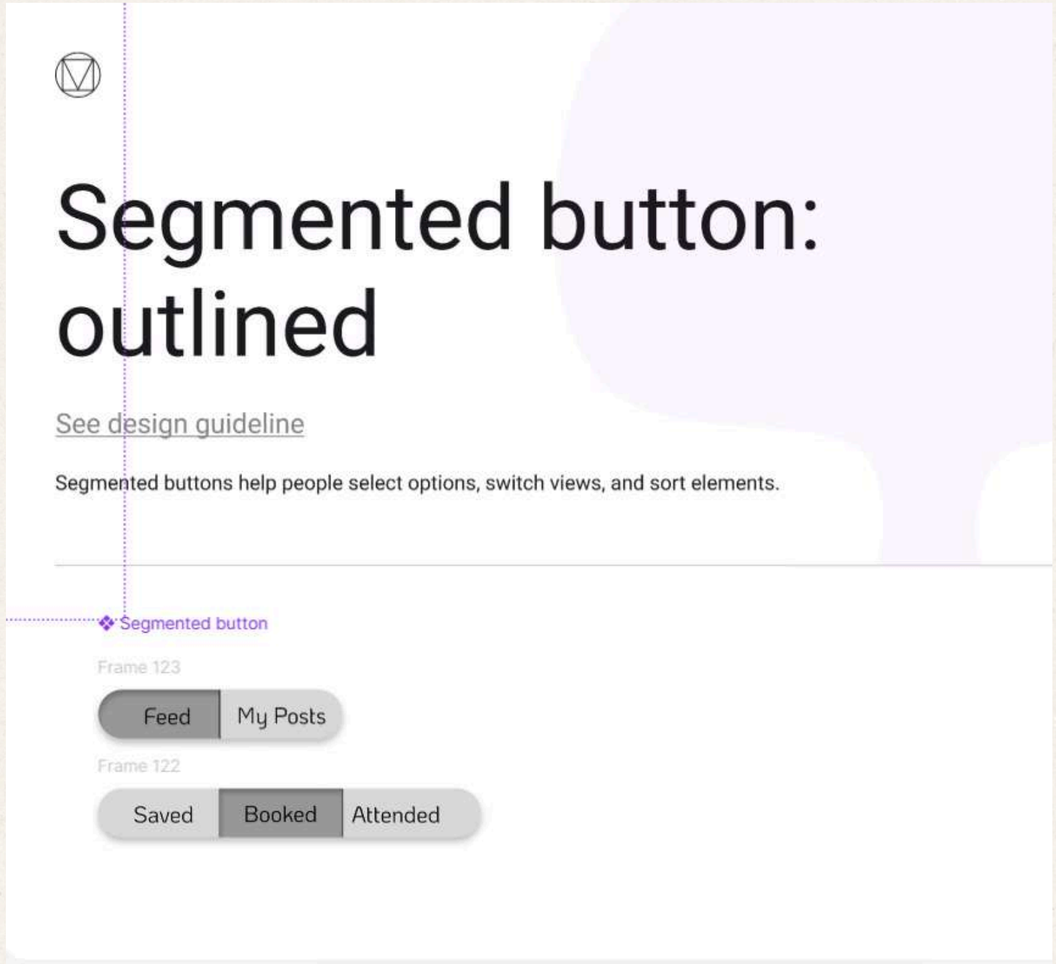

Typography

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Header 3	Family: limelight Weight: Bold Size: 20px	Header 3
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Body	Family: koho Weight: Medium Size: 15px Line Height: 140%	Body
Small	Family: koHo Weight: Medium Size: 10px	Smaller text here
Button Text	Family:limelight Weight: Bold Size: 20px	BUTTON TEXT

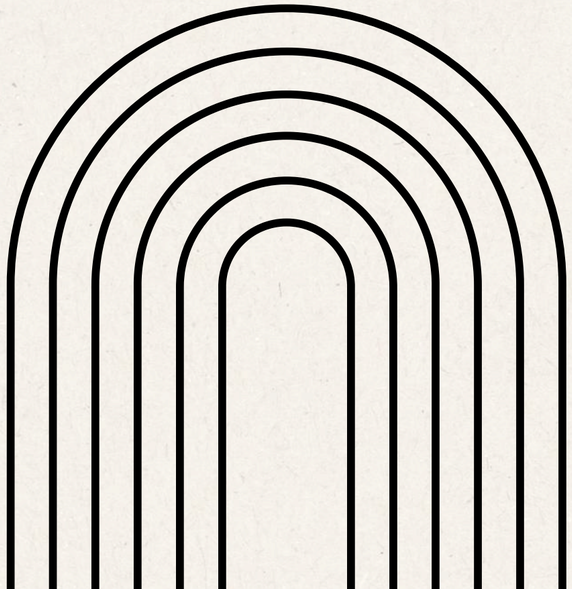
Design System

Design System link

APP NAME

Eirene – A Name Rooted in Peace and Harmony

Eirene is a name of Greek origin, meaning "peace." It derives from the ancient Greek goddess Eirene, who was the personification of peace and prosperity. In Greek mythology, Eirene was often depicted carrying an olive branch, a cornucopia, and a staff, symbolizing abundance, harmony, and the end of conflict.

This name embodies a sense of tranquility, balance, and well-being. It has been historically significant in philosophy, literature, and art, often representing hope for a harmonious world. The name Eirene conveys a gentle yet powerful presence, making it a timeless choice for those who value serenity and positive energy.

Thank you