

Sarina S

### My app: the mental mechanic

As someone whose dealt with mental health issues I always try to advocate for others who've experienced it as well. Its always best to see a therapist but sometimes that cant happen due to lack of money,resources and simply being afraid to ask for help. Many mental health facilities are not in black/brown communities which forces them to have to travel longer distances and even pay higher rates.

There are apps that can help you cope but most of them are robotic therapistist or just some cliché journaling app. I want to create an app that offers real therapist that can give real advice. The main point of the app is to allow people to talk to therapist at a low cost and not have to spend hundreds of dollars on therapy sessions. The app will offer video call oppertunities with certified phychologist,physcatrists, and counselours. It will include in app purchases that can be used to extend the amount of time you talk to these professionals. I would like to be able to make 15 minute sessions free to all users.

The app will also feature sections where you can find resources within your area. It will also include other useful features such as live group sessions where you can join and meet and talk with others and do group talks and exercises. As well as destressing in app games,tips/tricks.

My biggest thing would be to work on finding a reasonable price for added session times as nothing is absolutely free but it shouldnt be an outrageous amount of money to seek help.