HEALHUB

TITLE:

Student-Centric Mental Health App

Group Member :

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Introduction

5 stage of design thinking

- **Emphasise**

Able to come out with a good idea by putting ourselves in others shoes.

- **Define**

Define is the following stage where we are going to identify and list out the problems faced by the respondents to ease our progression in the further stage.

- **Ideate**

Ideate is the stage where we brainstorm to come out with as much as possible of solutions in orders to satisfy respondents needs.

- **Prototype**

We finalize the idea and turns it into our design thinking product.

- **Test**

it's the time to test out the prototype with the previous respondents.

The Five Design Thinking Steps

HealHub is an app that helps students become more conscious of or improve their mental health. The HealHub apps are digital resources with a range of functions that promote mental health, including behaviour control, education, mindfulness training, mood monitoring, access to therapy, and community support. They are not a replacement for expert assistance, but they do provide self-help resources, accessibility, and convenience. Selecting trustworthy apps is important, and keep in mind that getting advice from a mental health professional is essential, particularly for severe or persistent mental health issues.

HEALHUB

Detailed and description

(Problem, solution, team working)

Problem

After the interview session
we found that students nowadays are having a lot of academic pressure:

i. The never-ending cycle of homework, assessments, and exams
- causes students to feel overburdened
- difficult to manage their time efficiently.

ii. A lot of assignment supposed to be completed and submitted in strict deadlines.
- affected their mental health and the mood of the students as most of them started to have a low sleeping quality.

iii. The wide variety of extracurricular activities (club participation, events, and social interactions)
- they feel difficult to find a balance between extracurricular and academic obligations.

Students are always experiencing emotional exhaustion and from the interview, we know that most of them are having a negative emotional included stress, anxiety and a sense of loneliness. They fell hard to control their emotion as they have nowhere to relive stress and they do not have any mental support. They started to lack of self-motivation and they felling tedious in doing their work.

Solution

By knowing this, our group decided to foster a good mental health among students. Thus, we decided to come with a user-friendly application which known as “Heal Hub” that provide constant support and assistance to student so that students can manage their mental health in a good way.

i. "Heal Hub" has provided a real-time chat feature
- allow the users to have immediate access to licensed professionals so that they can seek support from them.

ii. “Heal Hub” enable users to meet with our experience peers and shared their story with them.

iii. “Heal Hub” provide a quick personality assessment for users.
- this can help them to test the status of their mental health and stress level

iv. “Heal Hub” also provide a self-heal resource to relax out mind when we rest.

v. “Heal Hub” provide an anonymous chat.
- a chatbot where students can share their thought anonymously with verified group admins to prevent unhealthy conversation.

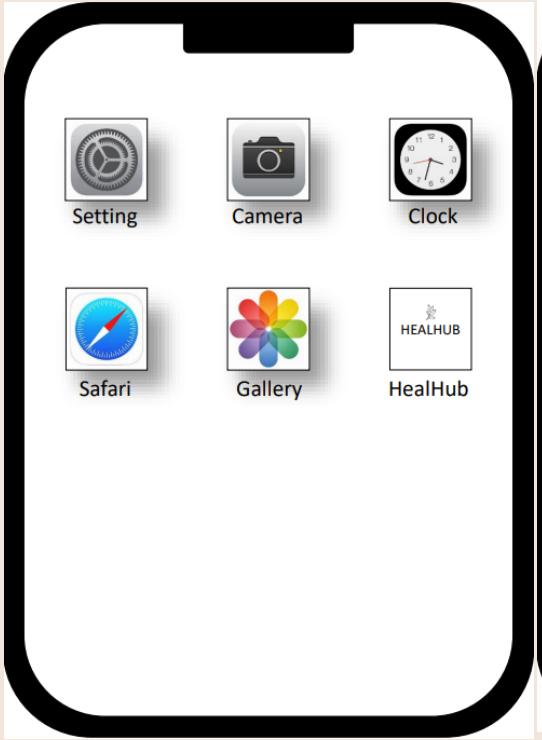
Detailed and description

(Problem, solution, team working)

Team working

In the aspect of teamworking, our group has split ourselves into different tasks. Austin and Ying Yi will mainly focus on interview the respondents and content of report while Aidil will focus on explaining our prototype to the respondents and video production. Three of us do the prototype together to show the creativeness and cooperation of our group members. There are a lot of resistance we faced when conducting this assignment. Firstly, our group members are all busy in other assignment and activities after class. Thus, we are very hard to find a suitable time for group meeting. Luckily, all of us are clear with the task given and we manage to discuss about the project using a shorter time. Besides, we found that it is hard to take a good video because the background sound is quite loud and it will affect the quality of video. So, we need to find a place of interview to minimize the background sound.

Description of the design thinking product



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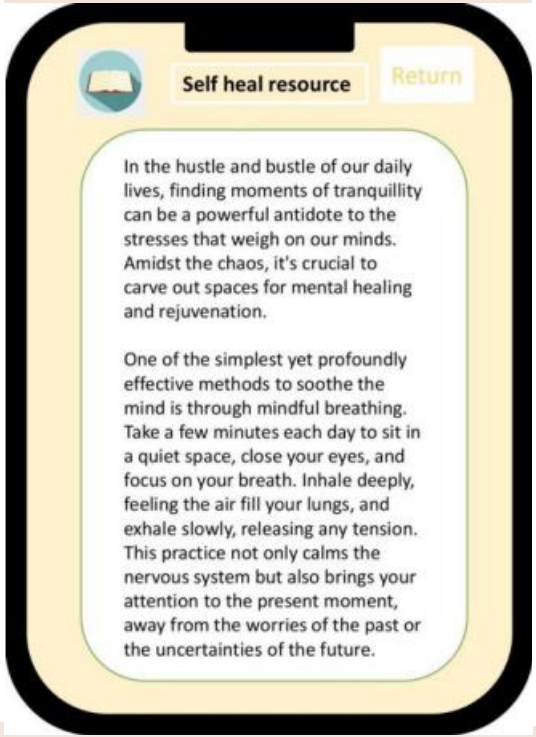

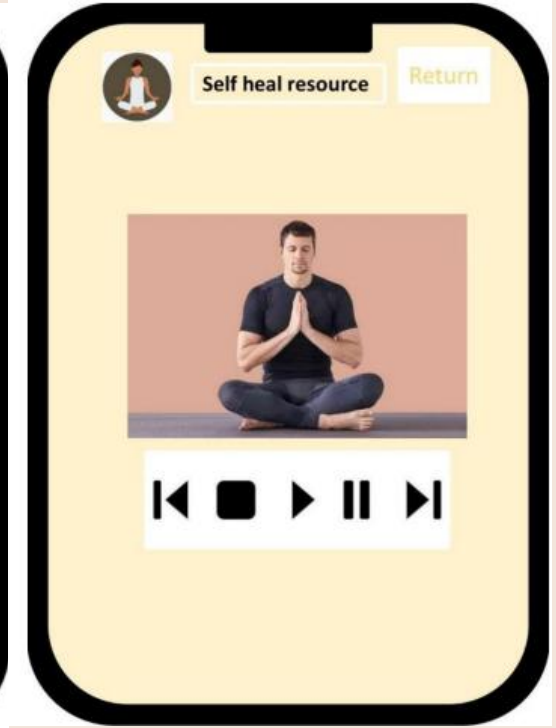

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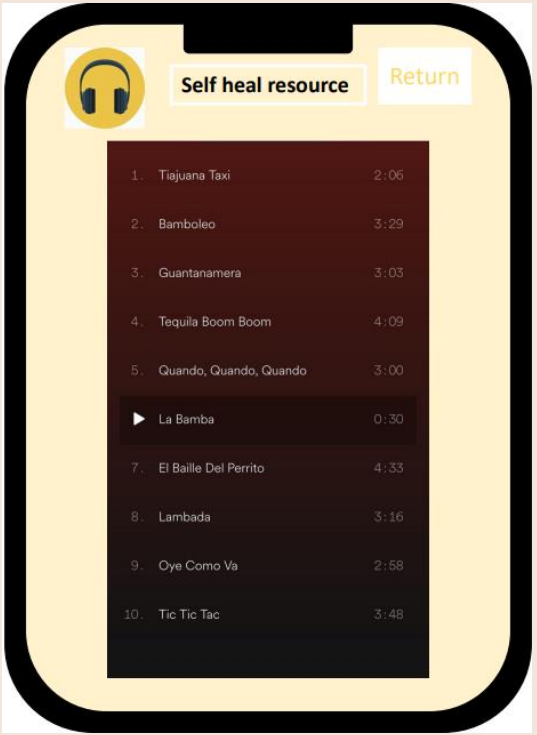

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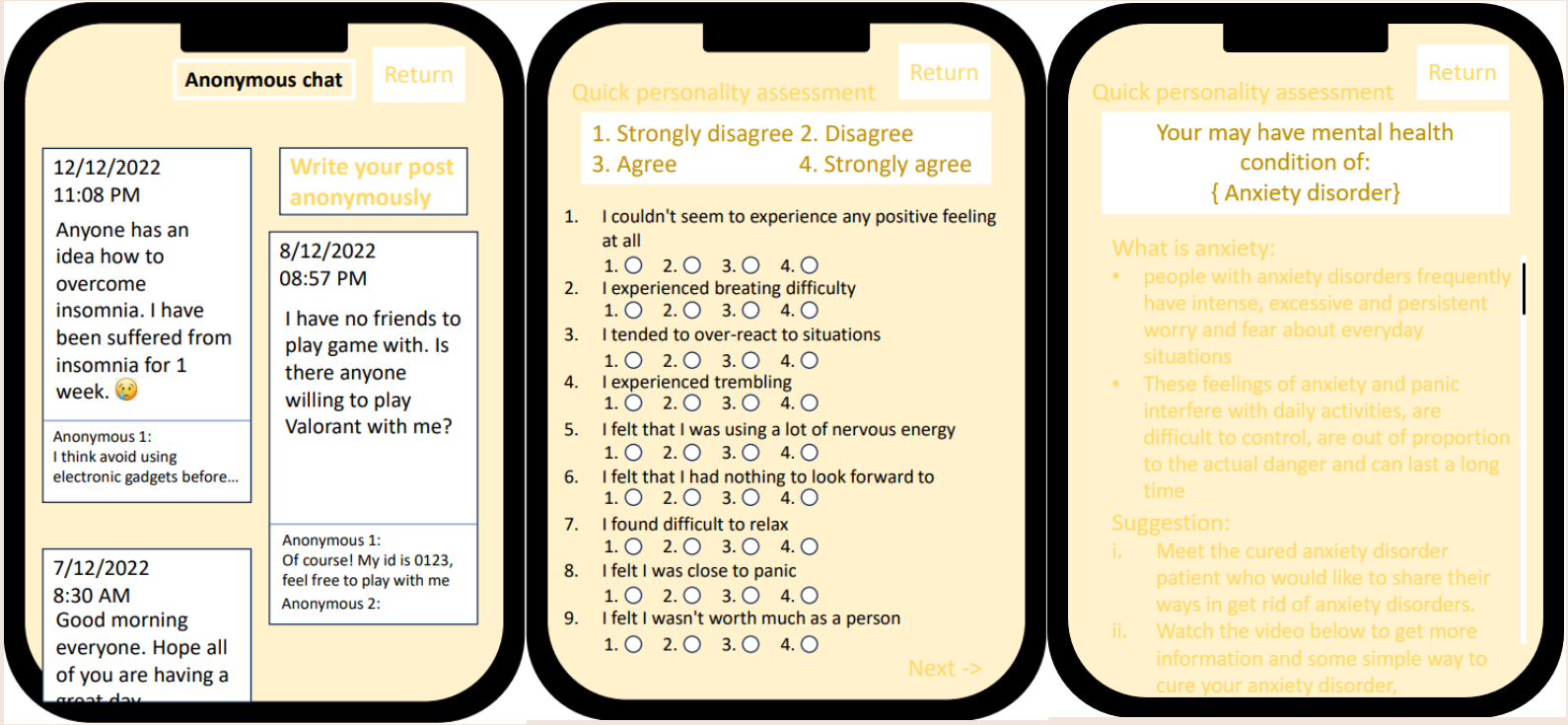

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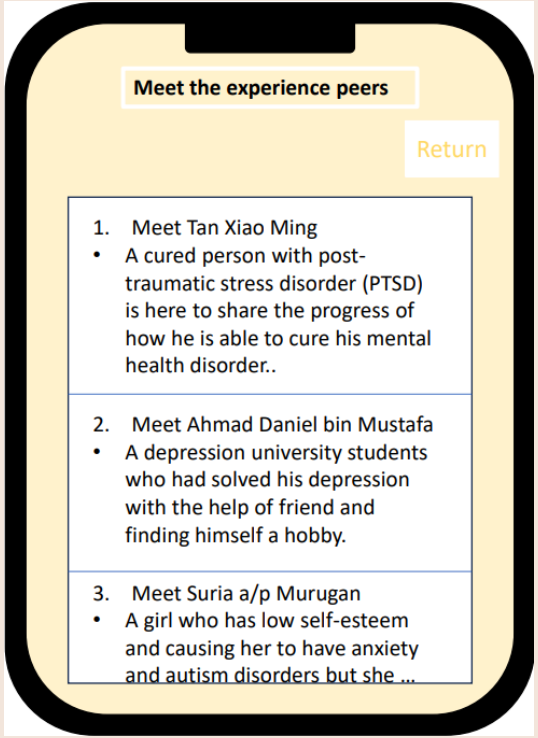

The End
Thank You