

## Problem Description:

Depression is a prevalent mental health condition that affects millions of people worldwide. Your task is to design a mobile application that provides comprehensive support, resources, and tools to individuals dealing with depression, helping them manage their symptoms, seek help, and maintain well-being.

Design Task: "Mental Health Support App for Depression"

## Solution:

**SOLACE** is an emotion-first digital support platform designed to meet users *where they are emotionally*. Instead of forcing clarity, SOLACE allows users to express themselves through minimal effort inputs like mood chips, image-based choices, and gentle prompts. The platform adapts its resources — reading, listening, watching, journaling, or seeking help — based on the user's current emotional state.

### 1. Product Overview:

SOLACE is a mental-wellbeing support application designed to help users understand, express, and regulate their emotions in a gentle, non-clinical, and human way. The app focuses on emotional safety, self-reflection, and guided support rather than diagnosis or pressure-driven solutions. Core Philosophy Healing is non-linear Emotions don't always need words Small actions can create meaningful change Support should feel safe, warm, and human

### 2. Design Principles & Ideology:

2.1 Emotion-First Design Instead of asking users to explain their feelings immediately, SOLACE allows emotions to surface naturally through visuals, mood prompts, and gentle choices.

2.2 Non-Judgmental UX No emotion is labeled as good or bad. Language avoids pressure, urgency, or clinical tone.

2.3 Micro-Healing Moments Small tasks (hydration, breathing, journaling) are designed as wins, not chores.

2.4 Psychological Safety The interface prioritizes calm colors, soft typography, rounded elements, and reassuring microcopy.

### Overall Design System Summary

### **3.Overall Design System Summary:**

#### **UX Philosophy**

- Calm over control
- Support over solutions
- Presence over performance

#### **Color Palette Rationale**

- Greens & blues → healing, safety, balance
- White space → emotional breathing room

#### **Typography Rationale**

- Rounded sans-serif → friendly, human
- Clear hierarchy → cognitive ease

### **4. Accessibility & Inclusivity:**

- Simple language
- No medical jargon
- Color contrast optimized
- Optional anonymity

### **5. Hackathon Impact Statement:**

#### **Why SOLACE Stands Out**

- Emotion-driven UX
- Image-based mood recognition
- Humane language system
- Realistic, implementable concept

Face Value: SOLACE demonstrates how design can reduce emotional friction and make mental health support approachable.

## 6 .Page wise Breakdown:

### 1. Login / Entry Page

#### Key Elements

- Minimal login fields
- Soft brand illustration / logo
- Calm welcome message

#### UX Principles Used

- **Cognitive Load Reduction** – minimal inputs to avoid overwhelm
- **First-Use Anxiety Reduction** – no heavy text or demands
- **Trust Building** – calm visual tone

#### Methodology

- **Human-Centered Design (HCD)**
- **Empathy Mapping** (user may already feel emotionally drained)

#### Color Theory

- Soft teal / green tones → calm, healing, safety
- White space → clarity and emotional breathing room

#### Typography

- Rounded sans-serif font
- Medium weight for readability
- No sharp edges → psychological softness

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### 2. Home Page – Emotional Check-In

#### Key Elements

- Greeting message
- Mood selection chips
- Image-based mood game

### **UX Principles Used**

- **Emotion-First Design**
- **Recognition over Recall** (choosing instead of typing)
- **Non-Judgmental Interaction**

### **Methodology**

- **Emotional Design Framework**
- **Behavioral UX** (low-effort actions)

### **Color Theory**

- Muted greens and blues → emotional balance
- Neutral greys for secondary content

### **Typography**

- Larger font for emotional prompts
  - Clear hierarchy between question and options
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## **3. Image-Based Mood Guessing**

### **Key Elements**

- Emotionally diverse images
- Gentle instructional microcopy

### **UX Principles Used**

- **Visual Thinking**
- **Inclusive Design** (supports users who struggle with words)
- **Choice without Pressure**

### **Methodology**

- **Visual Psychology**
- **User-Centered Interaction Design**

## **Color Theory**

- Mixed emotional tones in images
- Balanced contrast to avoid emotional overload

## **Typography**

- Minimal text
  - Light-weight font to keep focus on images
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## **4. Journal Page**

### **Key Elements**

- Writing space
- Previous journal entries
- Gentle prompts

### **UX Principles Used**

- **Expressive Freedom**
- **Progress without Metrics** (no streaks)
- **Psychological Safety**

### **Methodology**

- **Reflective Design**
- **Trauma-Informed UX**

### **Color Theory**

- Warm neutrals → comfort
- Soft backgrounds to reduce intimidation

### **Typography**

- Comfortable line height
- Regular weight text for long reading

## **5. Chat Support Page**

### **Key Elements**

- Conversational bubbles
- Empathetic responses
- Open-ended prompts

### **UX Principles Used**

- **Active Listening UX**
- **Validation before Solution**
- **Progressive Disclosure**

### **Methodology**

- **Conversational UX**
- **Therapeutic Communication Patterns**

### **Color Theory**

- Slight contrast between user and system messages
- Calm neutral tones

### **Typography**

- High readability
- Clear distinction between speakers

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## **6. Services Page (Helpline & Professional Support)**

### **Key Elements**

- Crisis helpline
- Professional support links
- Clear labels

### **UX Principles Used**

- **Visibility of Help**
- **Fear Reduction**
- **Accessibility**

### **Methodology**

- **Ethical UX Design**
- **Safety-Critical Design**

### **Color Theory**

- Trust colors (blue-green spectrum)
- No alarming reds to avoid panic

### **Typography**

- Clear headings
  - High contrast for important information
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## **7. Resources Page**

### **Key Elements**

- Audio tracks
- Articles
- Videos

### **UX Principles Used**

- **User Autonomy**
- **Content Personalization**
- **Reduced Decision Fatigue**

### **Methodology**

- **Content Strategy UX**
- **Self-Directed Learning Design**

## **Color Theory**

- Soft category separation using muted shades
- Visual calm maintained

## **Typography**

- Medium hierarchy
  - Scannable text blocks
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## **8. Micro-Care Cards (Drink Water, Breathing)**

### **Key Elements**

- Small reminder card
- Time indicator
- Completion feedback

### **UX Principles Used**

- **Nudge Theory**
- **Positive Reinforcement**
- **Low Commitment Actions**

### **Methodology**

- **Behavioral Design**
- **Habit Formation (Gentle Nudges)**

### **Color Theory**

- Soft blue tones → hydration & calm
- No strong CTA colors

### **Typography**

- Short lines
- Friendly microcopy