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Group 7 Project Proposal

Mental illness is a very common issue that many people suffer with especially in 2020 with the pandemic. Our team will be working on a project which will benefit individuals with mental health. One in five adults suffer from mental illness and only about half those people receive treatment. There have been many negative effects of Coronavirus including isolation, risks of getting sick, losing loved ones, millions becoming unemployed, and the inability to be financially stable. All these stressors may lead or contribute to mental illness. In this project we will be creating a website which would be family friendly and which would consist of health information, mental health help, some solutions which would prevent illness, guidance to recovery from mental health. Since it’s difficult for the majority of the people to receive treatment especially during a pandemic, we will create a self-help site based on experiences and research. This site will consist of resources for further help, tips for specific illnesses and situations, and guidance on recovery. Another feature will include the option to use a guest account or sign-up for an account in order for users to communicate and share their personal experiences or advice.

* Database: MongoDB
* Coding Languages: JavaScript
* Implementation through HTTPS Protocols, HTML, CSS, and AWS

**Actors:**

* User: The user may choose from using the basic level of the website or unlock all benefits with an account creation.
* Administrator: Our group members are administrators and project managers. These roles will have access to make changes to the site.
* Anonymous users (guests): users without accounts will be able to visit the site without an account.

1. **All Users will be able to:**
   1. “Sign-In” Page
      1. This will be the opening of the website. It will allow users to either login as a guest, login to an existing account, or create a new account.
   2. “Learn” tab
      1. This section of the site provides a list of mental illnesses to choose from and learn more about. It will have information on the chosen illness including general information/overview, symptoms, treatment options, and what specialists to see.
      2. The most common mental illnesses spiked due to COVID-19 and provided information on are:
      * Depression
      * Anxiety
      * Substance abuse
      * Post-Traumatic Stress Disorder
   3. “Activities” tab
      1. The activities section will provide either tips or exercises to improve mental health.
      2. Activities will include:
         1. Ways to be productive.
         2. How to motivate yourself.
         3. How to seek help.
         4. Struggling to get out of bed? Try these exercises.
   4. “Resources” tab
      1. On the resources page, the users will be provided with a list of hotlines and additional resources and organizations including:
         1. National Suicide Precention Lifeline
         2. Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline
         3. National Institute of Mental Health (NIMH)
         4. The National Alliance on Mental Illness (NAMI) emergency mental health hotline
2. **Users with accounts will additionally be able to:**
   1. On the dashboard tab, the option to clip any articles, activities, or resources will be made available to users with accounts.
   2. Depending on time, we may also try to implement a forum of sorts.
3. **Administrator users will additionally be able to:**
   1. Add data to the website.

**Schedule:**

3/09/21: Home page, basic CSS, registration page, information page completed

3/23/21: Functional Javascript implementation with node modules

4/06/21: Mongo Database operational with functional login

4/13/21: Finalize our presentation for 4/20

4/20/21: Have demo/progress presentation completed

5/04/21: Final Presentation Due