**1. Introduction:** The Mental Health Mate web application aims to provide a comprehensive platform for individuals to manage their mental well-being effectively. This SRS document outlines the functional and non-functional requirements of the application.

**2. Functional Requirements:**

**2.1 User Registration and Authentication:**

Users should be able to create accounts with email or social media authentication.

The application must provide secure authentication and authorization mechanisms to protect user data and privacy.

**2.2 User Profile:**

Users should be able to create and manage their profiles.

Profiles can include basic information, preferences, and goals related to mental health.

**2.3 Educational Resources:**

The application must offer a library of educational articles, videos, and interactive content on various mental health topics.

Users should be able to search, browse, and access these resources easily.

**2.4 Self-Assessment Tools:**

Users should have access to self-assessment questionnaires to evaluate their mental well-being.

The application should provide personalized insights based on assessment results.

**2.5 Guided Meditation and Relaxation:**

The application should offer a collection of guided meditation sessions, breathing exercises, and relaxation techniques.

Users should be able to select sessions based on their preferences and needs.

**2.6 Community Forum:**

The application must include a community forum where users can engage in discussions, share experiences, and provide support to one another.

Moderation features should be implemented to ensure a safe and respectful environment.

**2.7 Goal Tracking:**

Users should be able to set and track mental health goals.

The application should provide reminders, progress tracking, and motivational features.

**2.8 Notifications:**

The application should send notifications for scheduled meditation sessions, goal achievements, forum interactions, and updates.

**2.9 Accessibility:**

The application must adhere to accessibility standards to ensure usability for individuals with disabilities.

**3. Non-Functional Requirements:**

**3.1 Performance:**

The application should provide a responsive and smooth user experience, even during peak usage times.

Loading times for resources and content should be minimal.

**3.2 Security:**

User data, including personal information and assessment results, must be stored securely using encryption.

The application should implement robust authentication mechanisms and protect against common security vulnerabilities.

**3.3 Scalability:**

The architecture should be designed to accommodate potential growth in users and content without compromising performance.

**3.4 User Experience (UX) Design:**

The application's user interface should be intuitive, easy to navigate, and aesthetically pleasing.

Consistent design elements and branding should be maintained throughout the application.

**3.5 Compatibility:**

The application should be compatible with popular web browsers and devices, including desktops, tablets, and smartphones.

**3.6 Privacy:**

The application should provide clear privacy policies and obtain user consent for data collection and usage.

Users should have control over the data they share and the visibility of their profile information.

**4. Constraints:**

The application development should comply with relevant data protection and privacy regulations.

The application should not replace professional mental health diagnosis and treatment, but rather complement it.

**5. Assumptions and Dependencies:**

The application assumes that users have basic internet connectivity and access to compatible devices.

The development process depends on available technologies, frameworks, and libraries for web application development.

**6. Conclusion:** The Mental Health Mate web application's software requirements outlined in this document serve as a foundation for creating a user-centric, secure, and effective platform for promoting mental well-being. These requirements address various aspects of the application's functionality, performance, security, and user experience, contributing to its overall success in helping users manage their mental health effectively