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System Request

Project Name: Mental Health Mobile Application

Business Need:
- Due to the pandemic, there has been an increase in stress due to loss of jobs, fear for health and lack of social communication and as such mental health is a major concern
- Take advantage of the large audience that will engage with the app for entertainment as many individuals are stuck at home

Functionality:
- Users must be able to create an account
- Users will have access stress relief resources such as daily yoga practices, meditations, breathing exercises and daily journal prompts
- Users will be able to track their emotions and stress levels daily

Expected Value: -

Tangible:
- Expected 1000 regular users on the app each month
- Based on information from the emotions tracker, stress reduced by 40%

Intangible:
- Increased happiness in users
- Overall user satisfaction with the app

Special Issues or Constraints:
- Time Constraints
  - App should be designed and built in 16 weeks
- Technical Constraints
  - Not all information should be visible to unauthorized people. Some rules must be applied to ensure data confidentiality. Such as the person's email address and password.