Title: *Mental Relief Messenger*

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PROBLEM BACKGROUND

- Thanks to the pandemic, we have been limited in many ways on what to do with our daily lives.
- Our lives have been affected in many ways, especially in the social aspect.
- People have been isolated in their homes because of quarantine.
- This continuous isolation can affect deeply the person's mental health, leading to depression.
- With the current situation of quarantine, the option to go to a therapist is very limited.
- Being in this position, people are scared to open up about their issues, even to their close friends.

TARGET

- The intended target is for people to open up to others without any repercussions.
- Find people with the specific taste in topics that are the same as the user.
- Find a community that have the same problems as the user and interact with them.

CAUSES

- Two-thirds of adults say they are experiencing social isolation, and 66 percent say their anxiety levels have increased during the pandemic, according to survey results the foundations released this week in "The Pandemic Effect: A Social Isolation Report."
- Loneliness was associated with future mental health problems up to 9 years later. The strongest association was with depression. These findings were consistent across studies of children, adolescents, and young adults.
- The online survey of 2,010 adults age 18 and older, taken from Aug. 21 to 25, revealed that since the pandemic began, adults in general have experienced mainly negative emotions. Respondents most often reported feeling frustration, stress, anxiety, isolation, tiredness and sadness.

COUNTERMEASURES

- Create an anonymous messenger app, no personal information will be public to other users.
- By entering the app, public chat rooms will pop up, showing the topics in which are discussed in that chat room.
- The user can search for the specific topics they are interested in.
- Every user can create a chat room, public or private, how many people can be in the chat room, and selecting the topics going to be texted on it.

CHECK/EVALUATE

- Did the countermeasures work?
- Have the chat rooms created a positive effect on people?
- Has it helped many users for its purpose?

ACT/STANDARDIZE

- How will we ensure the process continues to work?
- What have we learned?
- Where else can we apply this learning?