

Problem Statement

The problem of mental health has been addressed by several apps, but none of them have been able to combine different approaches to improve mental health in a single application. Most of the apps are personalized to a certain extent but do not provide personalization beyond what the user claims they want. Also, most applications are mobile apps, which poses a challenge considering the number of apps constantly competing for the user's attention. Our solution to this problem is a web-based application that focuses on enhancing the user's overall mental health experience.

Solution

The application includes several features that improve the user's experience. The app welcomes the user with a screen with a colour gradient based on their previous logged mood and experience on the app, and a button asking how they are feeling. The user is then directed to the feel-good feed, an Instagram-inspired feed that consists of tiles of different feel-good data, such as animal posts, motivational quotes, and pro-mental health events that they can attend.

The user can like or dislike a post and provide feedback on the content they like. The application generates future tiles based on the feedback provided by the user. The events are of varied types and can be sponsored as well. Events can consist of meetups happening at local restaurants or clubs or virtual meetings organized by certain hosts.

The journaling feature is an important aspect of the app. It allows users to enter their thoughts that they are currently feeling in the form of text. The app also pulls out labels from the text, which help to customize the feed. The labels and journal entries themselves are saved in a MongoDB database. The user can read past journal entries across timelines.

Links to professional helplines, such as [scream](#), are provided in the app. The app uses an algorithm to understand the user's mood and provide the most suitable events for the user. The front-end of the application is built in React, and [flowbite](#) assists with component building. The back-end is developed in NodeJS and connects to the database and serves content in the form of APIs to the front-end.

Future Plans

Future plans include implementing custom notifications and browser extensions to act as constant reminders to improve one's mental health. Simple reminders to take a break or check stress levels and moods can be greatly helpful. In conclusion, our app provides users with a holistic approach to improving their mental health and wellbeing, allowing them to personalize their experiences, connect with others, and express their emotions in a supportive environment.