Read Me

1. Select a mood based on what you are feeling by clicking on a emoji.

A screenshot of a cell phone

Description automatically generated

1. Once selected, a quote and tip will show up.

A screenshot of a cell phone

Description automatically generated

1. You can interact with the human figures

A close up of a logo

Description automatically generated

A close up of a logo

Description automatically generated

1. You can also hover over graphs for interaction

A close up of a piece of paper

Description automatically generated

1. Select relatable symptoms to get a possible mental health diagnosis. Please note that this is not in any case a professional diagnosis, so please seek out professional medical advice for an actual diagnosis.

A screenshot of a cell phone

Description automatically generatedA screenshot of a cell phone

Description automatically generated

1. Hover over “chat messages” for animation.

A close up of a logo

Description automatically generated

1. Join our community called “Opti-mists” by clicking on “Be an Opti-mist” button

A close up of text on the side of a mountain

Description automatically generated