

Group Members:  
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1.) The reason why your group chose the topic

We chose this topic by analyzing the current situation and struggles of our world today. Throughout the years, mental health has become a major issue that many people experience, and it is something that is often difficult to prevent. We decided that this topic can truly help make people more aware of what many individuals are going through, especially those who suffer in silence. Through our project, we aim to educate others about mental health by providing information about different disorders and their symptoms. Our goal is to promote understanding, encourage empathy, and help reduce the stigma surrounding mental health.

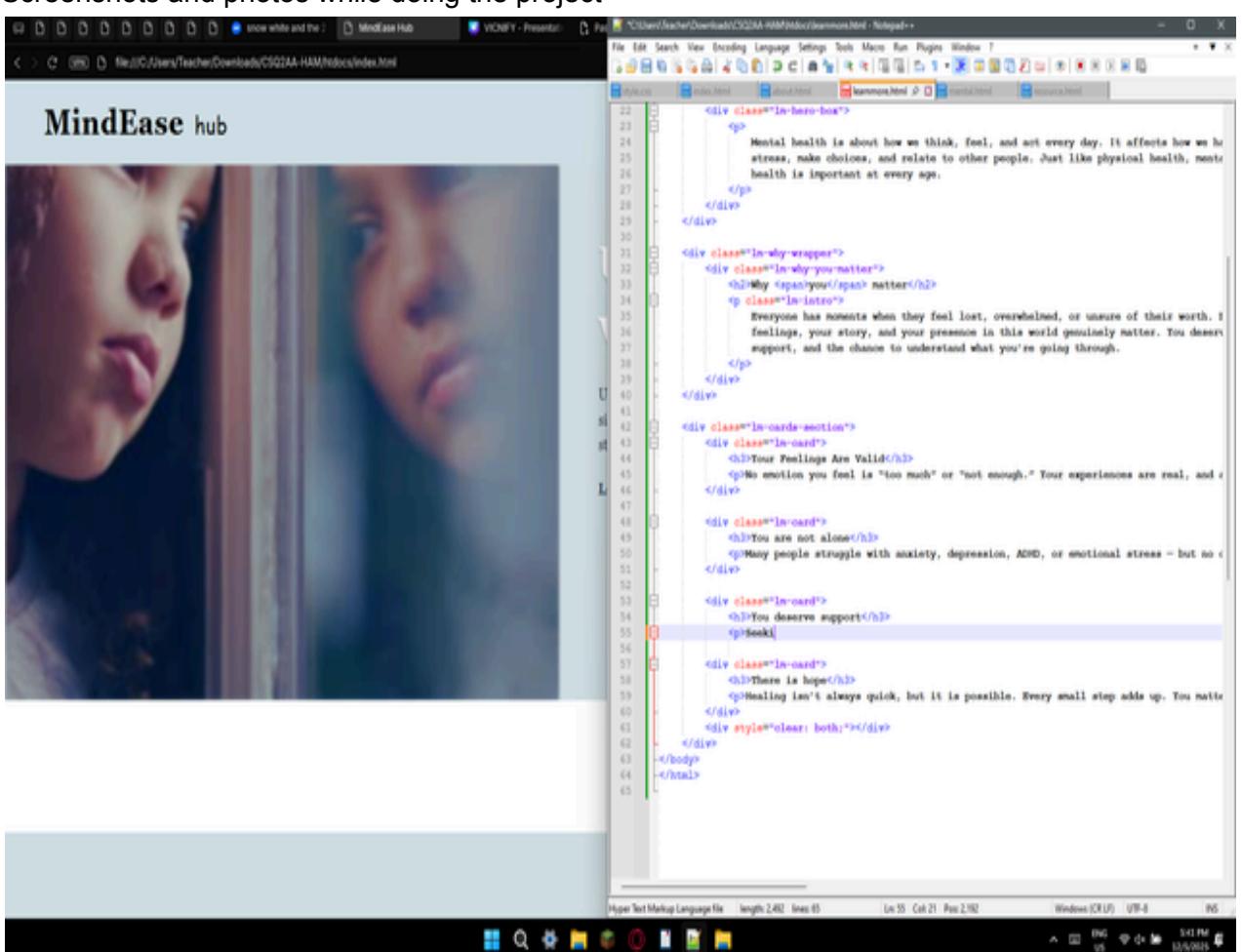
2.) The individual contributions of each member

Aguilera: Website Design

Hernando: Code

Tiffany: Website Design & Code

3.) Screenshots and photos while doing the project



```
<!DOCTYPE html>
<html>
    <head>
        <title>MindEase Hub</title>
        <meta name="viewport" content="width=device-width, initial-scale=1.0">
        <link href="https://unpkg.com/tailwindcss@^2/dist/tailwind.min.css" rel="stylesheet">
        <link href="https://unpkg.com/flowbite@1.7.0/dist/flowbite.min.css" rel="stylesheet">
        <script src="https://cdn.jsdelivr.net/npm/@popperjs/core@2.9.2/dist/umd/popper.min.js" integrity="sha384-IQsoJ+IwOjE5dRkjk/s5u/wUmqFMH2eZ3LW8vZ7siERdFK+sXp" crossorigin="anonymous"></script>
        <script src="https://unpkg.com/flowbite@1.7.0/dist/flowbite.js" crossorigin="anonymous"></script>
    </head>
    <body>
        <div class="flex flex-col items-center justify-center h-screen">
            <div class="text-center">
                <h1>MindEase hub</h1>
                <img alt="A close-up photograph of a young girl's face, looking thoughtfully through vertical window blinds. The image serves as the background for the landing page." data-bbox="180 515 525 775"/>
                <p>Mental health is about how we think, feel, and act every day. It affects how we live, stress, make choices, and relate to other people. Just like physical health, mental health is important at every age.</p>
                <div class="flex flex-col gap-4 mt-4">
                    <div class="text-center">
                        <h2>Why <span>you</span> matter</h2>
                        <p>Everyone has moments when they feel lost, overwhelmed, or unsure of their worth. I feel your feelings, your story, and your presence in this world genuinely matter. You deserve support, and the chance to understand what you're going through.</p>
                    </div>
                    <div class="text-center">
                        <h2>Your Feelings Are Valid</h2>
                        <p>No emotion you feel is "too much" or "not enough." Your experiences are real, and a part of who you are.</p>
                    </div>
                    <div class="text-center">
                        <h2>You are not alone</h2>
                        <p>Many people struggle with anxiety, depression, ADHD, or emotional stress – but no one is alone. You are not alone.</p>
                    </div>
                    <div class="text-center">
                        <h2>You deserve support</h2>
                        <p>Seek it out. You deserve it.</p>
                    </div>
                    <div class="text-center">
                        <h2>There is hope</h2>
                        <p>Healing isn't always quick, but it is possible. Every small step adds up. You matter, and you are strong.</p>
                    </div>
                </div>
            </div>
        </div>
    </body>
</html>
```

