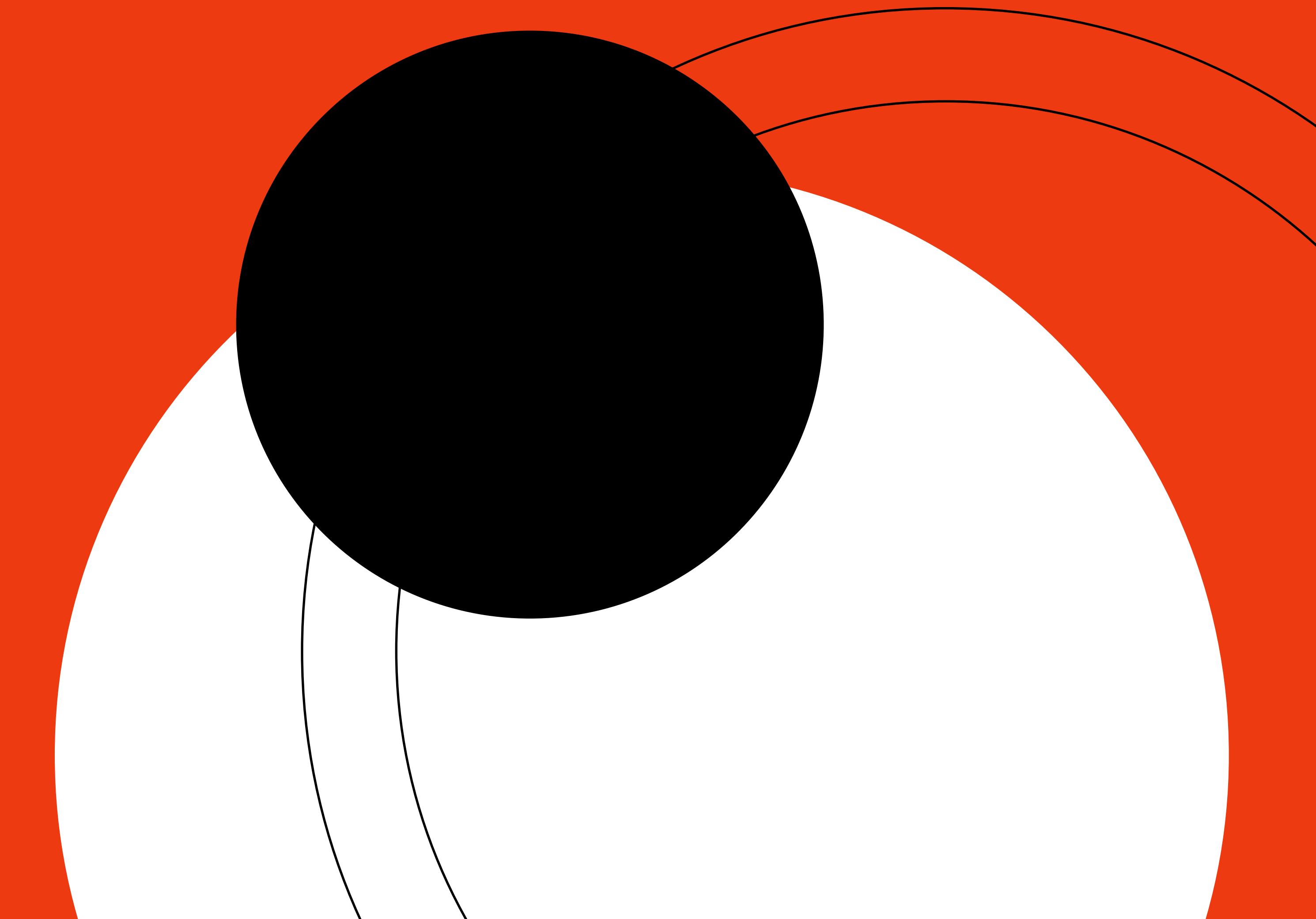


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Rikus Pretorius 241044

Client Conceptualisation & Problem Statement





OVERVIEW

UnMute is a full-stack web-based application that addresses the growing epidemic of loneliness, emotional isolation, and social disconnection experienced by men across different age groups. The platform offers a safe, anonymous, and judgment-free digital space where men can engage in meaningful dialogue, track their emotional well-being, access peer support, and find community-based resources tailored to their needs.

CORE PROBLEM THIS APP WILL SOLVE

Loneliness among men is a documented and growing social issue, often linked to stigma around emotional expression, a lack of supportive friendships, and minimal help-seeking behavior. Many men don't have safe, non-performative spaces to connect and share experiences without fear of judgment.

UNMUTE SOLVES THIS BY:

Providing anonymous topic-based discussion boards.

Offering mental health journaling and mood tracking.

Sharing curated emotional wellness resources.

Building a community where vulnerability is normalised.



CONSTRAINTS & LIMITATIONS

Moderation Needs:

Anonymous platforms may attract trolling or toxic behaviour; moderation tools and role-based access will need to be robust.

Trust Building:

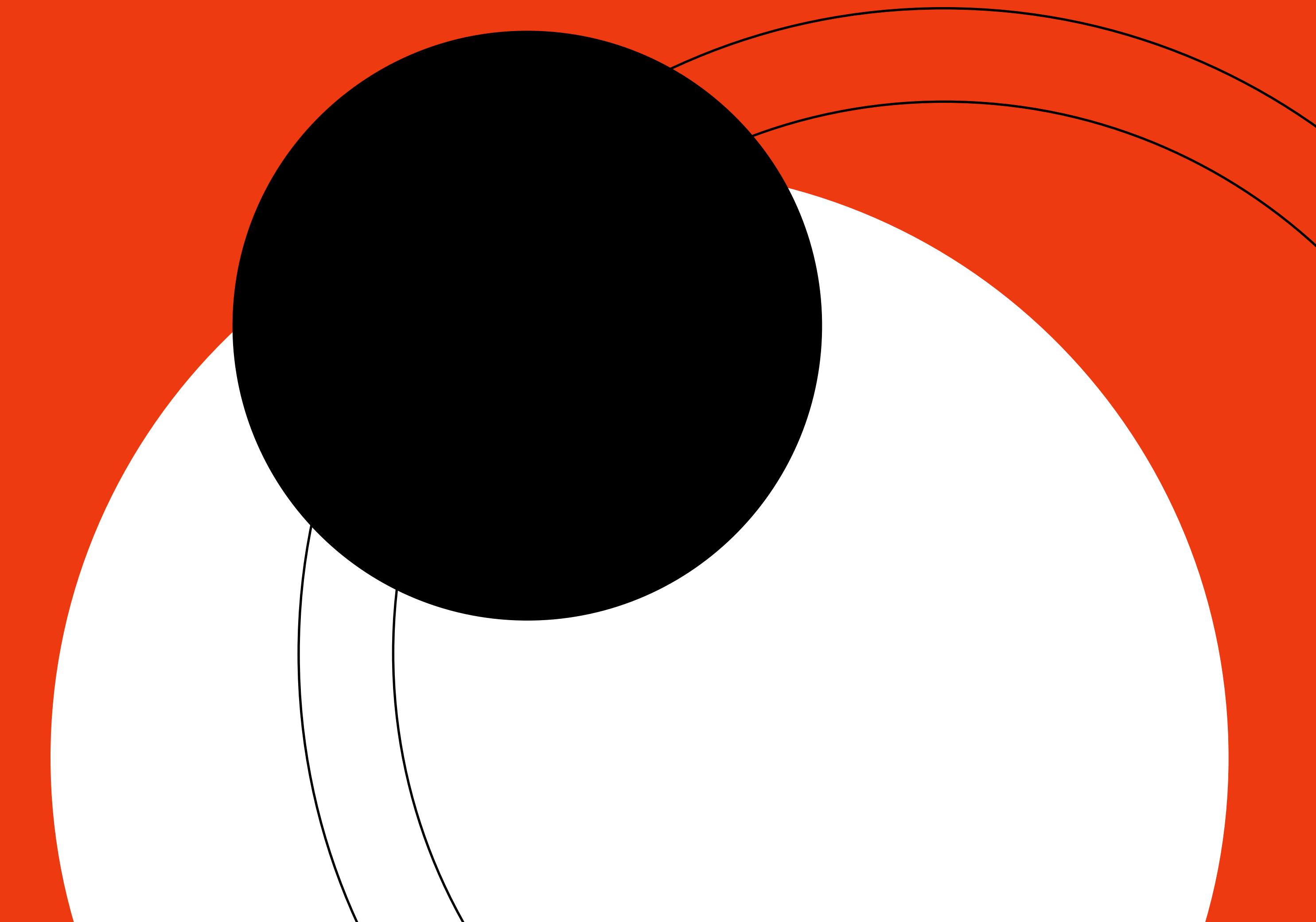
Gaining user trust will require clear UX writing, privacy transparency, and ethical design.

Scalability:

Features like live chat and peer matching require performance testing and optimisation under load.

System Architecture

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SYSTEM ARCHITECTURE

Frontend (React)

- User Dashboard
- Mood Tracker
- Anonymous Chat UI
- Forum / Threads
- Admin Panel

Backend (Node.js + Express)

- REST API Routes
- JWT Auth & Role Management
- Input Validation (Express Validator)
- API Gateway for micro-services

MySQL DB

- Users
- Posts
- Comments

MongoDB

- Mood Logs
- Chat Messenger
- Activity

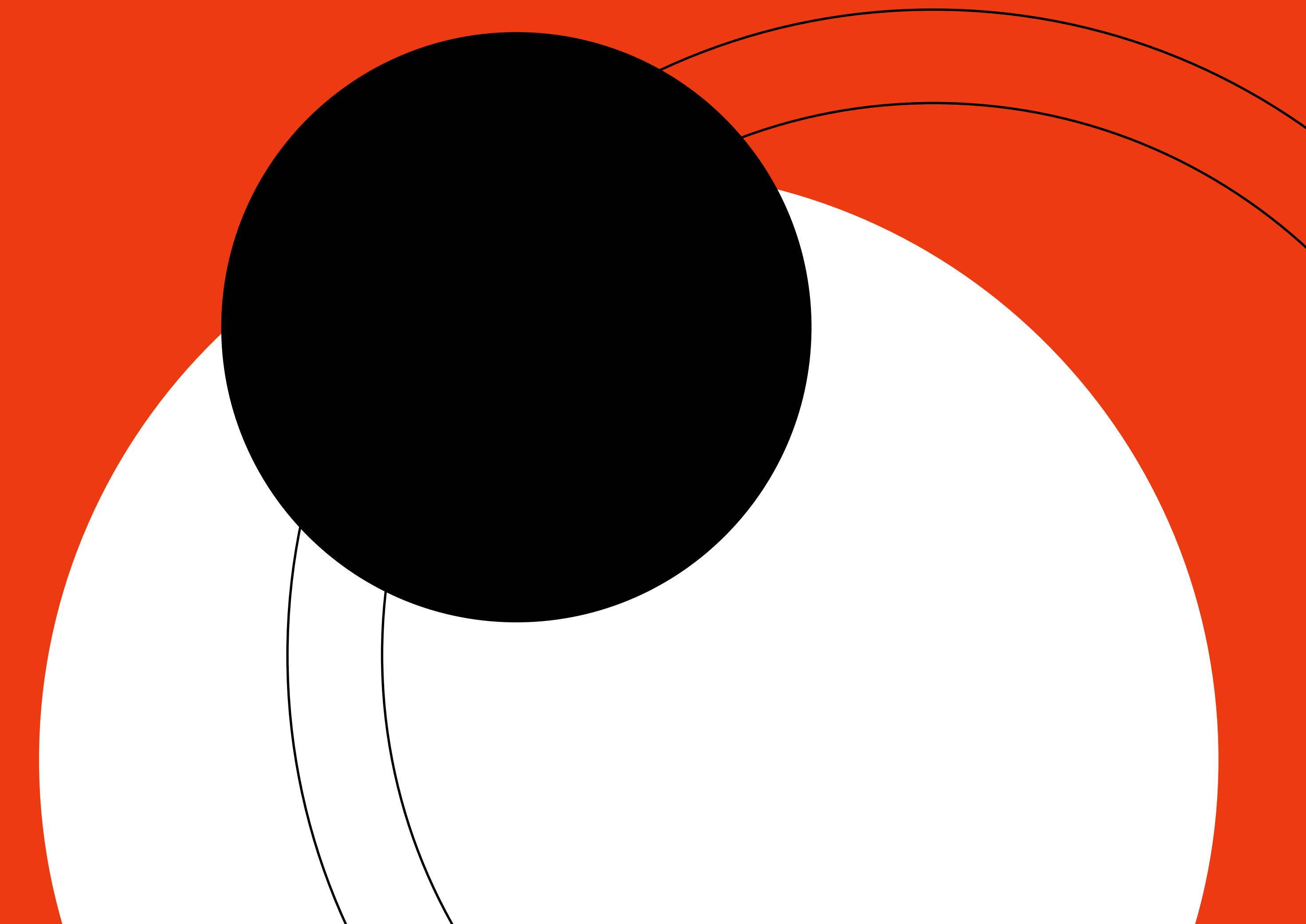
External Services

- Analytics
- Email
- Ai Mood Classifier (Optional)

TECHNOLOGIES & FRAMEWORKS USED

Layer	Technology	Purpose
Frontend	React.js	SPA for fast, responsive user experience
Backend	Node.js + Express	Non-blocking, lightweight, well-suited for RESTful APIs
Relational DB	MySQL	Structured relational data (Users, Threads, Admin data)
NoSQL DB	MongoDB	Great for flexible, fast-growing data
Auth	Bcrypt + JWT + MFA	Secure user login with role access (e.g., admin vs regular user)
Hosting	AWS	Easy deployment & cloud-ready

Feature Requirements & Scope



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Scope of the System

Included

- User authentication and onboarding (signup/login/verification)
- Personalised check-ins & journaling
- Community feed with anonymous posting and reactions
- Access to mental health resources (articles, videos, helplines)
- Admin dashboard for content moderation and analytics
- Smart emotional tracking (e.g. mood over time)
- Email notifications (e.g. encouragement, reminders)
- In-app chat

Excluded

- AI-based mental health assessments
- Paid plans or subscription models (at this stage)
- One-on-one live therapy

SMART Objectives

S Specific

Build a web-based platform that helps men track their emotional health and engage in supportive communities.

M Measurable

MVP will include at least 5 core features, 2 user roles, and successful login + emotional tracking.

A Achievable

Using React, Node.js, and MySQL, with manageable scope for a student project.

R Relevant

Addresses the real-world issue of male loneliness and emotional suppression.

T Time-bound

MVP completed in 6 weeks, with future iterations scoped for expansion post-submission.

CORE FEATURES

Feature	Priority	Notes
Authentication (Login, Signup, Email Verification)	MVP	Secure user access
Emotional Check-ins (Basic Mood Tracker)	MVP	Track emotional patterns
Anonymous Journal / Post System	MVP	Share feelings without stigma
Admin Panel (User Moderation)	MVP	For safety and oversight
Mental Health Resources Page	MVP	Articles, videos, helplines
Anonymous Peer Feedback / Reactions	MVP	Community support
Weekly Email Encouragements	Nice-to-have	Boost motivation and routine
Mood Analytics Dashboard	Nice-to-have	Visualise emotional data
Mobile App Version	Future	Accessibility

User Roles

Standard User

Can sign up, post anonymously, check in, access resources

Admin User

Can view user activity, flag/remove harmful posts, upload resources

User Story Examples

Daily Mood Check-In

As a user, I want to quickly log how I feel so I can track my emotional patterns.

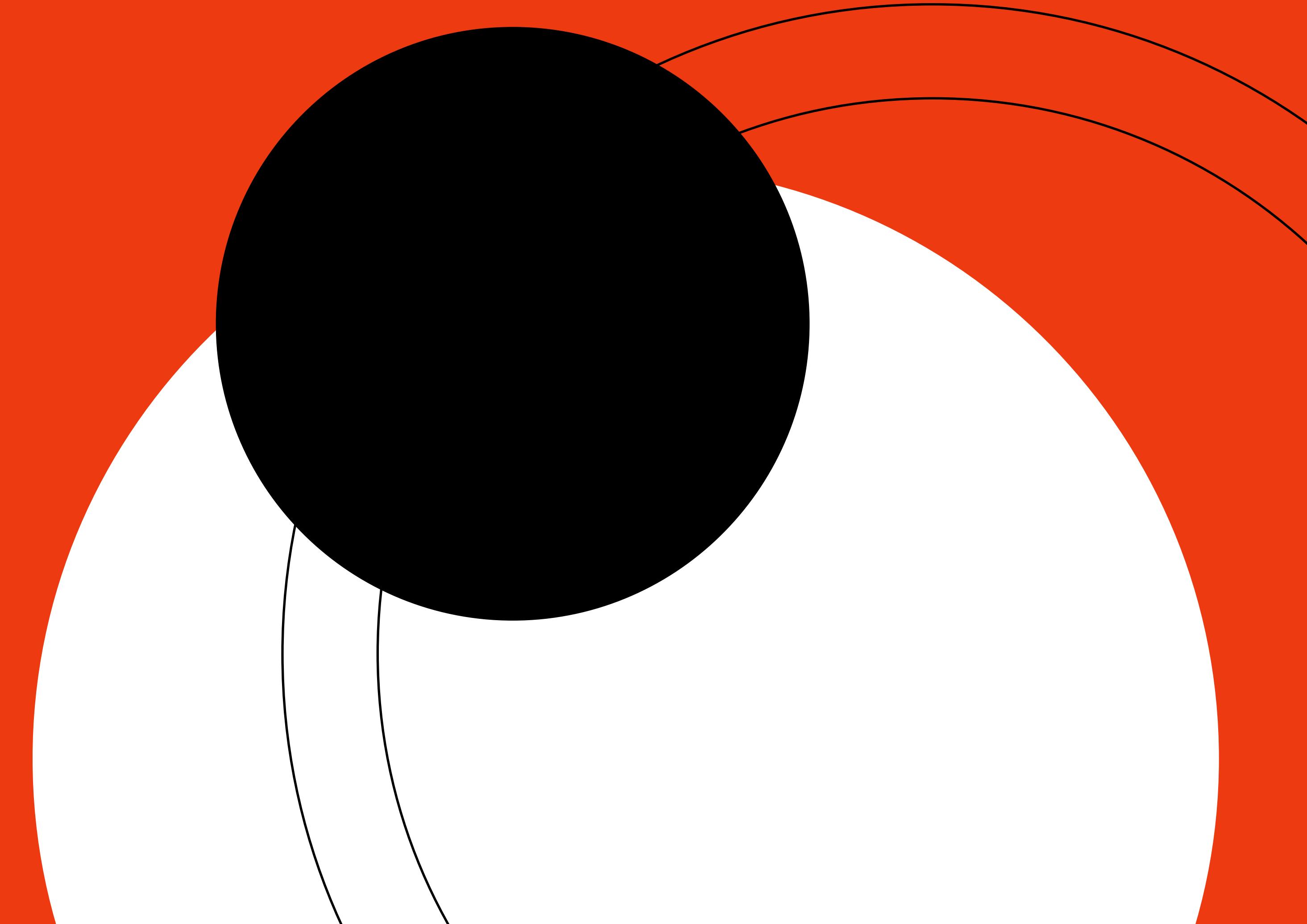
Home → Click “Check-In” → Select mood (icon + note) → Submit → Data stored → See graph next time

Anonymous Posting

As a user, I want to share my thoughts anonymously so I feel safe being vulnerable.

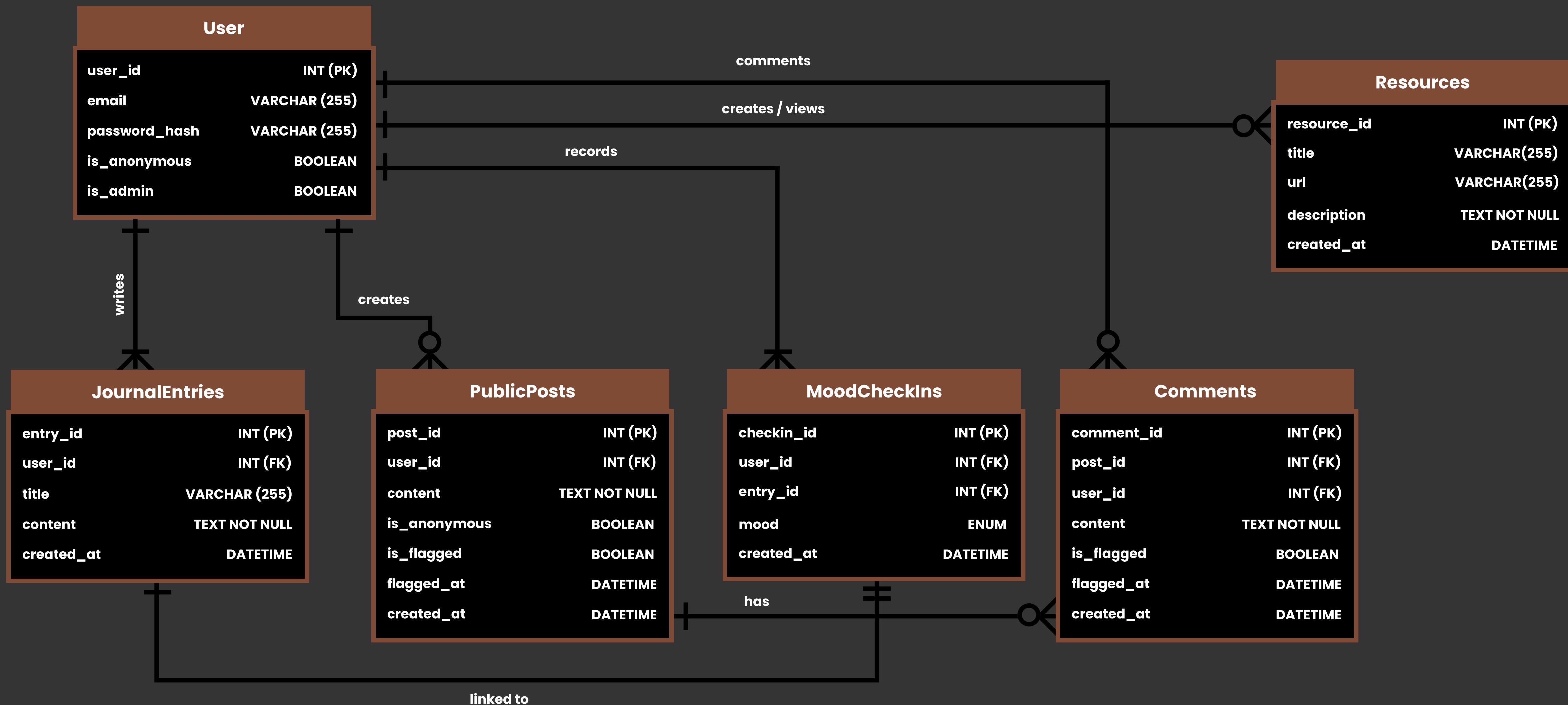
Community → Click “New Post” → Write → Submit → Appears in feed (anonymous ID)

Data Planning

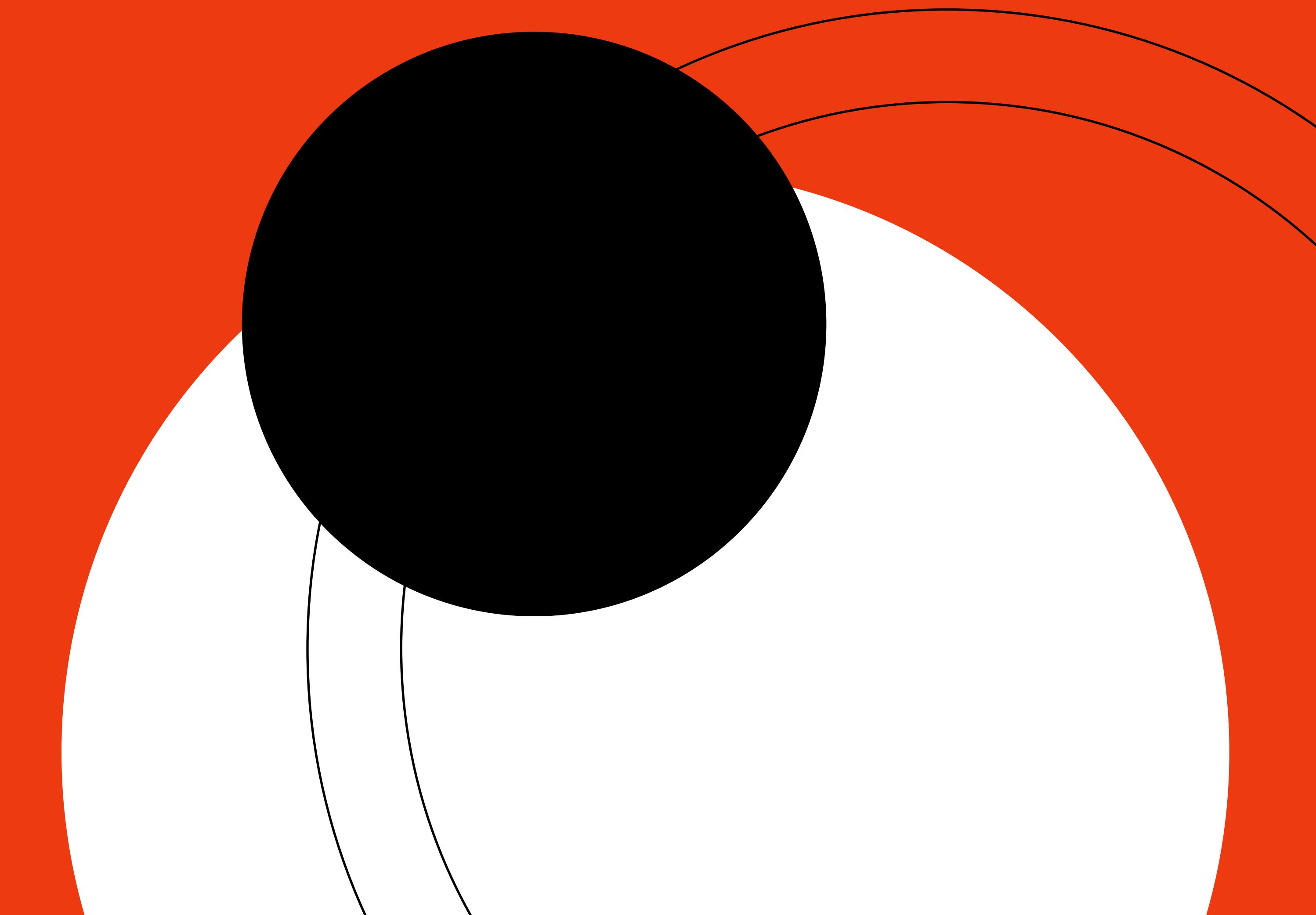


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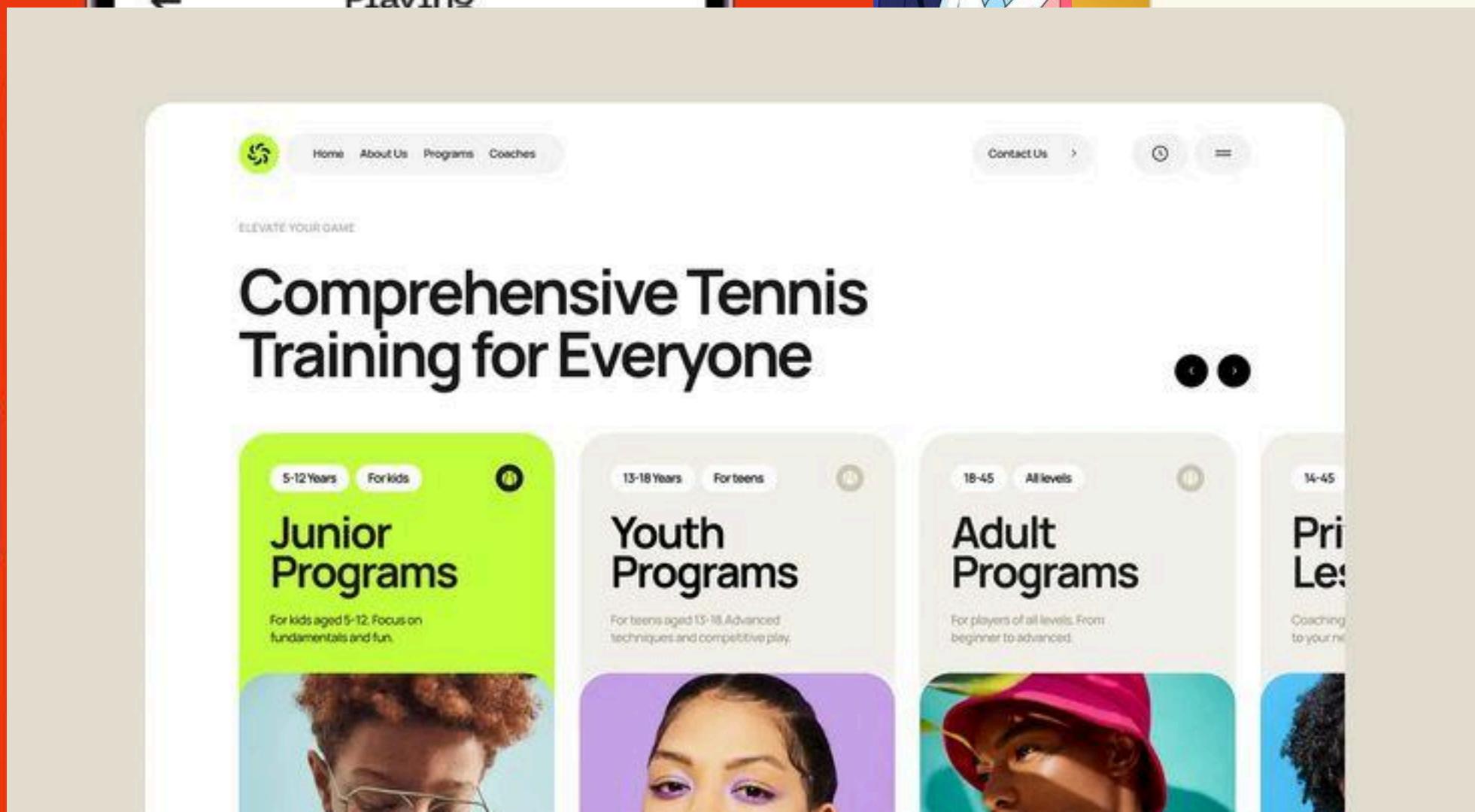
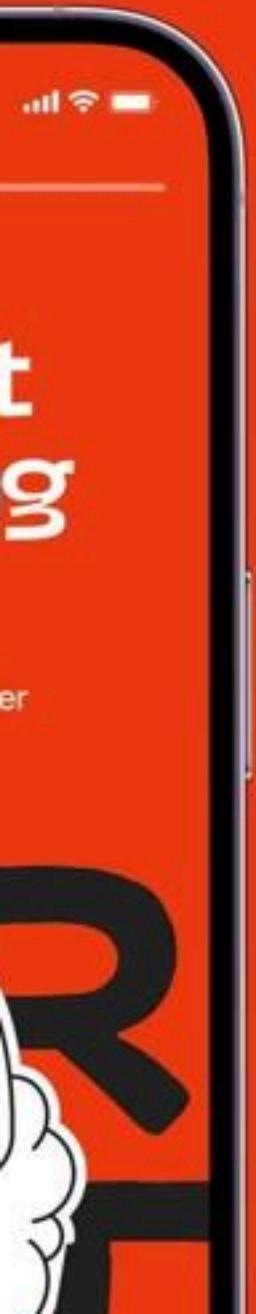
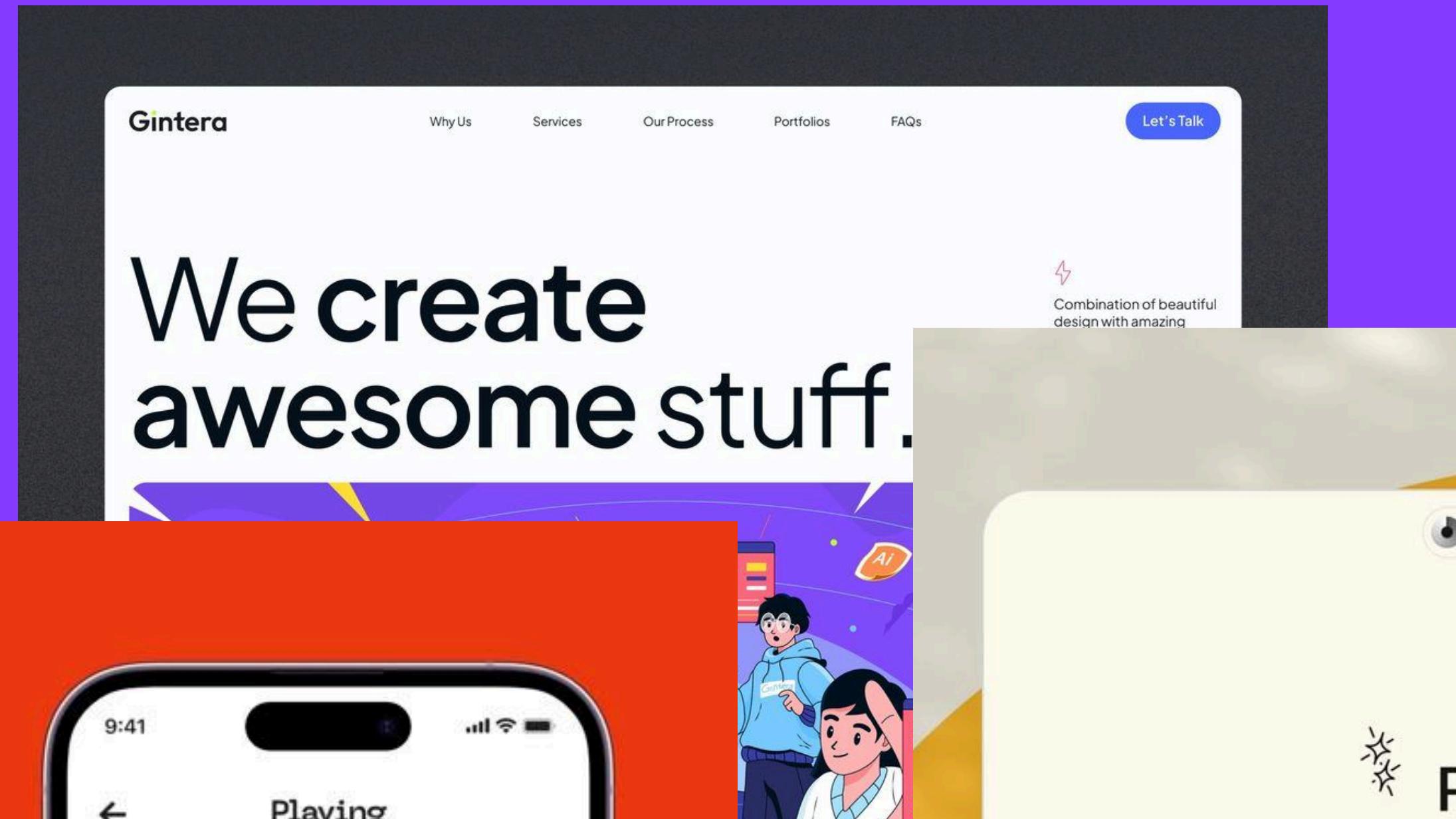
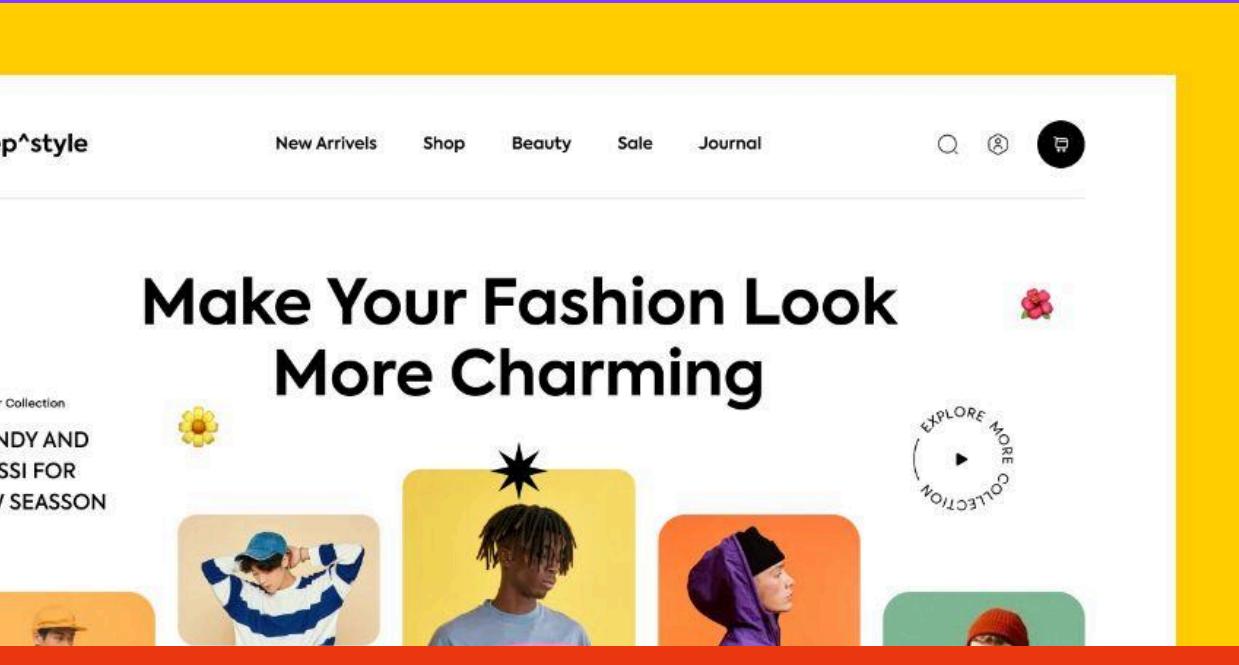
ER DIAGRAM

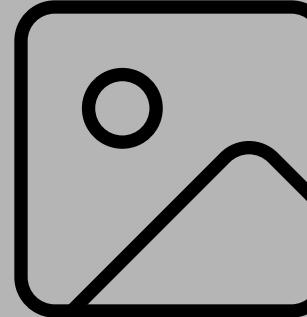


Wireframes & UI/UX Considerations



MOOD BOARD





Log In

Username / Email

Password

don't have an account? [sign up](#)

Log In

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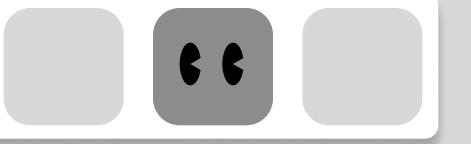
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New Journal Entry 

23-07-2025

Lorem ipsum

Mood

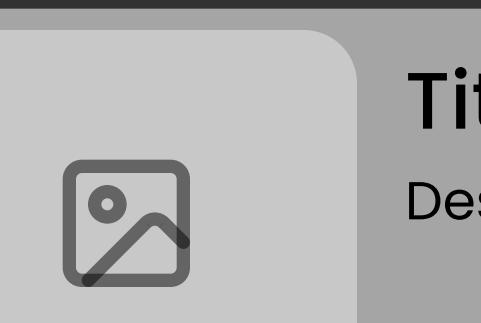


Past Entries

Resources

**Title**

Description

[Read more](#)**Title**

Description

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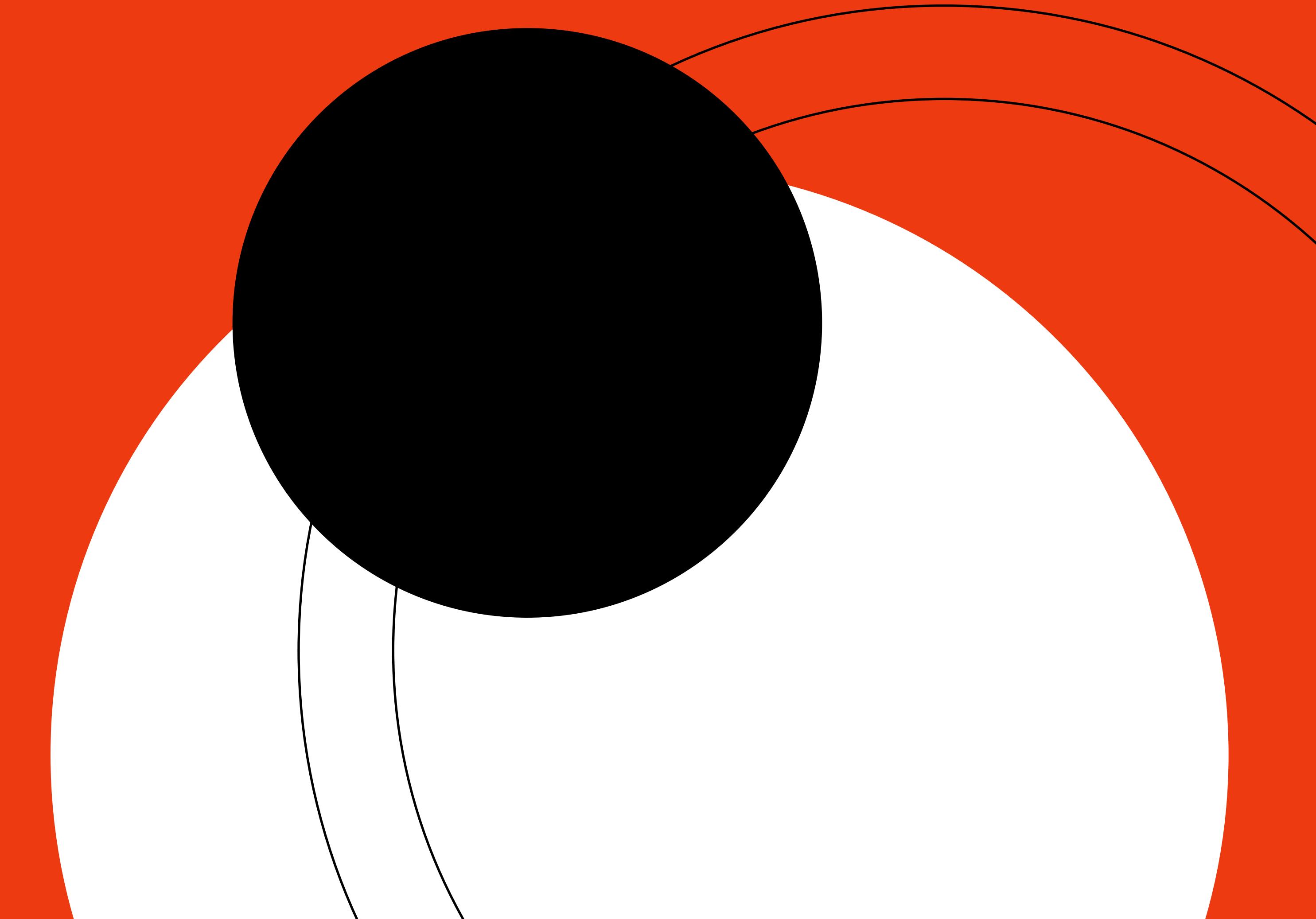
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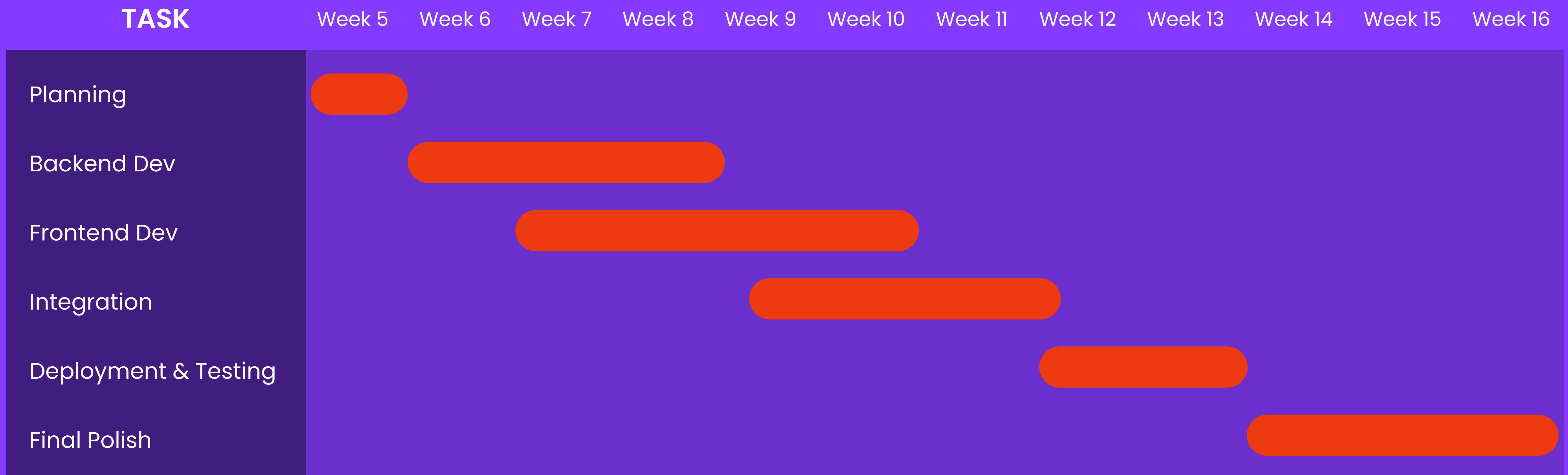
[Read more](#)

Project Timeline & Workflow

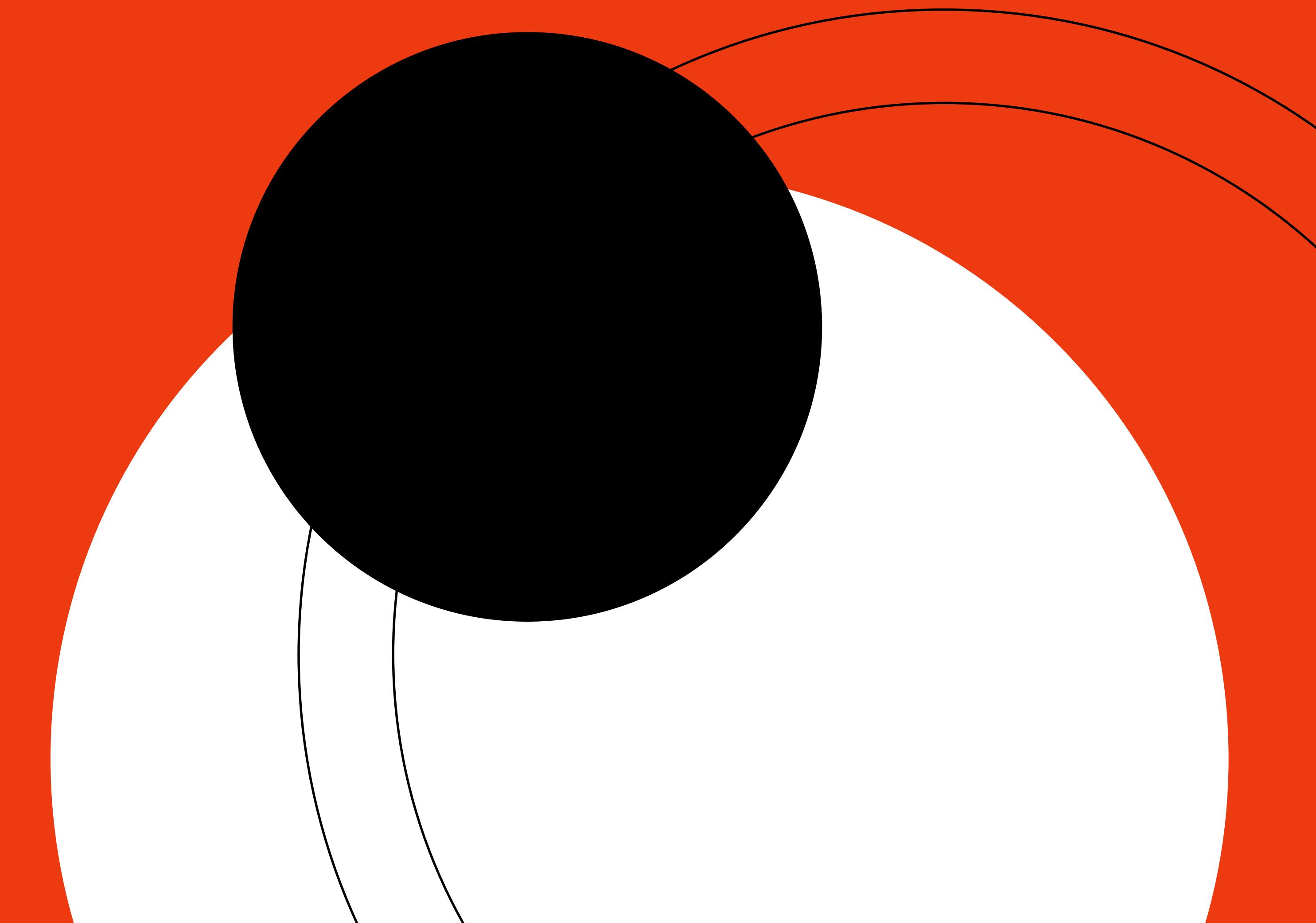


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ROADMAP



Risks, Challenges & Conclusion



POTENTIAL RISKS & CHALLENGES

1

Data Privacy & Security (Technical)

Sensitive user data like mental health records and journal entries could be exposed if not properly secured.

2

User Engagement Drop-off

Users may stop using the platform if they don't find it engaging or helpful.

3

Time Management

Limited time to complete a full-stack app with both SQL and NoSQL features and advanced integration.

Mitigation Strategy

Use secure authentication (MFA), encrypt data at rest and in transit, and follow best practices for storing credentials and tokens.

Mitigation Strategy

Include regular feedback mechanisms, personalised content, and gamification to boost interaction.

Mitigation Strategy

Stick to an Agile sprint schedule, prioritize MVP features, and use collaborative tools like GitHub Projects and Trello.



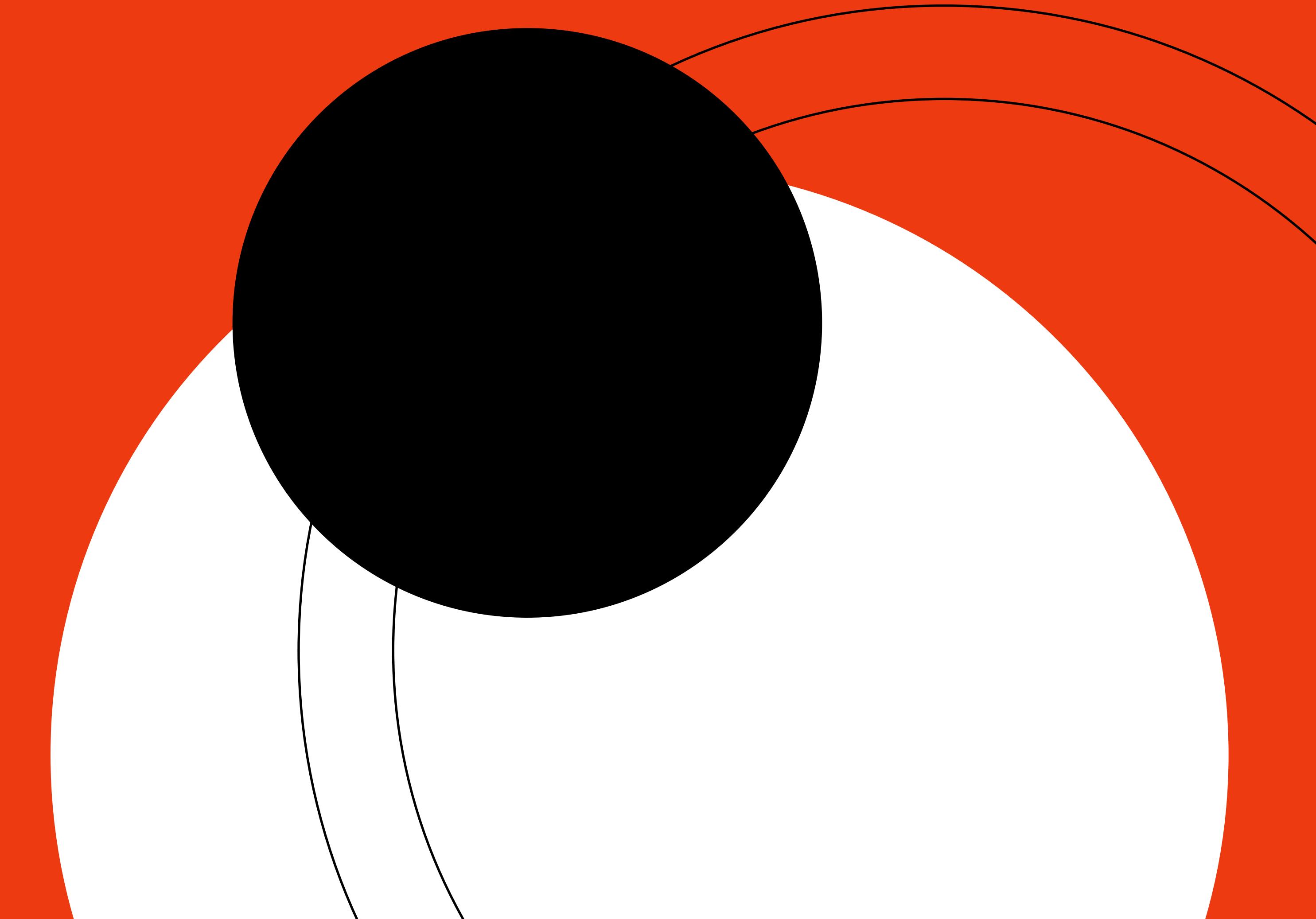
CONCLUSION

This system addresses a growing societal need—providing a safe, flexible, and intelligent platform for individuals to manage their emotional well-being, learn from others, and reflect privately.

By integrating relational (SQL) and non-relational (NoSQL) databases, the system supports both structured user data and flexible, journal-style content. Using React, Node.js, Express, MongoDB, and MySQL, along with cloud deployment and SEO-ready practices, ensures high performance and discoverability.

Built with Agile principles, the project adapts to change, values real user feedback, and focuses on incremental value delivery.

Thank you!



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