



STEVENS INSTITUTE OF TECHNOLOGY

Looking after Our Mental Health

A web application on caring for our mind, body, and spirit



Team Members

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Introduction

1

Our web application is designed to provide mental health support and promote overall well-being. Mental health is a critical component of our overall health and well-being.

2

Our app offers a range of features and tools to empower users to take control of their mental health journey. We believe that everyone deserves access to mental health support and resources. x.

3

Our app is designed to be inclusive and accessible to all users. We offer therapeutic games, a learning center, a community section, and self-care tools to help users manage their mental health effectively.



Features



- **Therapeutic Games**
 - Memory Booster
 - Creative Canvas
- **Learning Center**
 - Coping Toolbox
 - CBT Fundamentals
- **Community Section**
 - Support Circles
 - Peer Chat
- **Self-Care Tools**
 - Mood Journal
 - Goal Planner
 - Wellness Quiz
 - Habit organizer
 - Mindful Meditation
 - AI Counselor

Therapeutic Games

Fun and engaging games designed to help users promote their mental health in a playful way. Each game is backed by evidence-based techniques to help users build resilience and cope with stress and anxiety.



It's More Common
than You Think

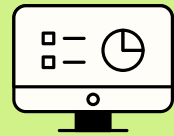


Community Section

A safe and supportive space to connect with like-minded individuals, including discussion forums, support groups, and more. Our community is moderated by mental health professionals to ensure inclusivity and safety for all users.

Self-care Tools

A range of tools to help users take care of their mental health on a daily basis, including Mood Journal, Goal Planner, Wellness Quiz, etc.



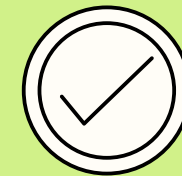
Habit Organizer



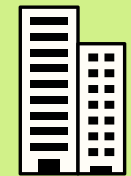
Goal Planner



Mood Journal



Wellness Quiz



Mindful
Meditation

Learning Center

Learn about different coping mechanisms and techniques for mental health and awareness. These include Coping Toolbox and CBT Fundamentals

A stylized illustration of a woman with short black hair, wearing a green sweater and a white turtleneck. A white speech bubble with a black border is positioned above her head, containing the text 'How do i deal with it?'.

**How do i deal
with it?**



Don't hesitate to seek professional help.

We care about our hearts, so why can't we care for our minds?



Reminder

Acknowledge
your feelings.

Connect
with others.



Thank you!