

# Mental health for Teenagers

Major Project

**Mentor**

Niketa ma'am



# Acknowledgement

This was a roller coaster ride and I have taken a lot of effort into this project. However, completing this project would not have been possible without the support and guidance of a lot of individuals, would like to extend our sincere thanks to all of them. I am highly indebted to my mentor Niketa Chakrabarti for her guidance and supervision. I would like to thank her for providing the necessary information and resources for this project. I would like to express my gratitude towards my parents & our friends for their kind cooperation and encouragement which help us a lot in completing this project. This project brought me in contact with a new set of individuals who shared their experiences that added life to this project. I can't thank them enough for taking their time out and being an important part of this journey. Thank you to all the people who have willingly helped us out with their abilities.

# Declaration

I declare that this assignment is an original work submitted by the me who have all actively made a contribution. Any other work of a similar nature has been appropriately referenced in this assignment. I also declare that none of the concepts are borrowed or copied without due acknowledgment. This project was not and will not be submitted as assessed work in any other academic course. I also declare that this submission is my own work and it contains no full or substantial copy of any published material

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# Personal Motivation

This a project which is very dear to me as I was introduced to mental health as an issue very late. Also when I went to college some of my friends were suffering from mental illnesses at that time and due to lack of knowledge I was not able to help them or provide them support in any way.

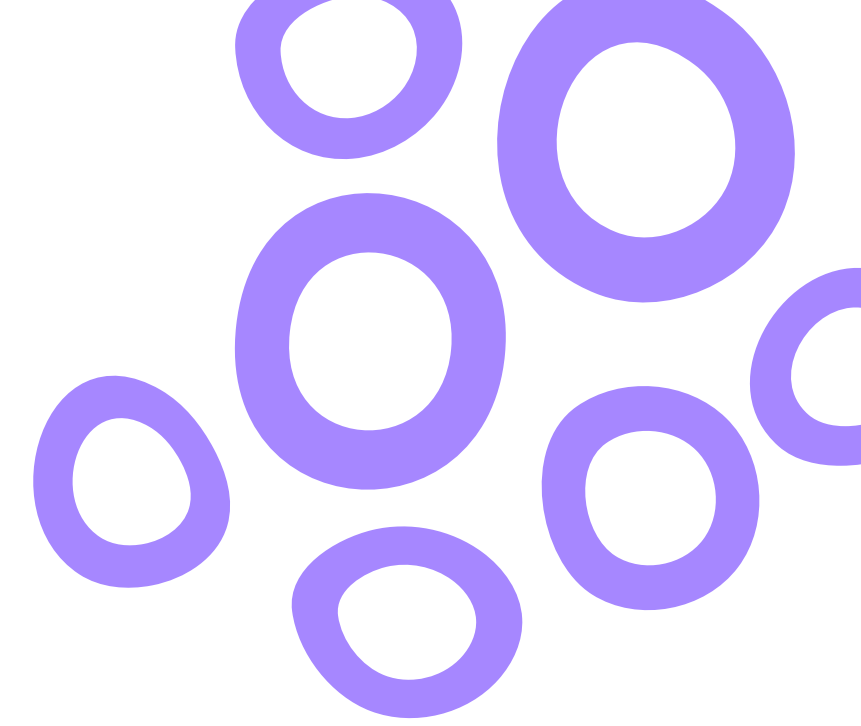
## Ideation

My Idea revolves around the awareness of Mental health amongst teenagers so that they can be aware of the mental health issues at an early age.



# Who What When ?

Here are some major questions to find via research



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## Who

- Who all are more susceptible to Mental health issues.
- Who all are stake holders regarding the mental health of Teenagers

## What

- Common symptoms of mental health issues.
- Common reasons for teenagers mental illnesses
- Are Precautionary measure taken.

## When

- Most optimal time to introduce child to mental illness
- When are the chances of mental illnesses highest

# Initial inquiry : understaning the context

## Prevalence of mental health issues

According to a study conducted by NIMHANS in 2019, it was estimated that nearly 7.3% of Indian adolescents aged 13 to 17 years had significant mental health concerns. This included conditions like depression, anxiety disorders, and attention-deficit/hyperactivity disorder (ADHD).

## Suicide Rates

India has witnessed a high prevalence of suicide among teenagers, although it's important to note that suicide is a complex issue influenced by various factors. According to the National Crime Records Bureau (NCRB) data for 2019, suicide was the leading cause of death among individuals aged 15 to 39 years in India, with a significant proportion being teenagers.

# Initial inquiry : understaning the context

## Stigma and access to mental health

Academic pressure, competitive exams, and expectations for high achievement contribute to stress and anxiety among Indian teenagers. In a survey conducted by the National Sample Survey Office (NSSO) in 2017-18, it was found that approximately 10% of adolescents reported experiencing severe stress.

## Limited Access to Mental Health Services:

Mental health resources and services are often inadequate, particularly in rural areas of India. The treatment gap for mental health issues in the country remains substantial, with a significant proportion of teenagers lacking access to appropriate care.



# Assumptions and Claims

Here are some of the assumptions and claims I made before initiating research



Teenagers are more susceptible to mental health Issues

Early Awareness and literacy of Teenagers about mental health will help situation

Teenagers are not Aware about mental health problems

Interventions for Mental health issues are not successful

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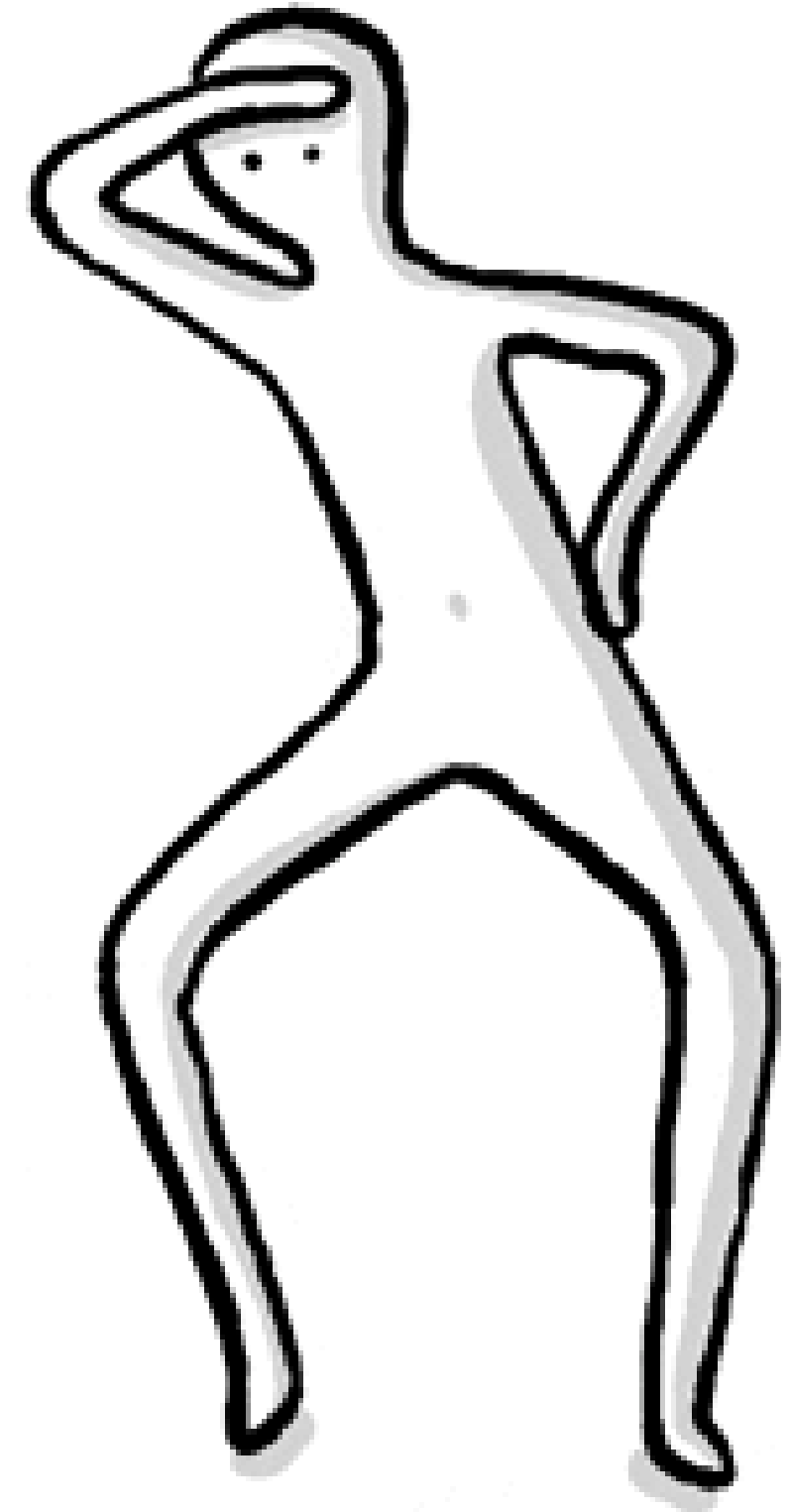
# Areas of Research

## Primary Areas of research

- Current State of mental health in India.
- Current state of awareness on mental health.
- State of mental health amongst teenagers in India.
- Level of awareness on mental health issue amongst teenagers.
- Are Teenagers more susceptible to Mental health issues
- Present State of Mental health interventions in schools.
- How often teenagers visit counselors, Teachers for help.

## Secondary Areas of research

- Level of awareness on mental health issue amongst parents.
- Are parents helping Teenagers in getting help for mental health issues.
- How often teenagers visit counselors, Teachers for help.



# Going down the Rabbit hole

- Did secondary research to understand the current state of mental health globally and in India.
- To Understand why Teenagers need help.
- To analyze the data to understand the gap in the treatment for mental health issues.
- To understand if there are any existing interventions by the government or schools to tackle the problem of mental health issues amongst teenagers.
- to find out if any of the existing schemes or policies have become successful.

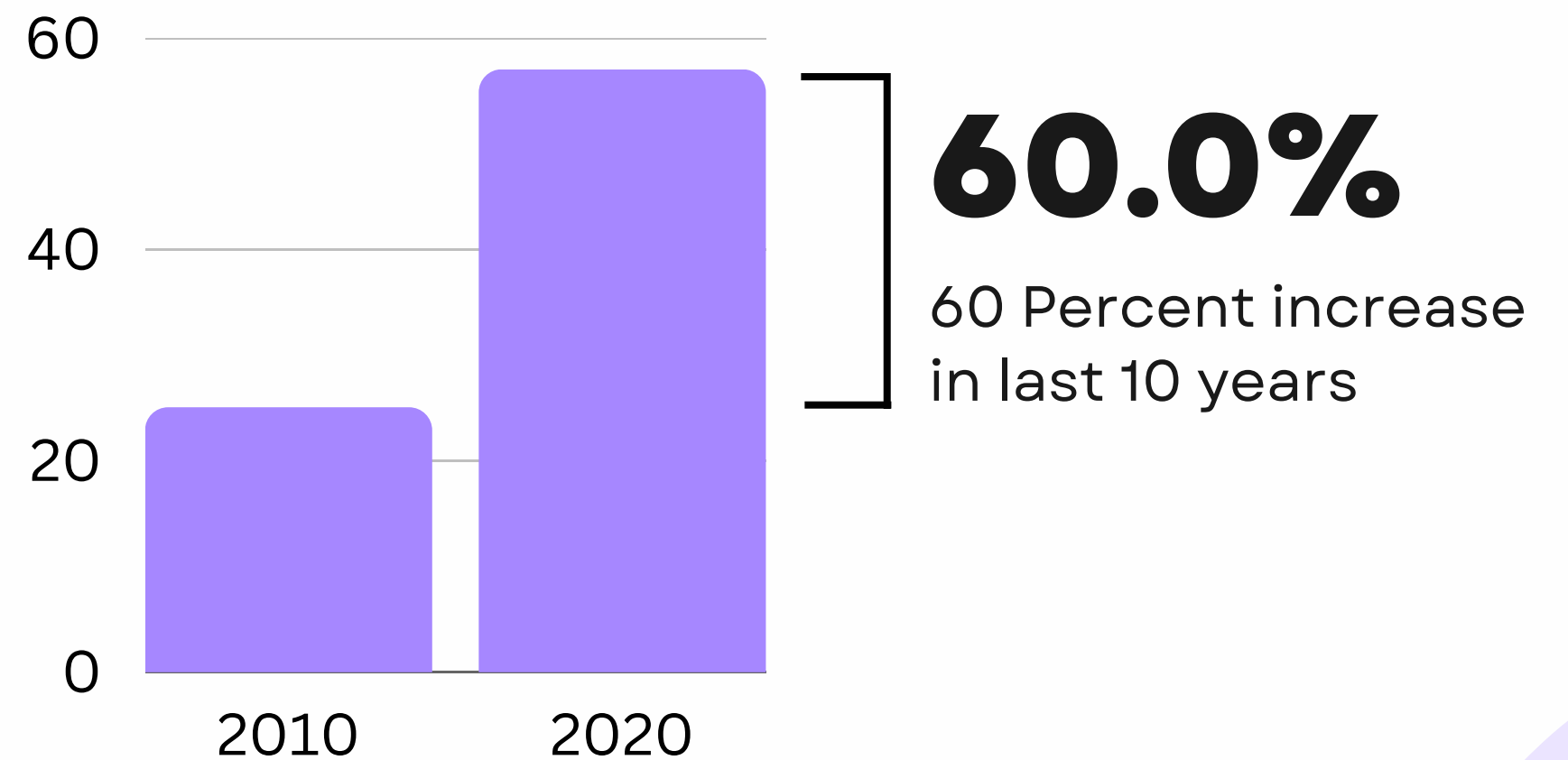


# Why Teenagers need help

According to the latest available estimates, more than 1 in 7 adolescents aged 10–19 is estimated to live with a diagnosed mental disorder globally. Of these, South Asia had the highest numbers of adolescents with mental disorders, according to the report.

High number of teen girls are experiencing sadness, with 57% of girls saying they feel persistently sad or hopeless, a 60% increase over the last decade.

Childhood and adolescence are crucial stages for developing coping mechanisms and resilience, and parents should talk to their children about mental health early and as often as they see fit.





Centers for Disease  
Control and Prevention

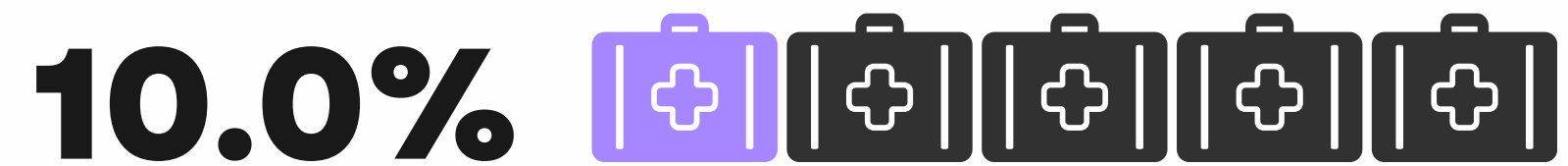
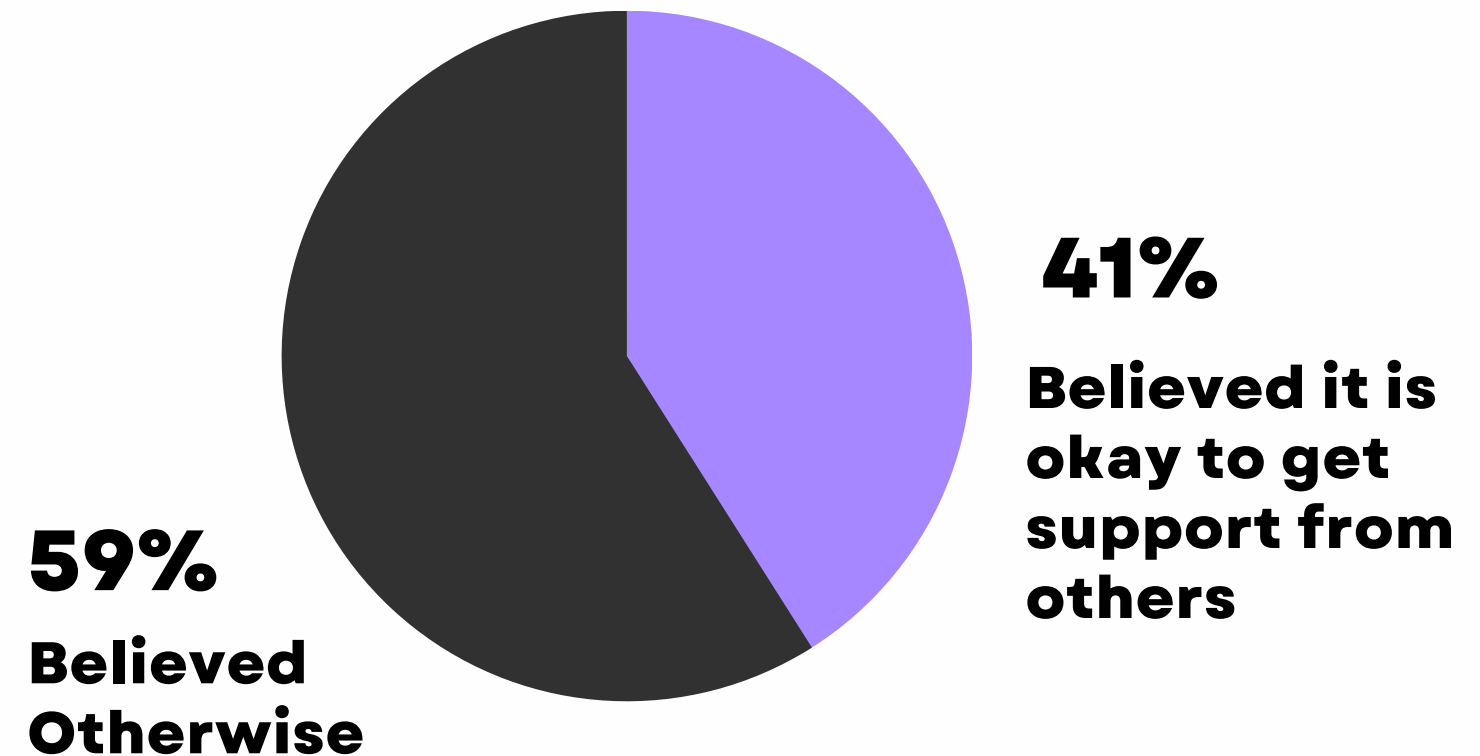
Childhood and adolescence are crucial stages for developing coping mechanisms and resilience, and parents should talk to their children about mental health early and as often as they see fit.

# They don't talk about it.

A survey conducted by UNICEF and Gallup in early 2021 found that only 41% of young people between 15-24 years of age in India believed that it is good to get support for mental health problems, compared to an average of 83% for 21 countries

Estimates suggest that while about 12.5 percent of children are facing psychiatric disorders out which only 37.5 percent of the families perceived that their children had any problem.

In India, children with mental health disorders are mostly undiagnosed and hesitant in seeking help or treatment. According to the Indian Journal of Psychiatry in 2019, even before the pandemic, at least 50 million children in India were affected with mental health issues; 80 – 90 per cent have not sought support.

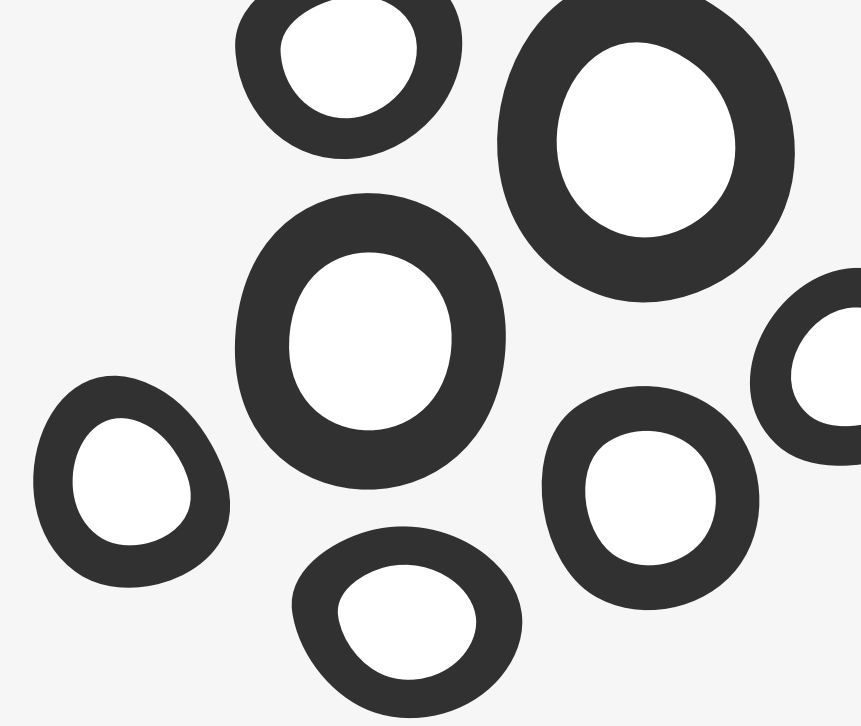


Only 10 Percent teenagers from 50 million affected have sought support

# Indian Journal of Psychiatry

Official Publication of the Indian Psychiatric Society

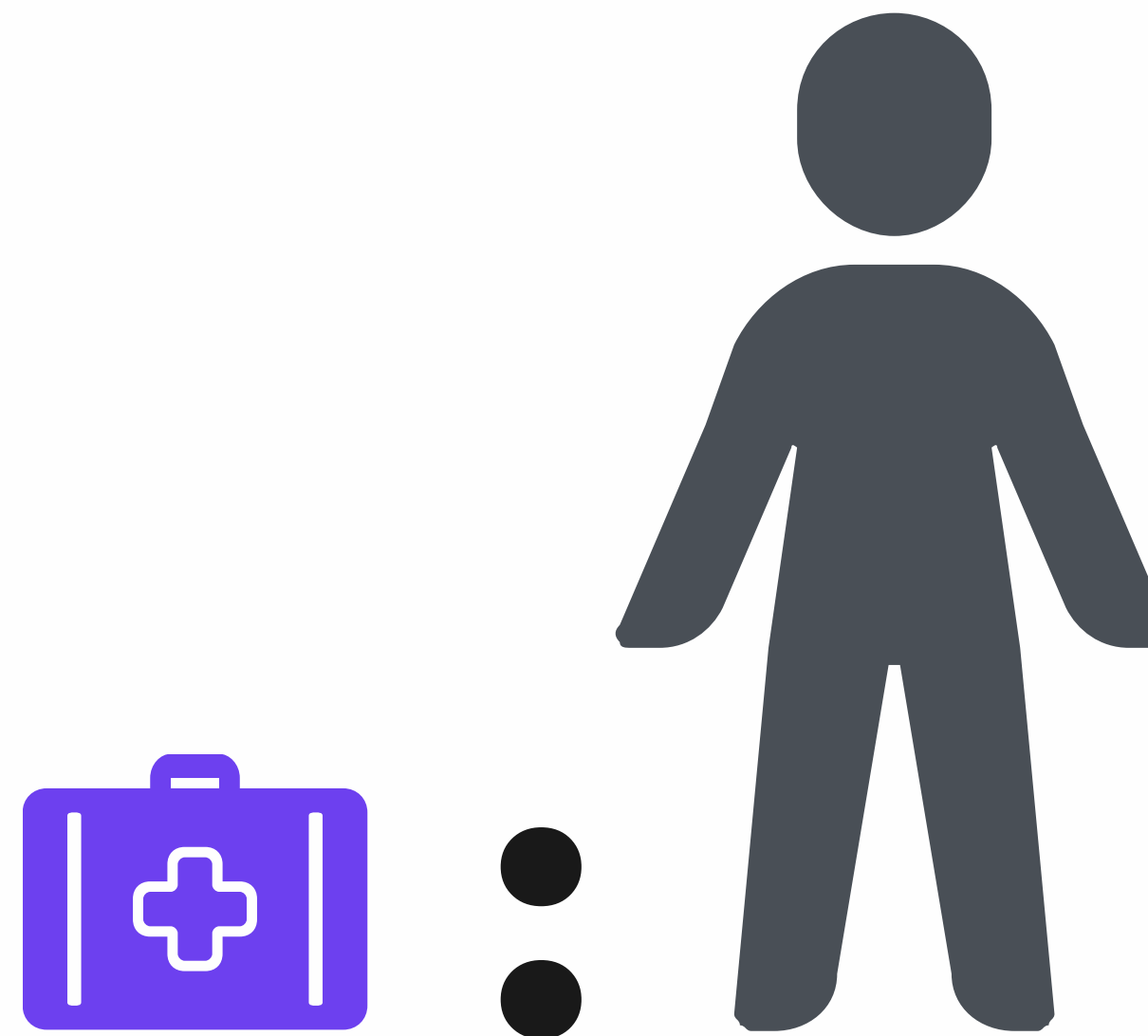
at least 50 million children in India are affected with mental health issues; 80 – 90 per cent have not sought support.



# Inadequacy in Treatment

India has only 0.75 psychiatrists per 100,000 population, and mental health still hasn't become a public health priority.

The country has an alarming level of treatment gap ranging from 28-83%, linked with stigma, lack of awareness, and inadequate availability or poor access to services.



There is only 0.75  
Psychiatrists per 1 lakh

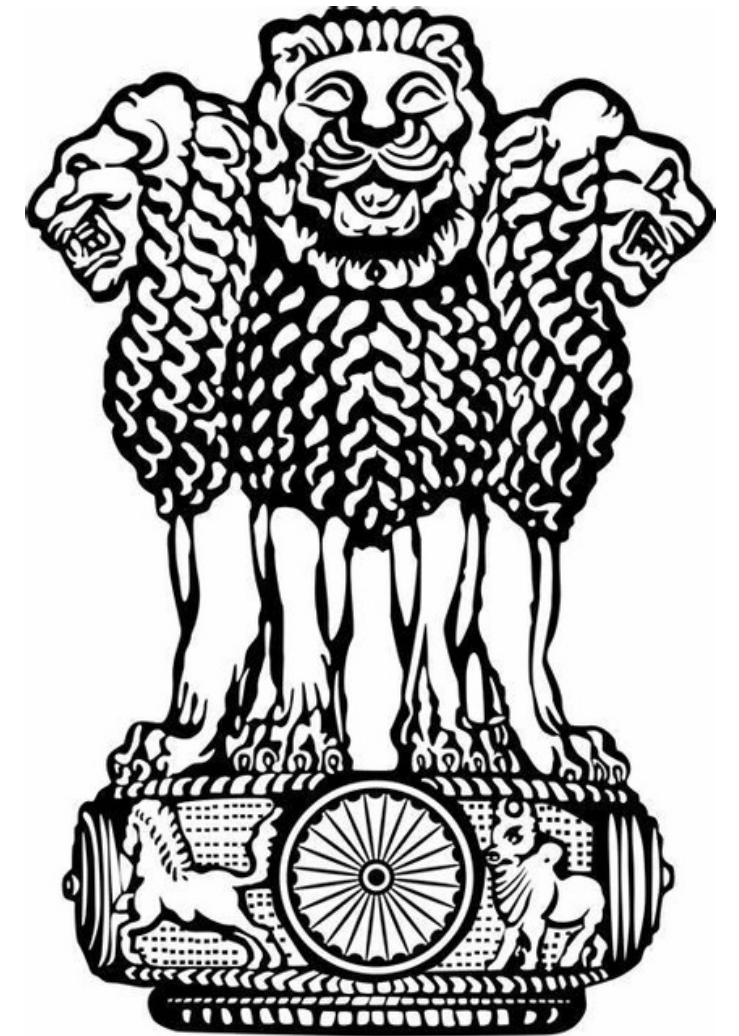


# Mental health policy in India

The National Mental Health Policy is to promote mental health, prevent mental illness, enable recovery from mental illness, promote de-stigmatization and desegregation, and ensure socio-economic inclusion persona affected by mental illness. launched as a program in 1982

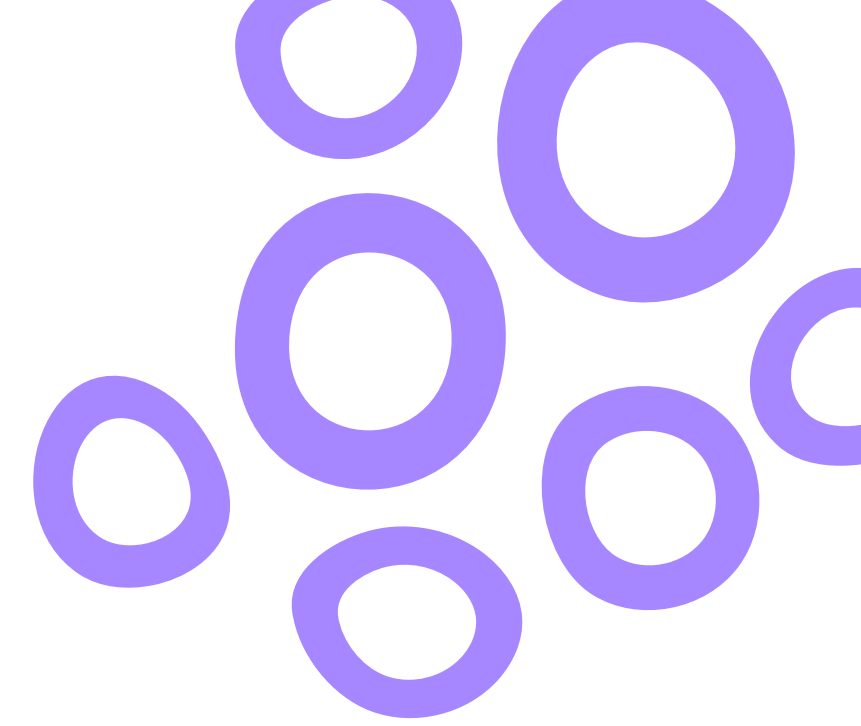
## National mental health policy of india 2014

- To reduce disability, exclusion morbidity, and premature mortality associated with MH problems across the lifespan of the person
- To enhance understanding of MH in the country.
- To decrease the treatment gap, disease burden and extent of disability due to mental illness, taking in to account the Indian sociocultural realities, promoting integrated, evidence-based care and effective provision of quality services



# Existing interventions for mental health

Some interventions which are already in motion



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## Tele-mental health programs

Tele-psychiatry in Chennai, Tamil Nadu  
Mobile tele-psychiatry in Pudukkottai  
Tamil Nadu  
Tele-mentoring program -NIMHANS ECHO  
in Chhattisgarh

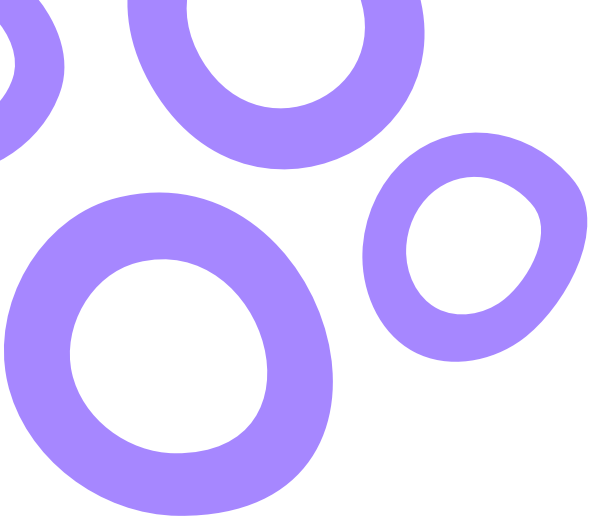
## Community-based mental health programs

Community mental health initiative in Tamil Nadu  
Community-based intervention for people with schizophrenia and their caregivers (COPSI)  
The community mental health development projects in India Dava-Dua project in Gujarat

# Primary Research

- Did Primary research to understand teenagers point of view on mental health and getting support
- To get a experts opinion on reason why a teenager might not be getting help
- To understand the level of support from parents and friends.





# Target Groups I Surveyed/ Interviewed



**01**

I surveyed Teenagers to understand their level of awareness and point of view regarding Mental health

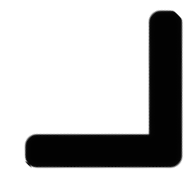
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**02**

Surveyed Parents of Teenagers to understand their level of awareness and point of view regarding Mental health.

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**03**

Therapist to understand if teenagers more susceptible to mental illnesses on reason why a teenager might not be getting help

# Survey Form for Teenagers



- What Class do you study in?
- Do you know what is mental health?
- From where did you get to know about mental health or mental illnesses?
- Is there a counselor in your school?
- Do you know what a counselor does in school?
- Have you ever visited counselor in your school?
- Do you know anyone who has experienced a mental health problem or Mental illness(e.g. depression, anxiety, bipolar disorder, schizophrenia, etc.
- Have you ever spoken to anyone about mental health in general or about your mental health?
- According to you what is mental health?
- In the past 06 months, have you experienced any symptoms of mental illness?
- Have you ever spoken to anyone about your mental health? or talked about mental health as a topic in general?
- On a scale of 1-10, how would you rate your overall mental health? 1 being very poor and 10 being excellent

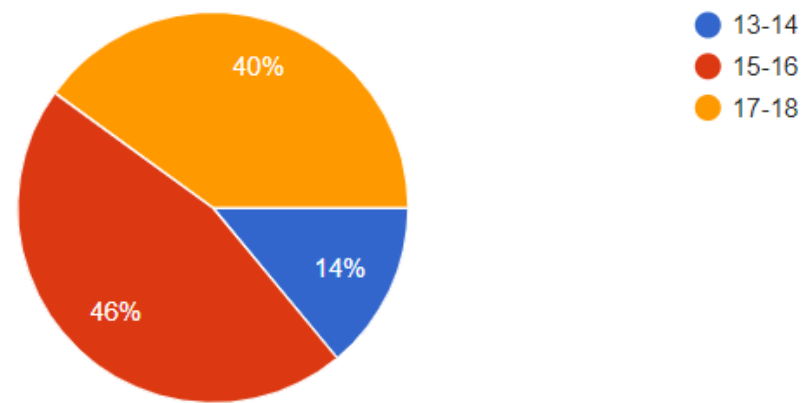
# Questions for Therapist

- Do you think teenagers are aware of mental health issues?
- Are teenagers more susceptible to mental health issues?(if yes then why?)
- Do you think that many times teenagers are hesitant to seek help for mental health issues? (if yes then i'll ask about stigmas around mental health and therapy)
- What do you think are some reasons why teenagers might be hesitant to seek out help from a therapist or counselor?
- In your experience, what barriers do teenagers face when it comes to accessing mental health services?
- What do you think are some common misconceptions that teenagers and parents might have about the following - Therapy, Mental health, Counseling, Mental illness
- How do you think schools and government can better communicate the benefits of therapy and counseling to teenagers?
- Have you noticed any differences between teenagers who are willing to seek out help and those who are not? If so, what do you think contributes to those differences?
- What do you think schools and government or parents can do to make mental health services more accessible and appealing to teenagers?
- Do you think teaching about mental health, therapy, mental illness to teenagers would be helpful in normalizing mental health and destigmatizing the issue of mental health?

# Survey Form Responses

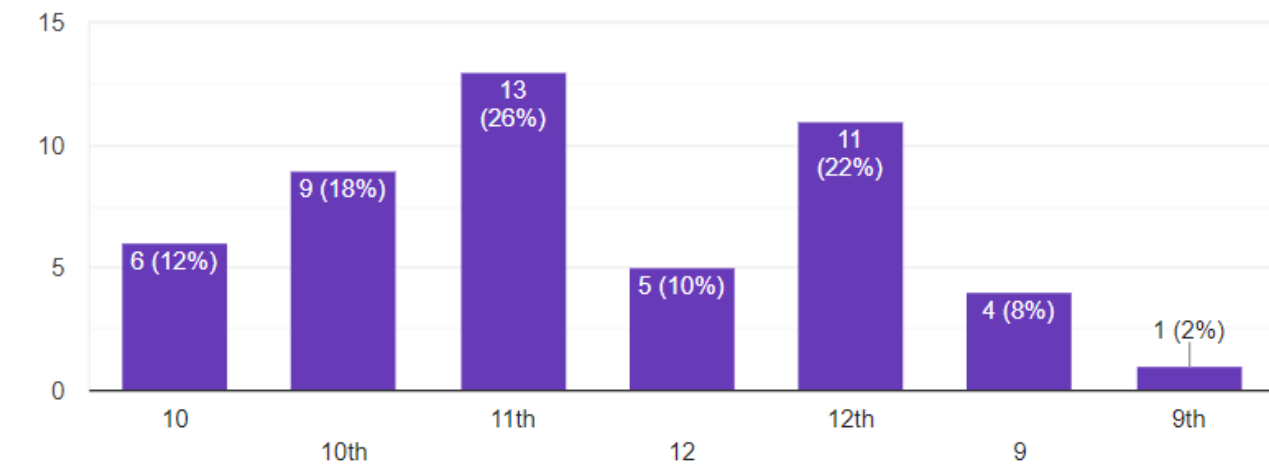
## Age

50 responses



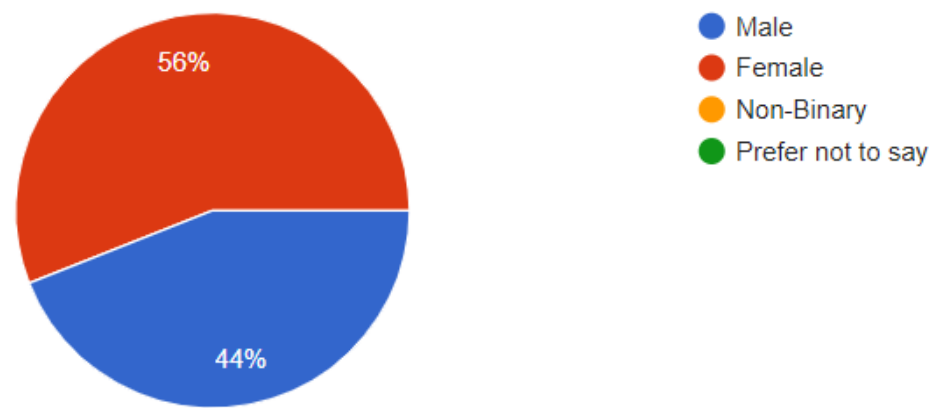
## What Class do you study in?

50 responses



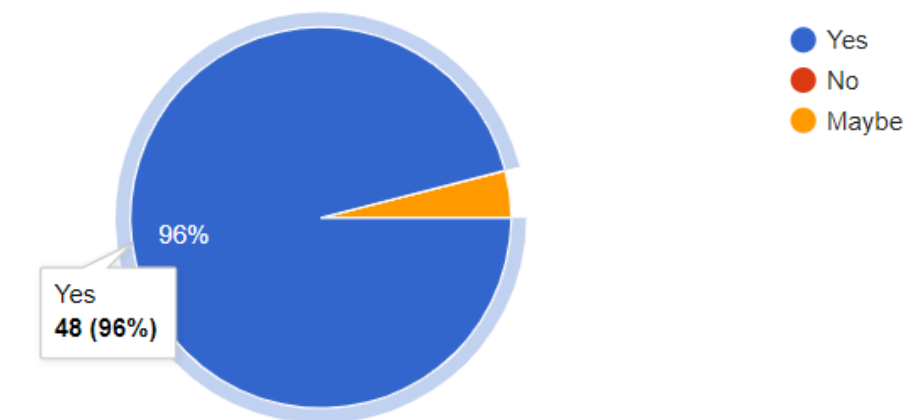
## Sex

50 responses



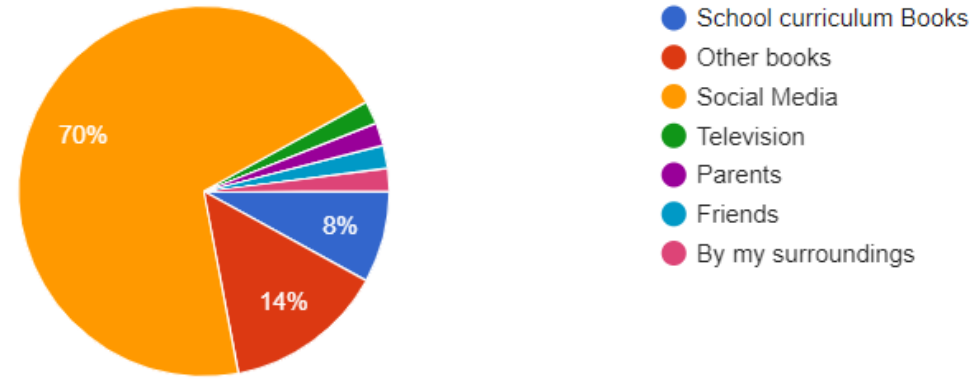
## Do you know what is mental health?

50 responses



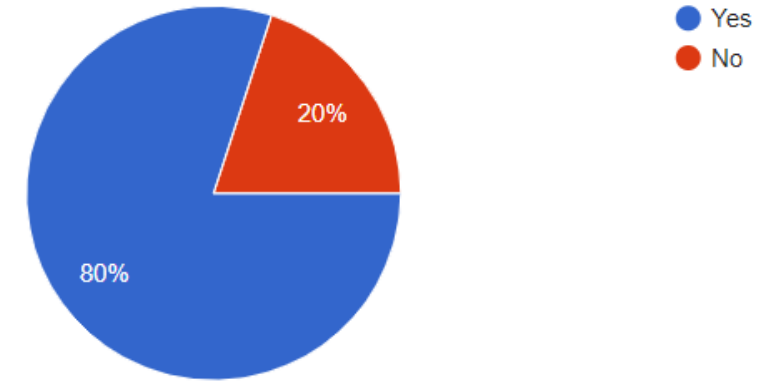
From where did you get to know about mental health or mental illnesses?

50 responses



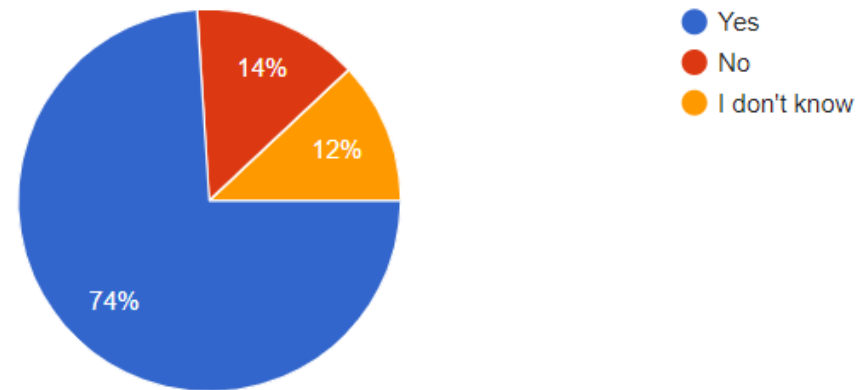
Do you know what a counselor does in school?

50 responses



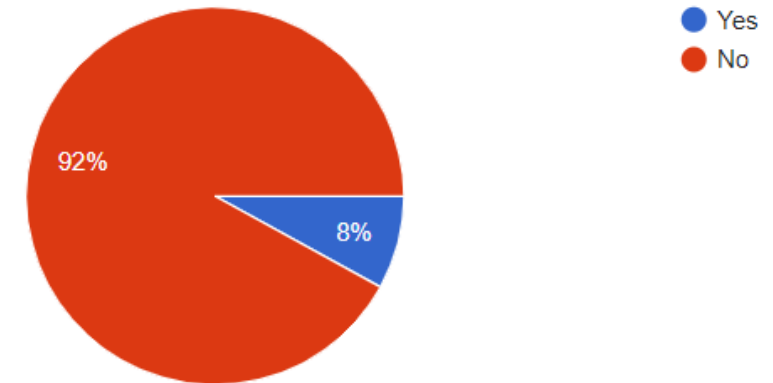
Is there a counselor in your school?

50 responses



Have you ever visited counselor in your school?

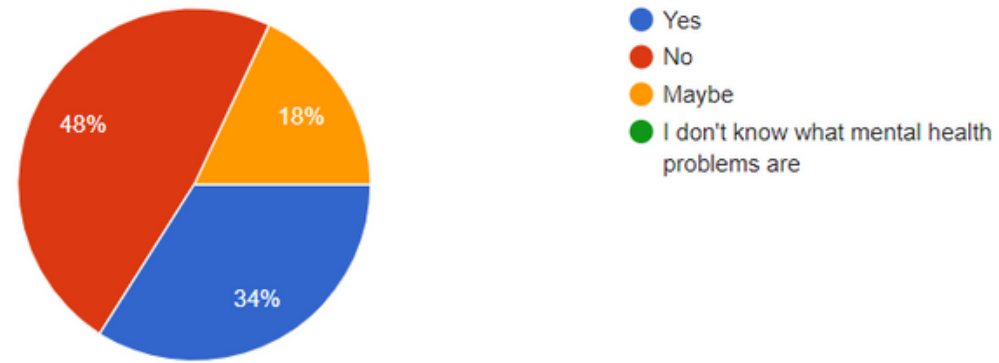
50 responses





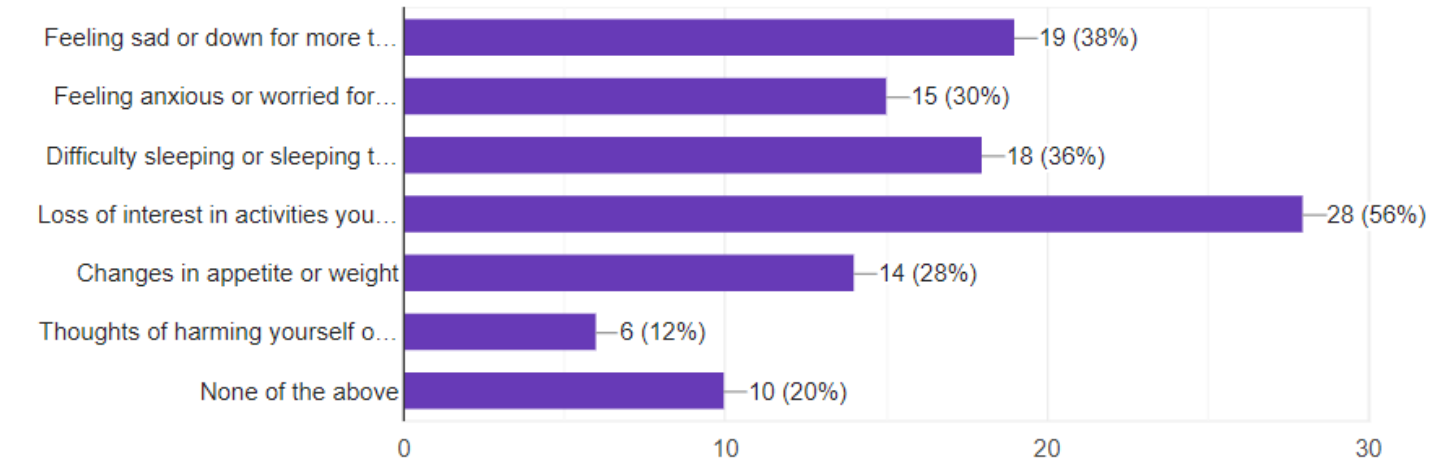
Do you know anyone who has experienced a mental health problem or Mental illness(e.g. depression, anxiety, bipolar disorder, schizophrenia, etc.

50 responses



In the past 06 months, have you experienced any of the following? (Select all that apply)

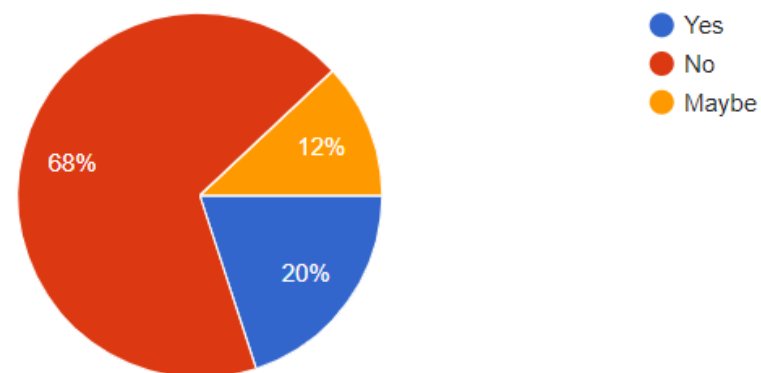
50 responses



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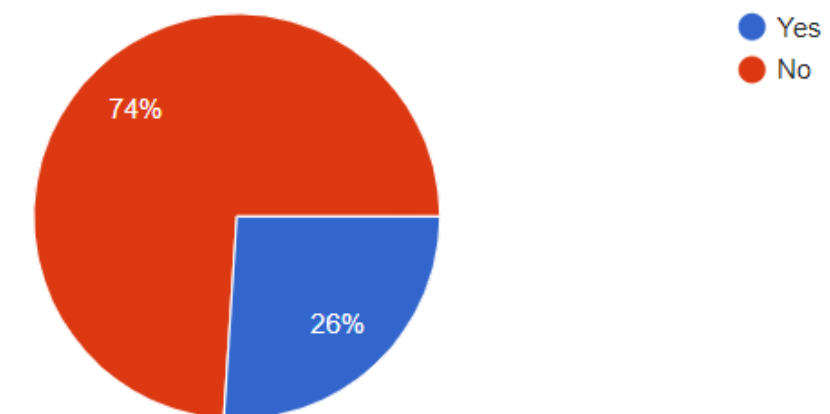
Have you ever spoken to anyone about mental health in general or about your mental health?

50 responses



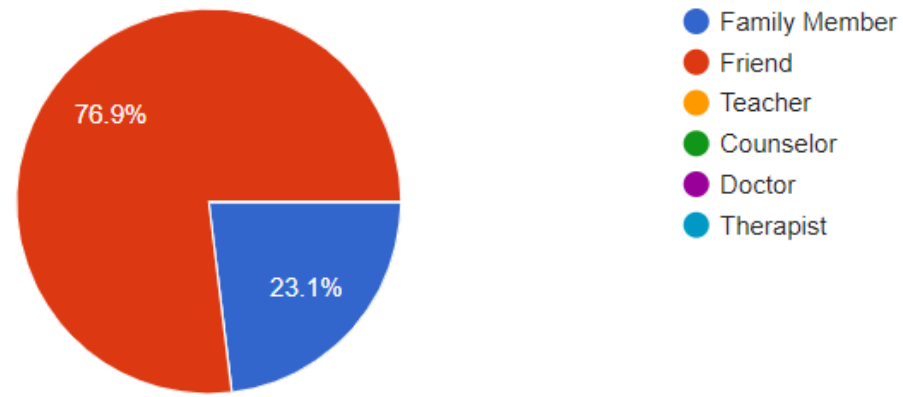
Have you ever spoken to anyone about your mental health? or talked about mental health as a topic in general?

50 responses



To whom have you talked about your mental health?

13 responses



if you answered "No" to question 7, what were the reasons why you did not speak to anyone about your mental health? (Check all that apply)

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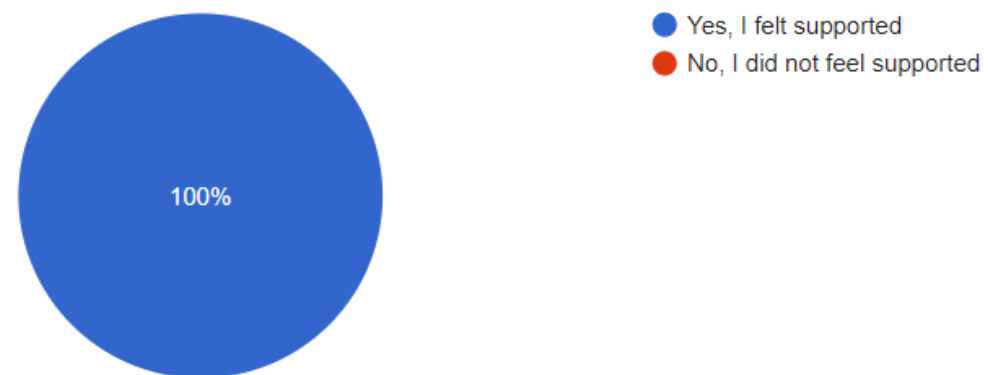
43 responses



Did you feel supported?

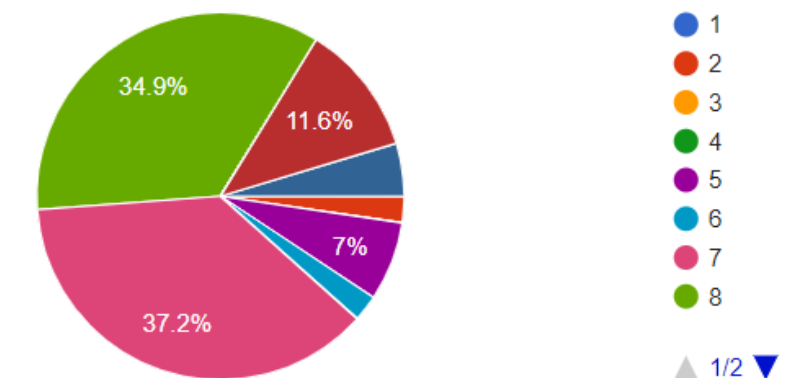
No, I did not feel supported.

13 responses



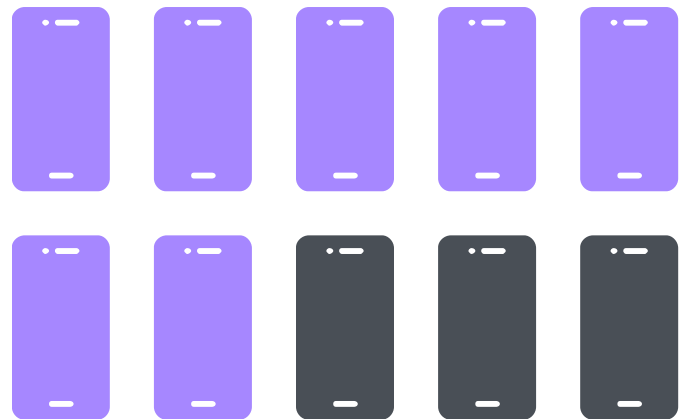
On a scale of 1-10, how would you rate your overall mental health? 1 being very poor and 10 being excellent

43 responses



# Major Survey Insights

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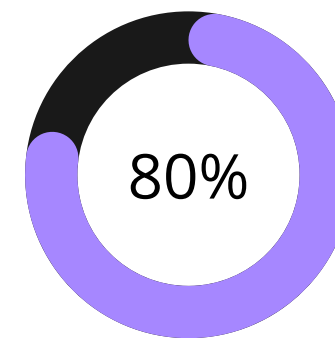


**70 percent of teenagers got to know about mental health from social media.**

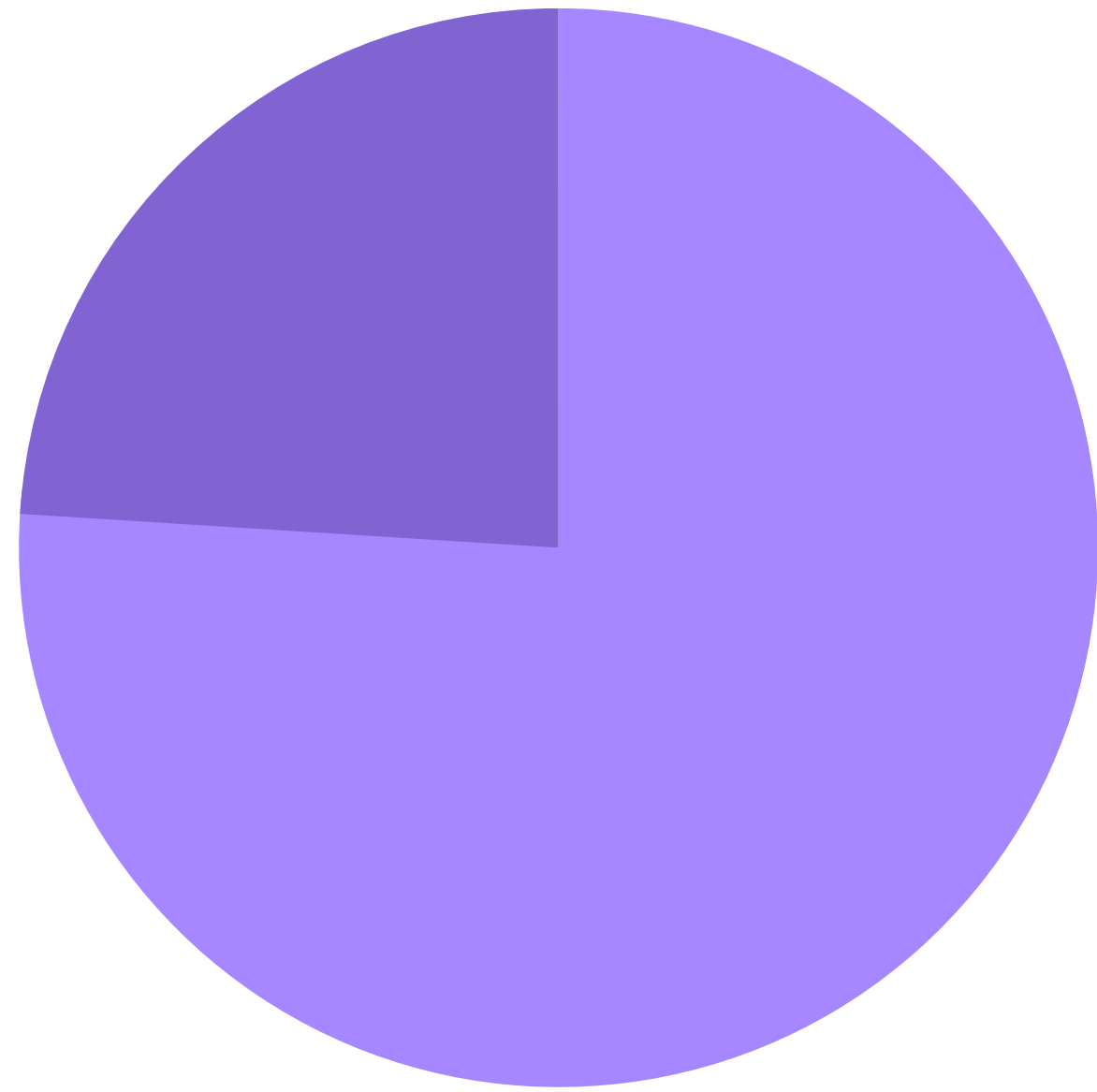
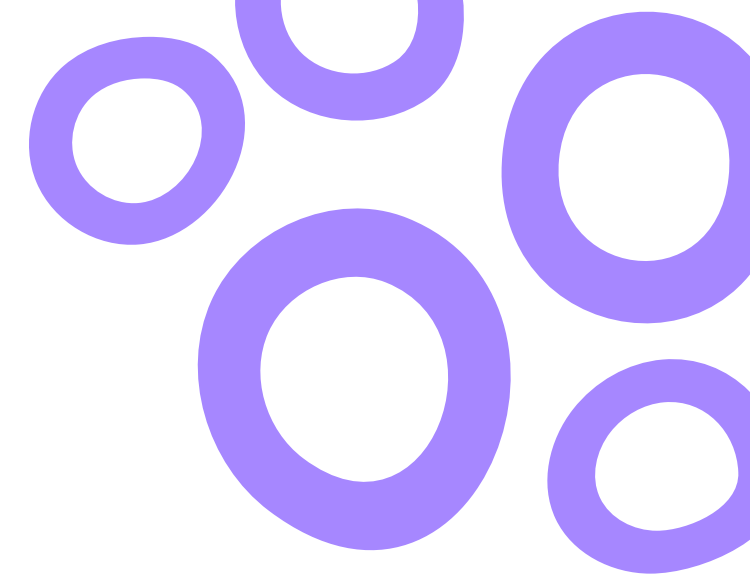
According to the responses got from teenagers through survey

# 96.0%

Teenagers know about mental health



**Total 80% percent teenagers have symptoms of mental health issues**

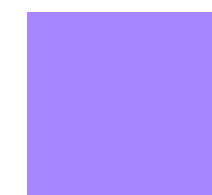


# 72.1 % students

Have rated their current state of mental health above 6



Have rated their current state of mental health below 6



Have rated their current state of mental health above 6

# Inferences Drawn From Teenagers

- Most of the teenagers have got their knowledge of mental health from social media
- Most common mental health issues that teenagers know about are anxiety, depression stress.
- Most of the teenagers have agreed that they are facing symptoms of mental health illnesses but have given good rating to their current state of mental health which means that their knowledge about mental health is very less due to which they are not able to identify mental health issues.
- They are hesitant to seek help by the professionals.
- They are not able to identify whether they are suffering from the symptoms of mental illness or not
- They find it easy to talk to someone who is suffering from same scenario or is closer to their age



# Points of importance from expert



**Dr. Megha Sarin**

Mphil - Clinical Psychology  
Former member of RCA

teenagers are more susceptible to mental health issues due to various factors such as hormonal changes, social pressures, academic stress, and developmental challenges. The teenage years are a time of significant physical, emotional, and cognitive growth, and this can lead to increased vulnerability to mental health issues such as anxiety, depression, and mood disorders

Some Factors affecting the hesitancy of a teenager to seek help -

**Lack of awareness and knowledge:** Many teenagers may not be aware of the signs and symptoms of mental health issues, or may not understand the importance of seeking help from a mental health professional.

**Fear of being perceived as weak:**

Adolescents may be hesitant to seek help for fear of being perceived as weak or vulnerable, or may worry about what others may think of them.

Severity of symptoms: Teenagers who are experiencing more severe symptoms of mental health issues may be more likely to seek out help, while those with milder symptoms may not feel the need for professional help.

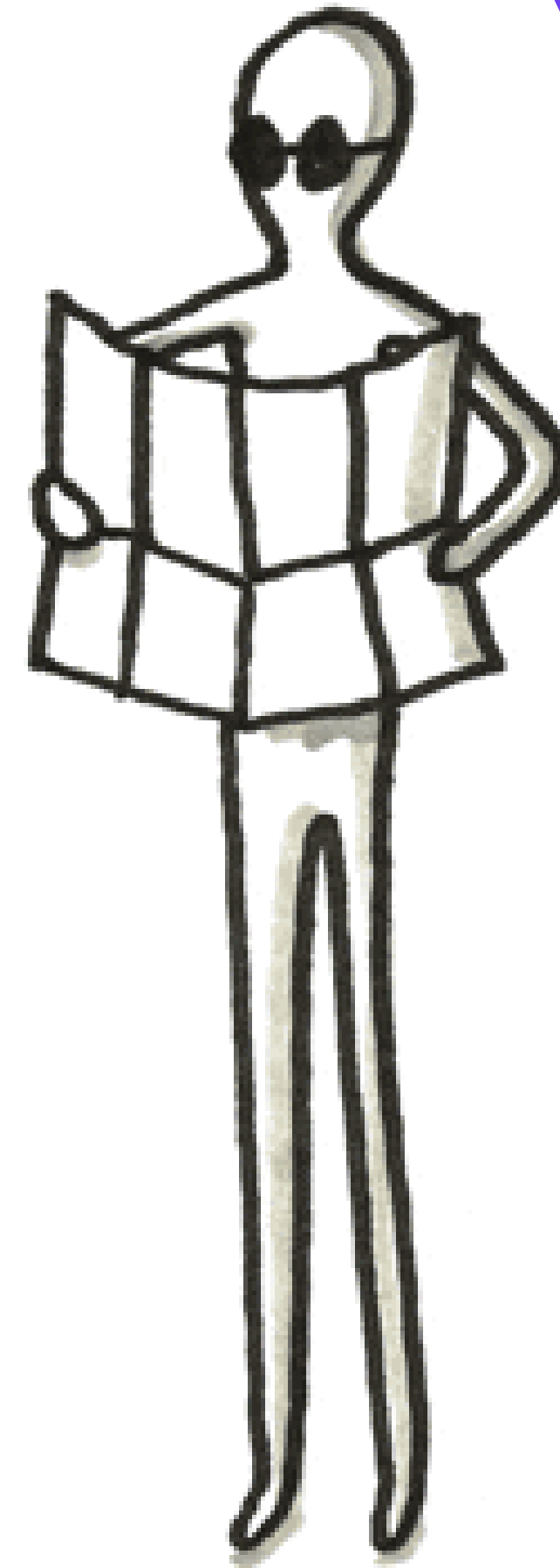
Personal factors: Individual factors, such as personality traits, coping mechanisms, and cultural beliefs, may also play a role in whether or not a teenager is willing to seek out help. for example - A teenager who is introvert will not easily open up about his/her mental illness. He/she will not be able meet therapist or counselors that easily compared to an extroverted person.

- According to the therapist following can be done to help with the mental health issues by the school or government - (1)Mental health education: Schools can incorporate mental health education into their curriculum, teaching students about mental health issues, coping strategies, and the importance of seeking help.  
(2)Community partnerships: Schools and government can partner with local mental health organizations and community groups to provide additional resources and support to students.
- People often think Anxiety, Stress and Depression are symptoms of more visible mental illnesses like schizophrenia, multiple personality disorder etc. but Anxiety, Stress and depression are mental illnesses in itself.

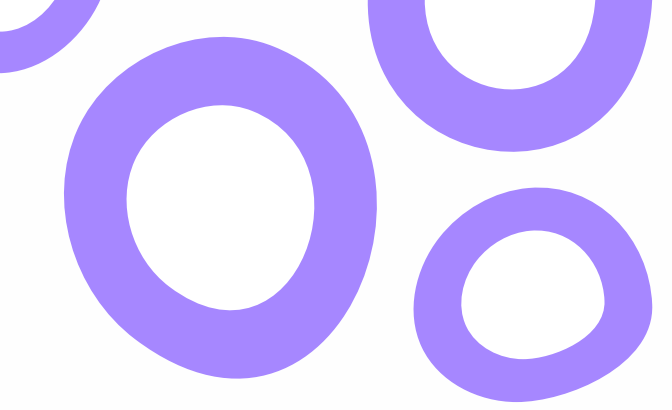


# Inferences Drawn From Therapist

- Teenagers are more susceptible to mental health issues due to various factors such as hormonal changes, social pressures, academic stress, and developmental challenges. The teenage years are a time of significant physical, emotional, and cognitive growth, Identification this can lead to increased vulnerability to mental health issues
- Some things affecting the hesitancy of a teenager to seek help could be Lack of awareness and knowledge, Fear of being perceived as weak and severity of symptoms.
- According to therapist Peer education, intervention at community level, Initial identification or some basic identification test can help in getting support.
- Acknowledging and talking about it is the most crucial part of getting help from a professional







# Final Inferences for Design solution

## Identification



Identification of mental illnesses is a big problem amongst teenagers because their knowledge is limited and they are not able to identify if they are having symptoms of mental illnesses or not

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## Hesitant to seek help from professionals

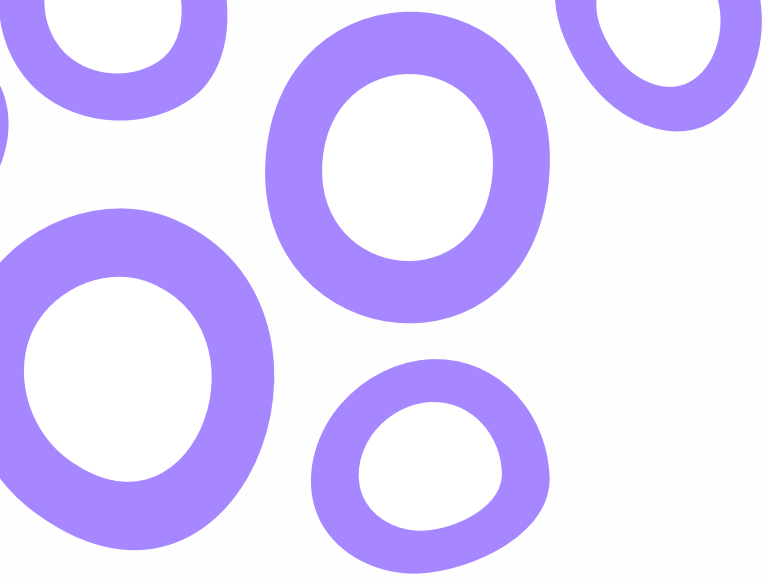
Teenagers are hesitant to seek help because of the factors like judgement, lack of identification

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## Talking about things

Teenagers find it easy to talk to someone who is of their age or is in the same scenario, rather than parents or counsellors.



# Problem Statement

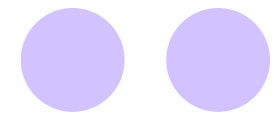
The problem at hand is that a significant number of teenagers in India are failing to identify or acknowledge their symptoms of mental illness and are exhibiting hesitancy in seeking professional help. This issue poses a significant barrier to their overall well-being and prevents timely intervention and support for their mental health needs.

# Proposed Design solution

Proposed design solution is an app which would help in identification and acknowledgement of mental illness symptoms and illnesses. It'll also help teenagers communicate with other teenagers who are going through same things.

# Direction for Solution

Since teenagers find it easier to open up to someone who is their age or is closer to their age so We can have a buddy system where college going students can be trained to help teenagers with their mental health issues and guide them through tough time helping in an early intervention.



# Concept

To build an app where teenagers can communicate with each others who are suffering from same things. where teenagers can find out about their mental health and see if they are suffering from any symptoms of mental illness or not.



# Idea

Idea is to use a buddy system where college student can be trained to talk to teenagers via app and listen to their problem and guide them through their tough time and give teenagers initial questions so that they can identify the symptoms for a potential mental health issue

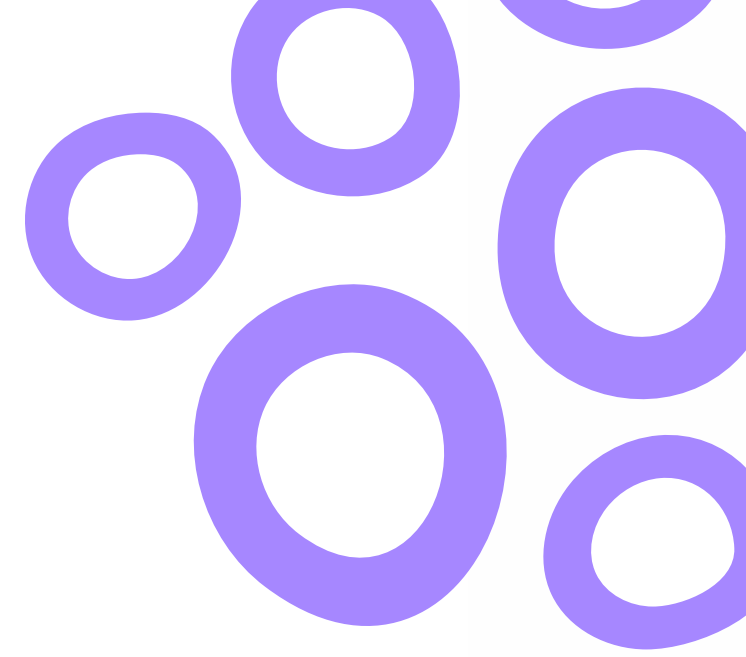
# Vision & Mission

## 01. Vision

Our vision is to create a mental health app that empowers individuals to prioritize their well-being, gain self-awareness, and access personalized support anytime, anywhere.

## 02. Mission

Mission is provide teenage with basic mental health services and help them acknowledge and identify symptoms so that process of healing initiates.





# **Understanding the user**

User Persona

Empathy mapping





### About the User

Antara is intelligent, ambitious, and has always been a high achiever academically. She is passionate about theatre but has recently noticed a decline in her performance and motivation. She has been feeling increasingly isolated and unable to express his emotions.

### Problems

- noticed a decline in her performance and motivation.
- feeling increasingly isolated and unable to express her emotions.

|                 |                         |
|-----------------|-------------------------|
| <b>Name</b>     | <b>Ambitious Antara</b> |
| <b>Age</b>      | 17                      |
| <b>Class</b>    | 11th                    |
| <b>Location</b> | Delhi                   |
| <b>School</b>   | DPS                     |

### Personality

- intelligent
- Enthusiastic
- Social
- Flexible

### Challenges

- Lack of awareness about symptoms of mental illness.
- Fear of being judged or considered weak.
- Difficulty expressing emotions and finding the right words to describe his experiences.

### Goals and Needs

- To understand why she is feeling sad, unmotivated, and isolated.
- To find a supportive environment where she can openly discuss her feelings

# Empathy Map

## Think

Maybe this is just a phase that will pass.  
I don't want to burden my family with my problems.  
I don't want to be seen as different or abnormal.

## Does

Avoids talking about her feelings or dismissing them as temporary.  
Spends more time alone, withdrawing from social activities.  
Contemplates discussing his feelings with a trusted friend but hesitates

## Feel

Confused about her emotions and experiences.  
Frustrated with her declining motivation and inability to enjoy activities.  
Isolated and disconnected from his friends and peers.

## Says

I don't know why I'm feeling so down lately.  
I can't concentrate on my studies or enjoy the things I used to love.  
I don't want my friends to think I'm weak or weird.  
I wish someone would understand what I'm going through.







### About the User

Gautam is a 16-year-old Indian teenager studying in new green field school and he comes from a middle-class family and lives with his parents and younger sister.

### Problems

- has been feeling overwhelmed and emotionally drained.
- is unaware that these could be symptoms of a mental illness.

|                 |                        |
|-----------------|------------------------|
| <b>Name</b>     | <b>Worried Vishwas</b> |
| <b>Age</b>      | 16                     |
| <b>Class</b>    | 10th                   |
| <b>Location</b> | Delhi                  |
| <b>School</b>   | New green field school |

### Personality

- intelligent
- Enthusiastic
- Social

### Challenges

- Lack of awareness about symptoms of mental illness.
- Fear of being judged or considered weak.
- Difficulty expressing emotions and finding the right words to describe his experiences.

### Goals and Needs

- Maintain academic performance and continue excelling in school.
- Feel happier and regain a sense of emotional well-being.
- Overcome any obstacles preventing him from seeking help

# Empathy Map

## Think

I must be overreacting. Everyone goes through ups and downs.  
If I tell my parents, they might get worried or angry.

## Does

Avoids conversations or situations that might expose her true feelings.  
Withdraws from social activities and spends more time alone.



## Feel

Confused and uncertain about her emotions.  
Isolated and afraid of being judged.  
Overwhelmed and mentally exhausted

## Says

I feel so tired and down all the time. I don't understand why.  
I can't focus on my studies anymore, and it's making me even more stressed.  
I don't want anyone to know how I'm feeling. They'll think I'm weak



# **Swot Analysis**

Headspace

Calm



# Headspace

## STRENGTHS

- Offers a wide range of guided meditation sessions and mindfulness exercises.
- User-friendly interface and personalized content.
- Specialized programs for specific topics like stress, sleep, and focus.

## OPPORTUNITIES

Expanding into additional mental health services, such as therapy or counseling.

Collaborations with healthcare providers or employers to offer mental health support programs.



## WEAKNESSES

Primarily focuses on meditation and mindfulness, which may limit its appeal to individuals seeking a broader range of mental health support or specific therapeutic interventions.

## THREATS

- Expanding into additional mental health services, such as therapy or counseling.
- Collaborations with healthcare providers or employers to offer mental health support programs.

# Calm



## STRENGTHS

- Offers a wide range of soothing audio content, calming music, and nature sounds.
- Provides guided meditation programs and sleep aids.
- Collaborations with celebrities and notable figures increase brand visibility.

## WEAKNESSES

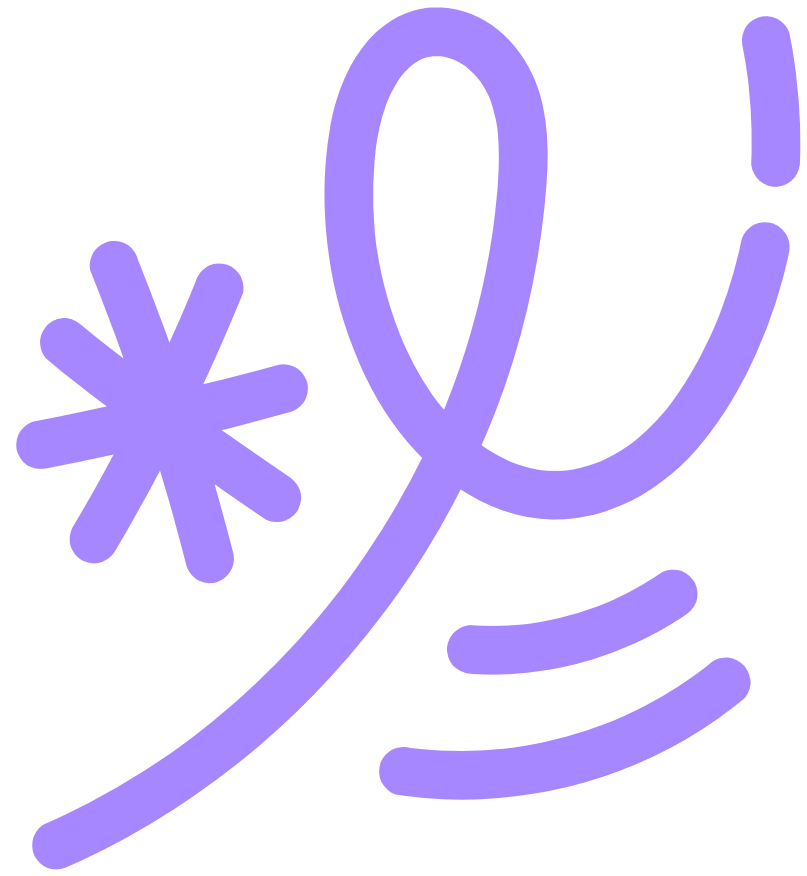
Similar to Headspace, Calm is primarily focused on meditation and relaxation, potentially limiting its appeal to those seeking comprehensive mental health support.

## OPPORTUNITIES

- Diversifying content to cater to a wider range of mental health needs and preferences.
- Expanding into corporate wellness programs or partnerships with healthcare providers.

## THREATS

- Increasing competition from other meditation and mental health apps.
- Potential challenges in maintaining user engagement and differentiation in a crowded market.



# Proposed Logo



**R**psych



# Logo Rationale

I have tried to keep the logo minimalistic and straightforward. Logo represents the word Psych traditionally meaning to analyze but also used as a slang by teenagers. Purple form with a dot underneath resembles an icon which symbolizes well being thus furthering our aim of well being with modern design.







# Typeface & Colors

I have chosen Purple as the main brand color because of its symbolization of compassion and uplifting nature. also it is used for ADHD awareness,

| Typography        |           |
|-------------------|-----------|
| <b>Montserrat</b> | <b>Uu</b> |
| <b>Rubik</b>      | <b>Aa</b> |

**#6D40EF**

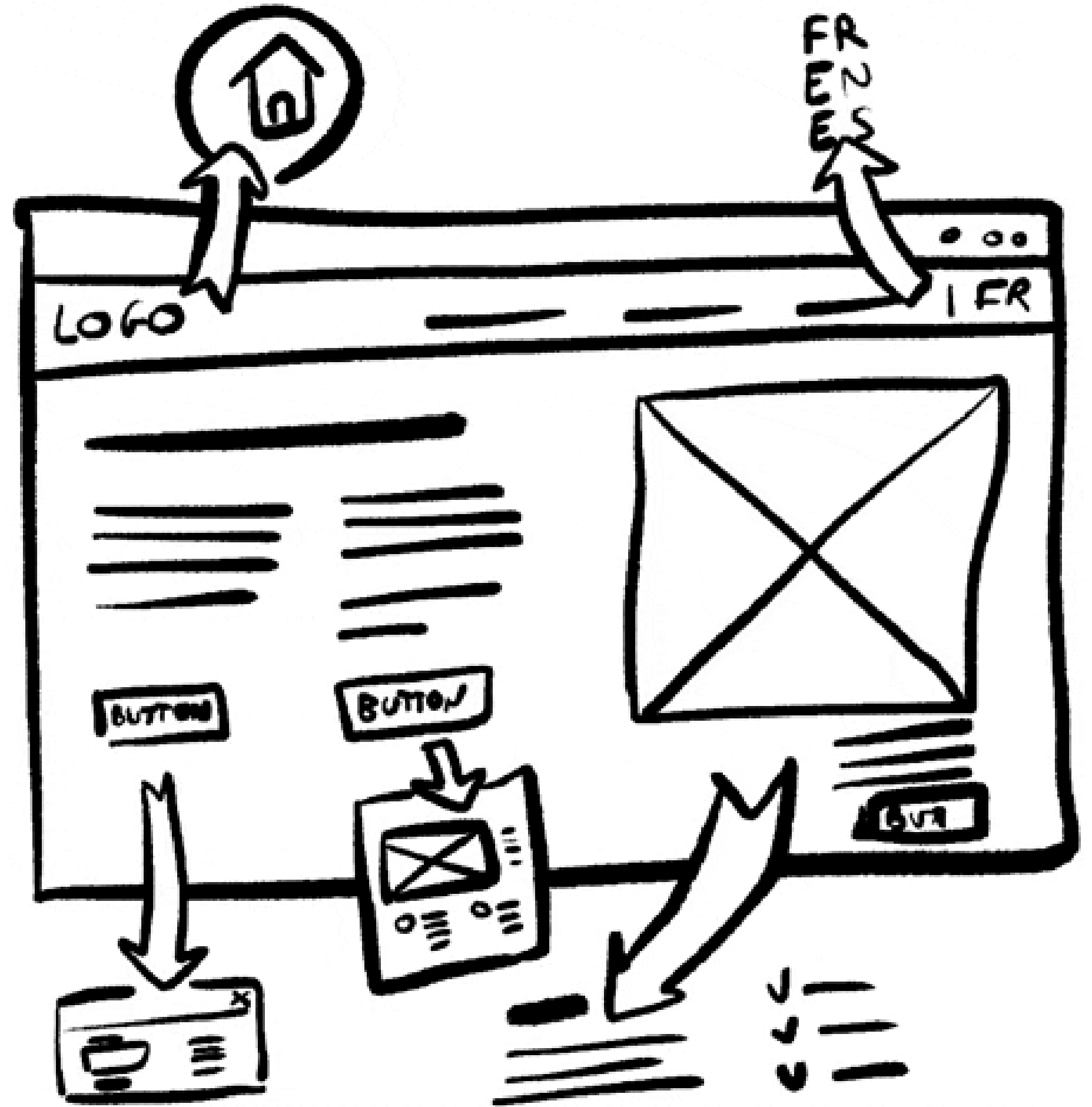
**#A687FF**

**#EBE4FF**

**#313131**

**#FEFEFE**

# Wireframing



# Lofi wireframes



# Visual language

## 01. Logo



## 02. Text style

Aa Aa **Aa**

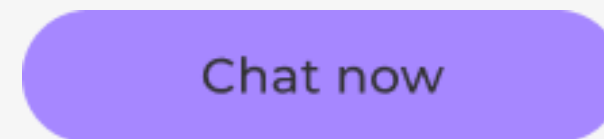
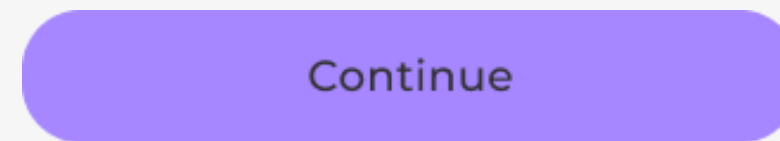
Montserrat 30px

Montserrat 20px

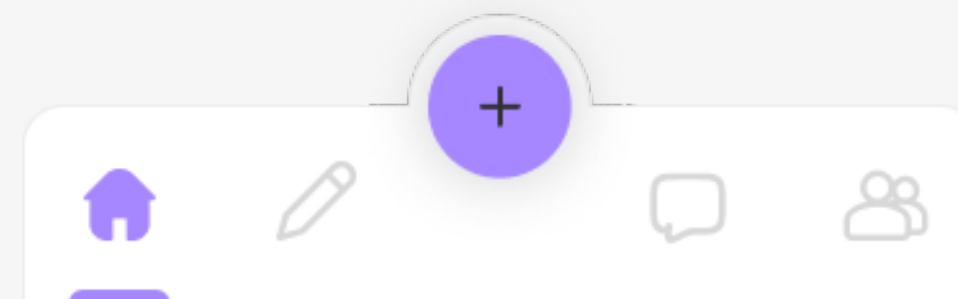
Montserrat 16px

Montserrat 14px

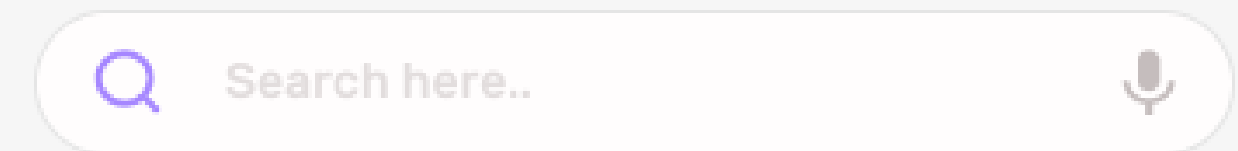
## 03. Buttons



## 4. Bottom navigation



## 05. Search bar



## 06. Chat box



# R.sych

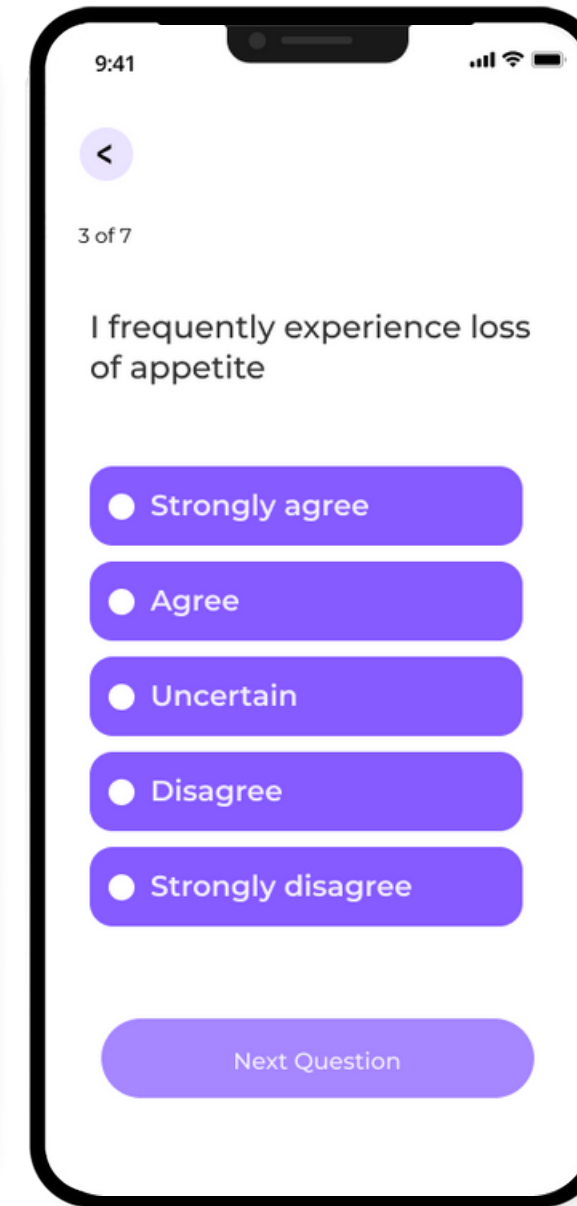
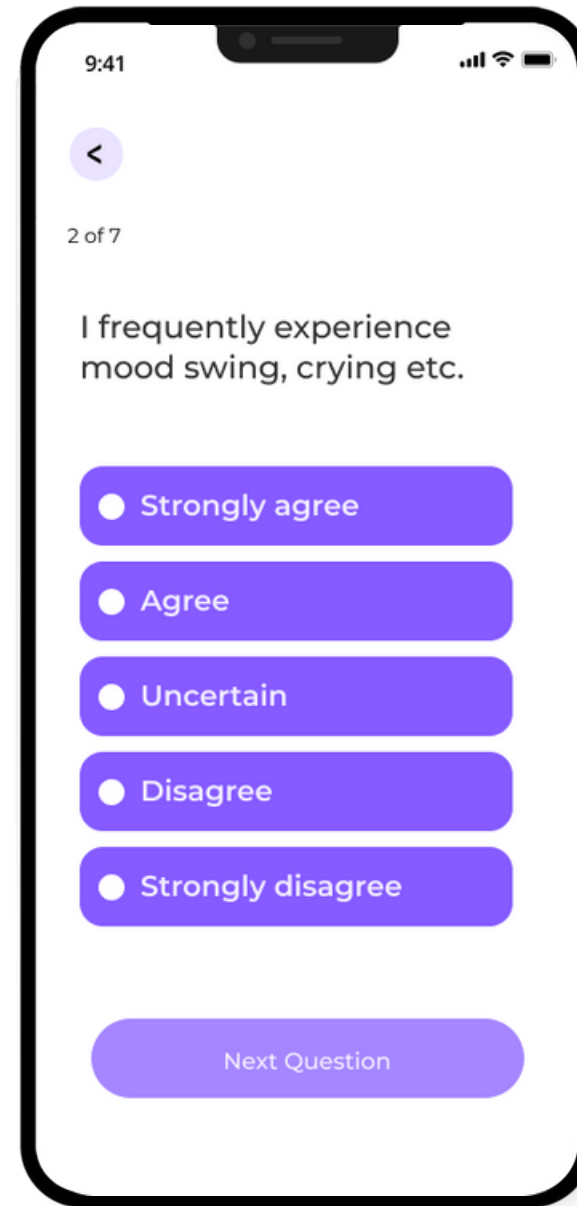
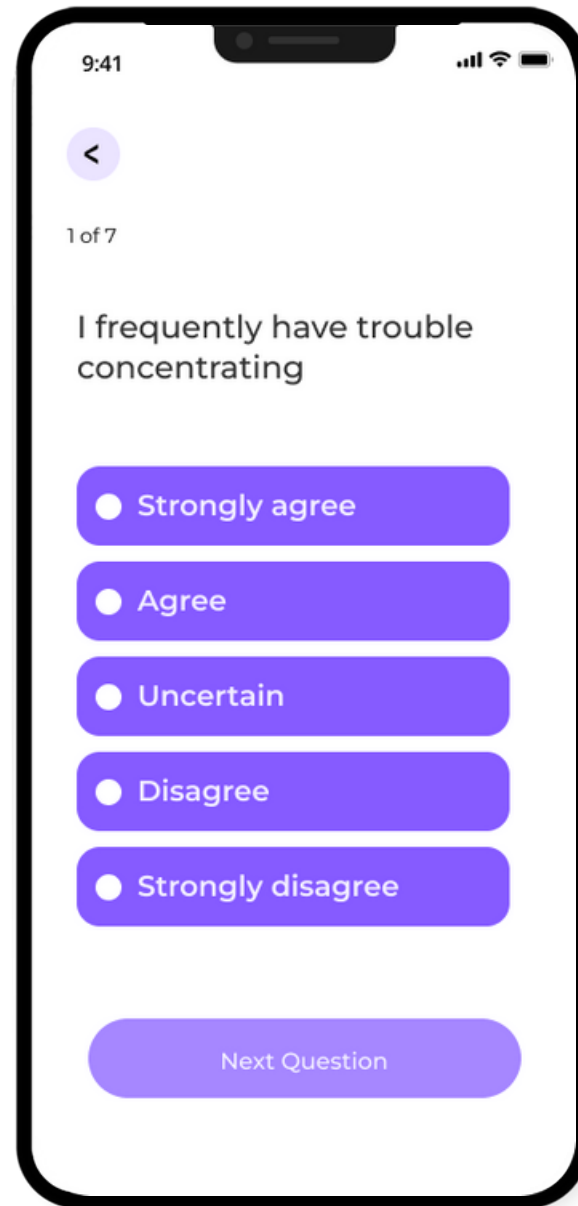
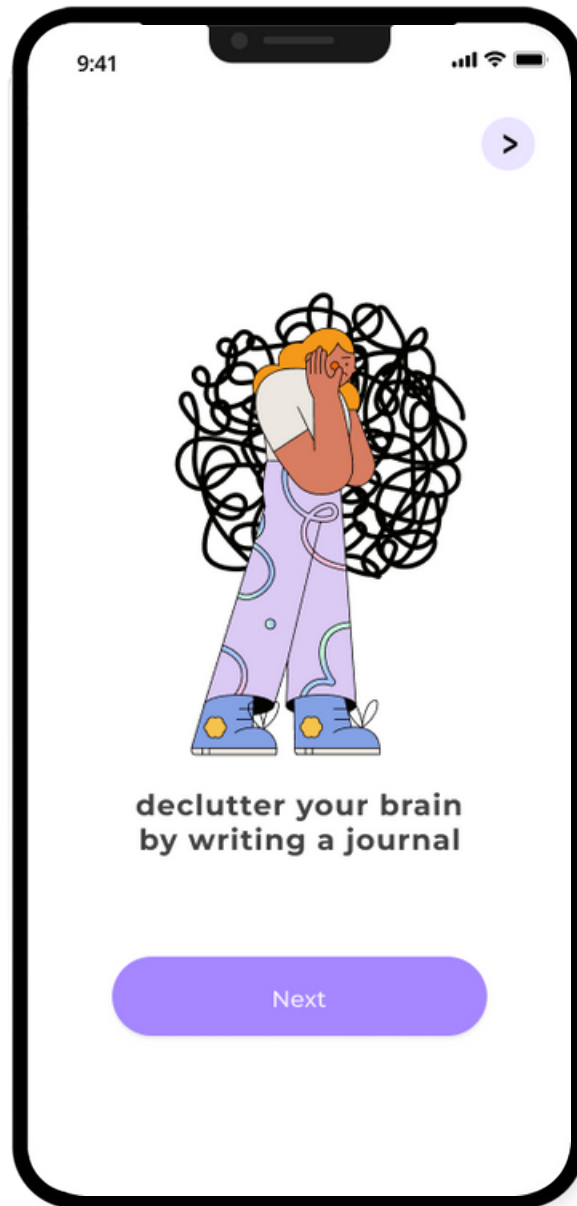
Let the healing process begin



# Onboarding

onboarding process requires a user to answer few questions

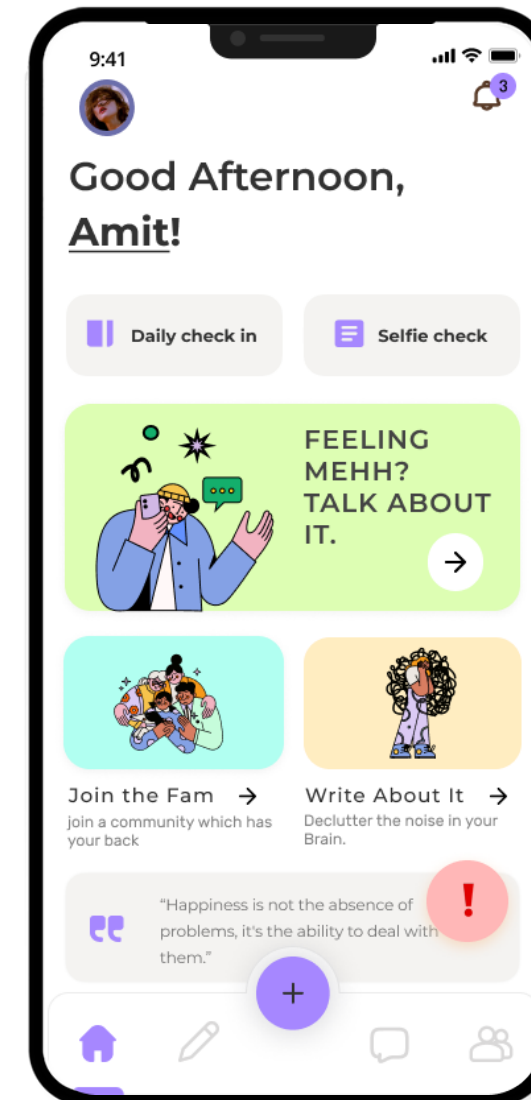
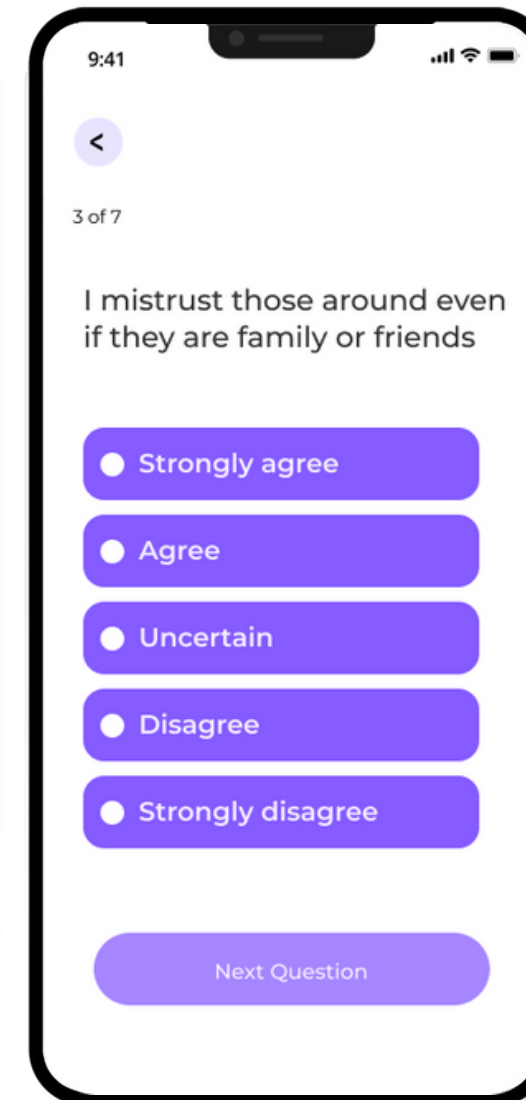
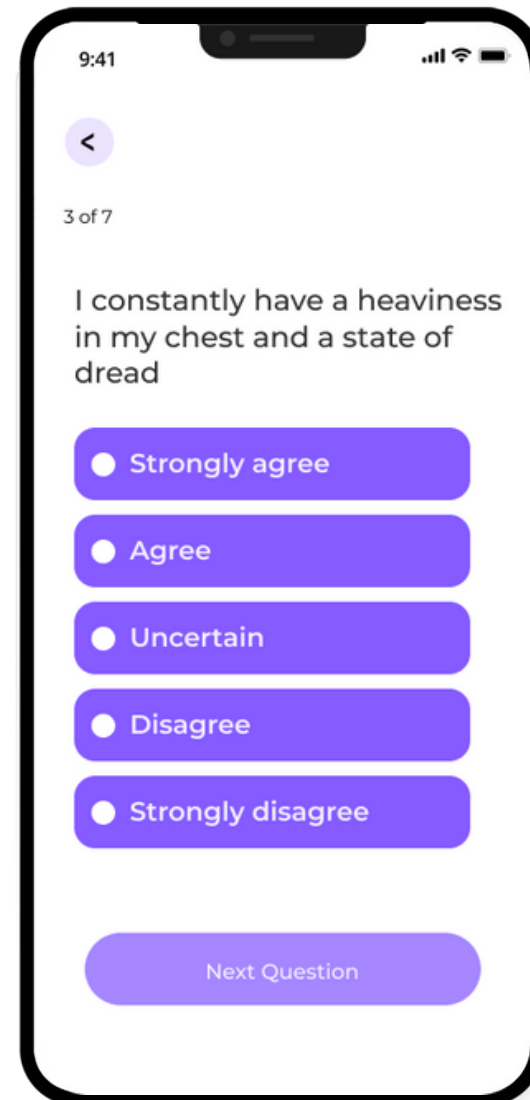






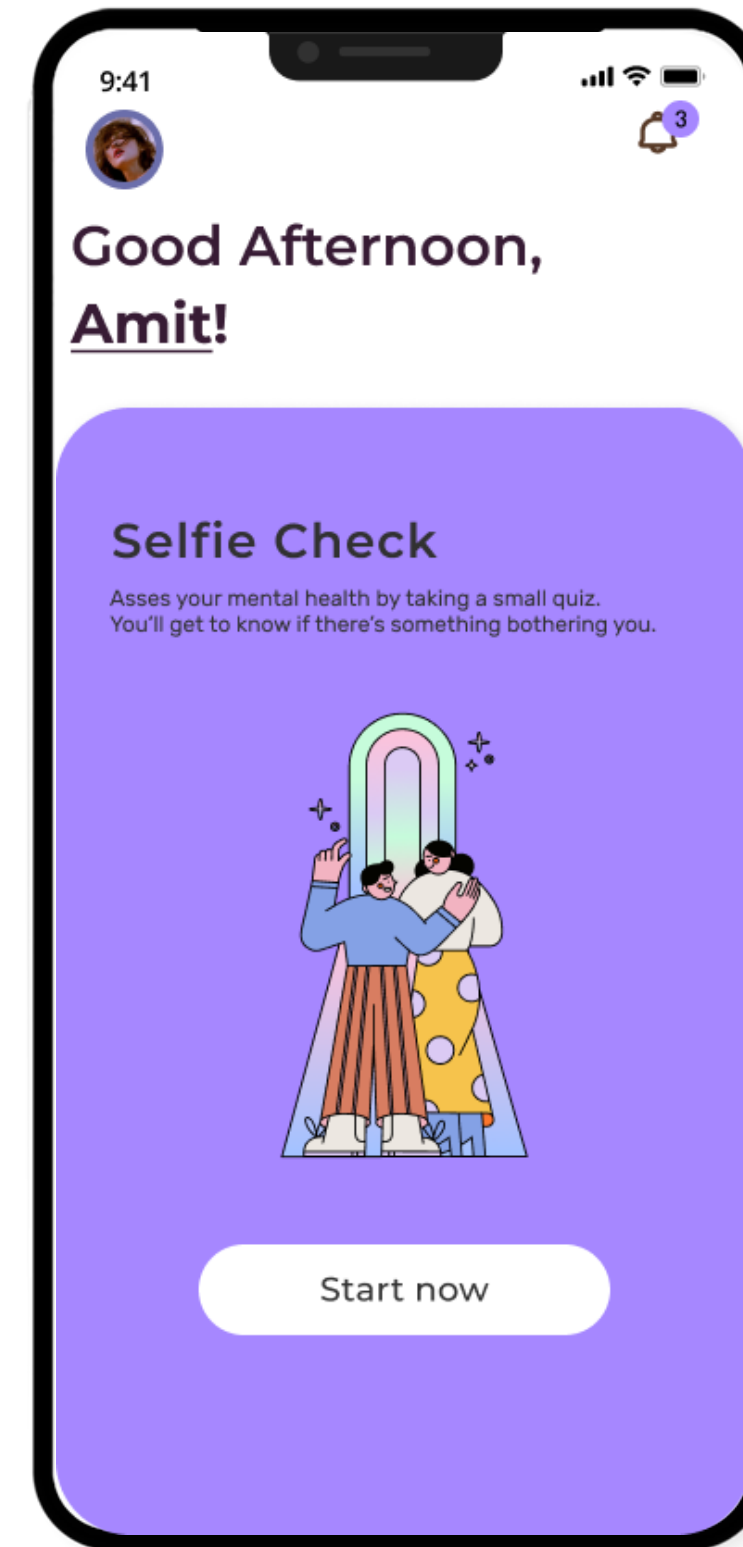
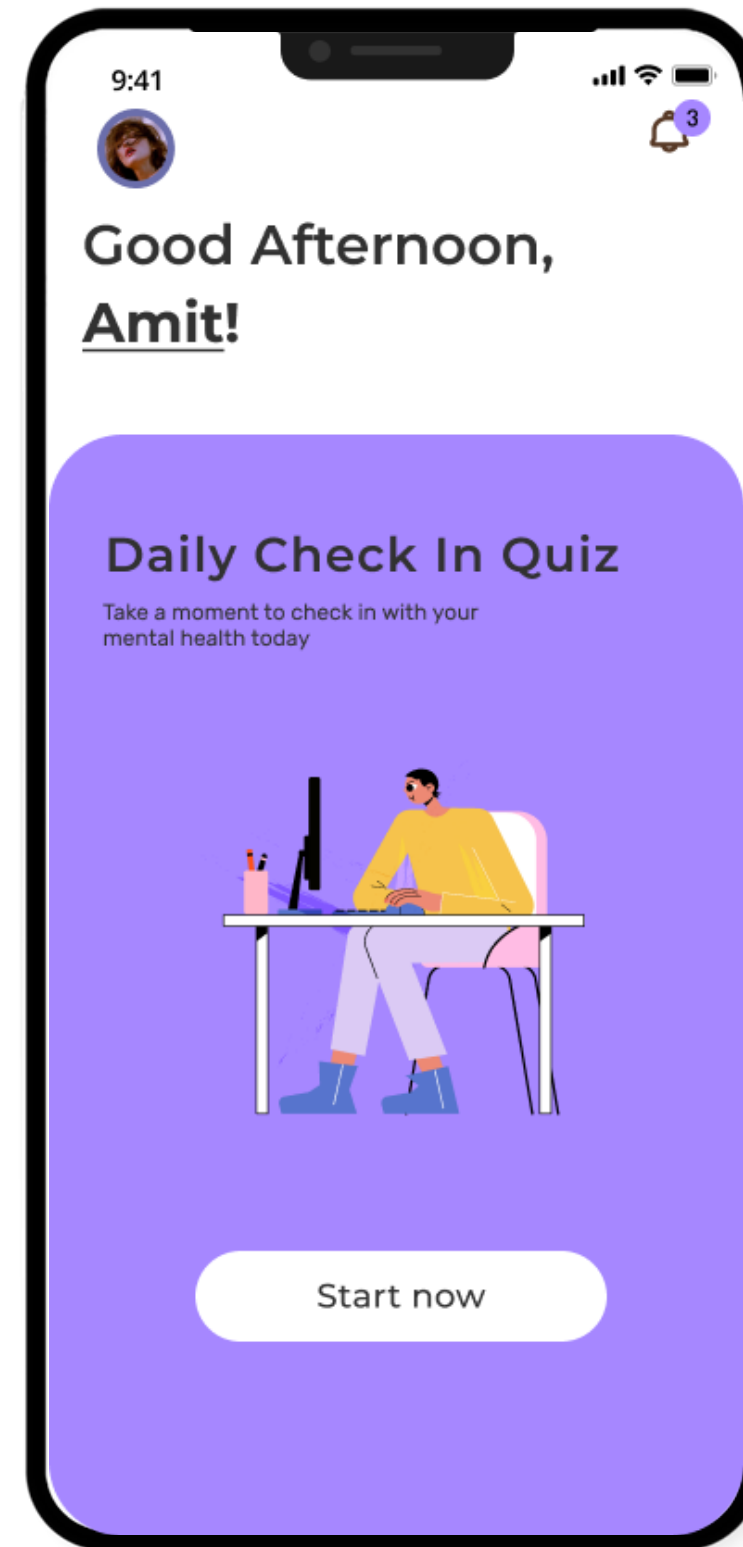
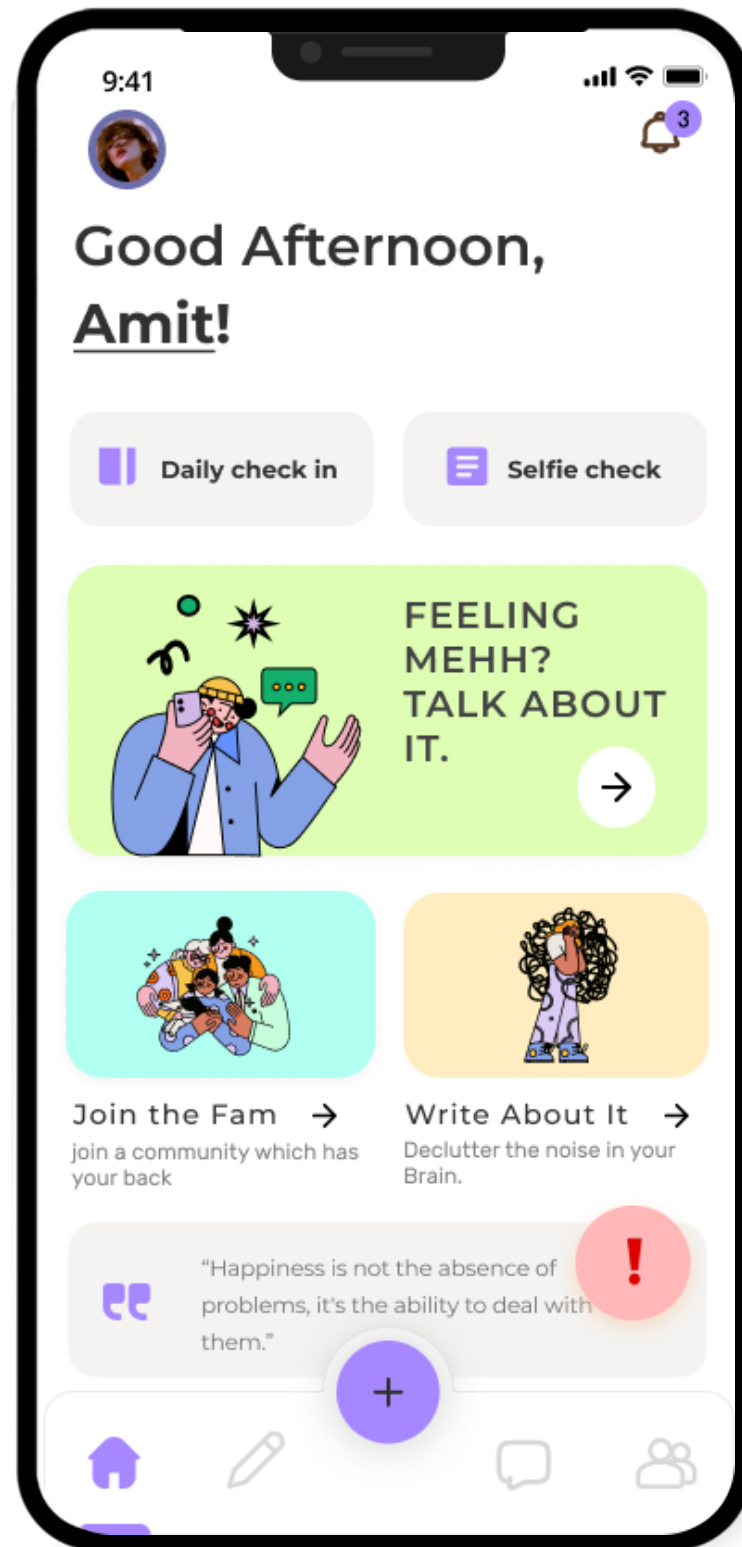
# Home screen

After answering the question you'll straight get to home screen



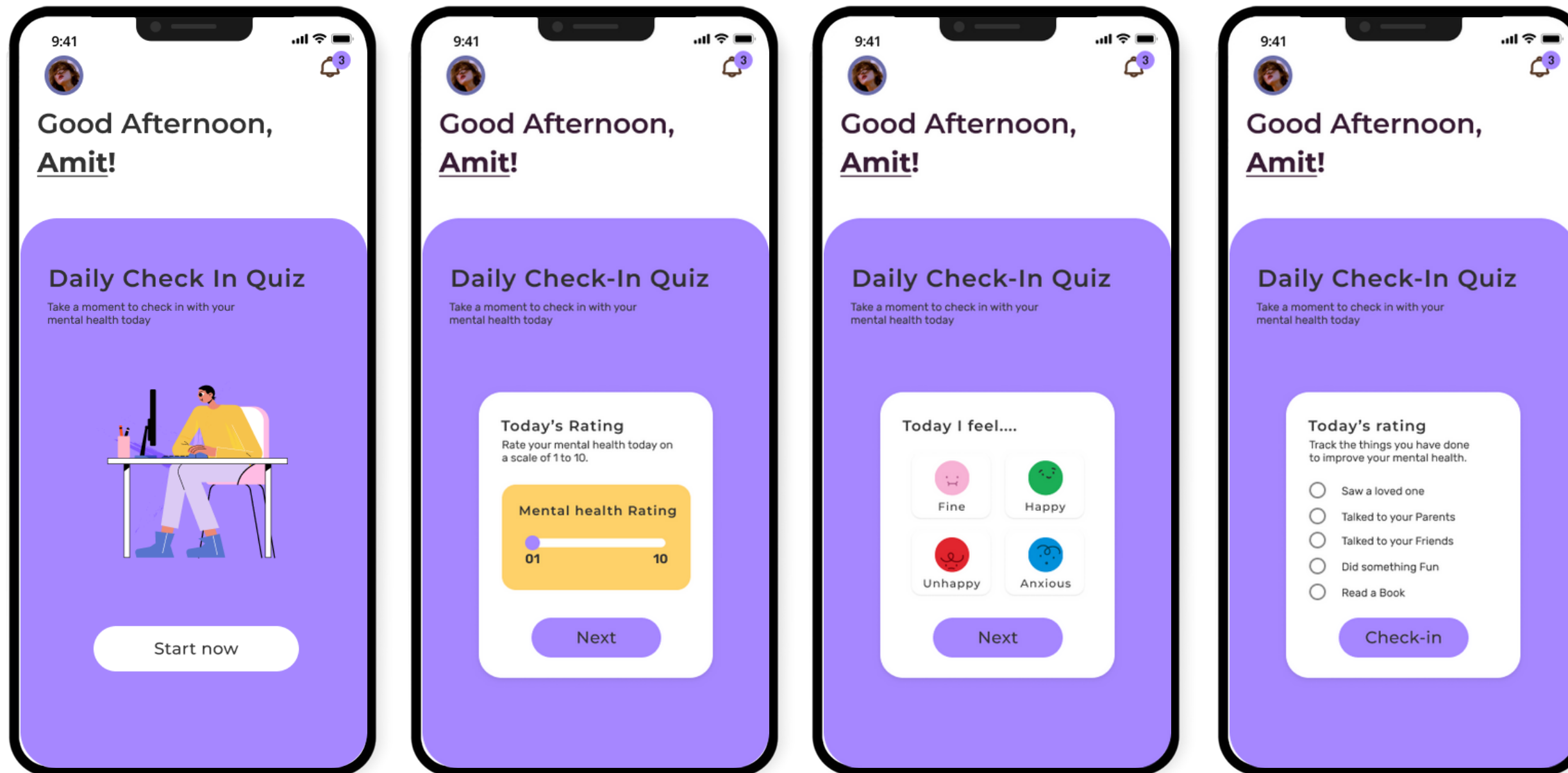
# Home screen

Home screen is designed to provide everything at your fingertips from journaling to adding a buddy with daily check in and assessment



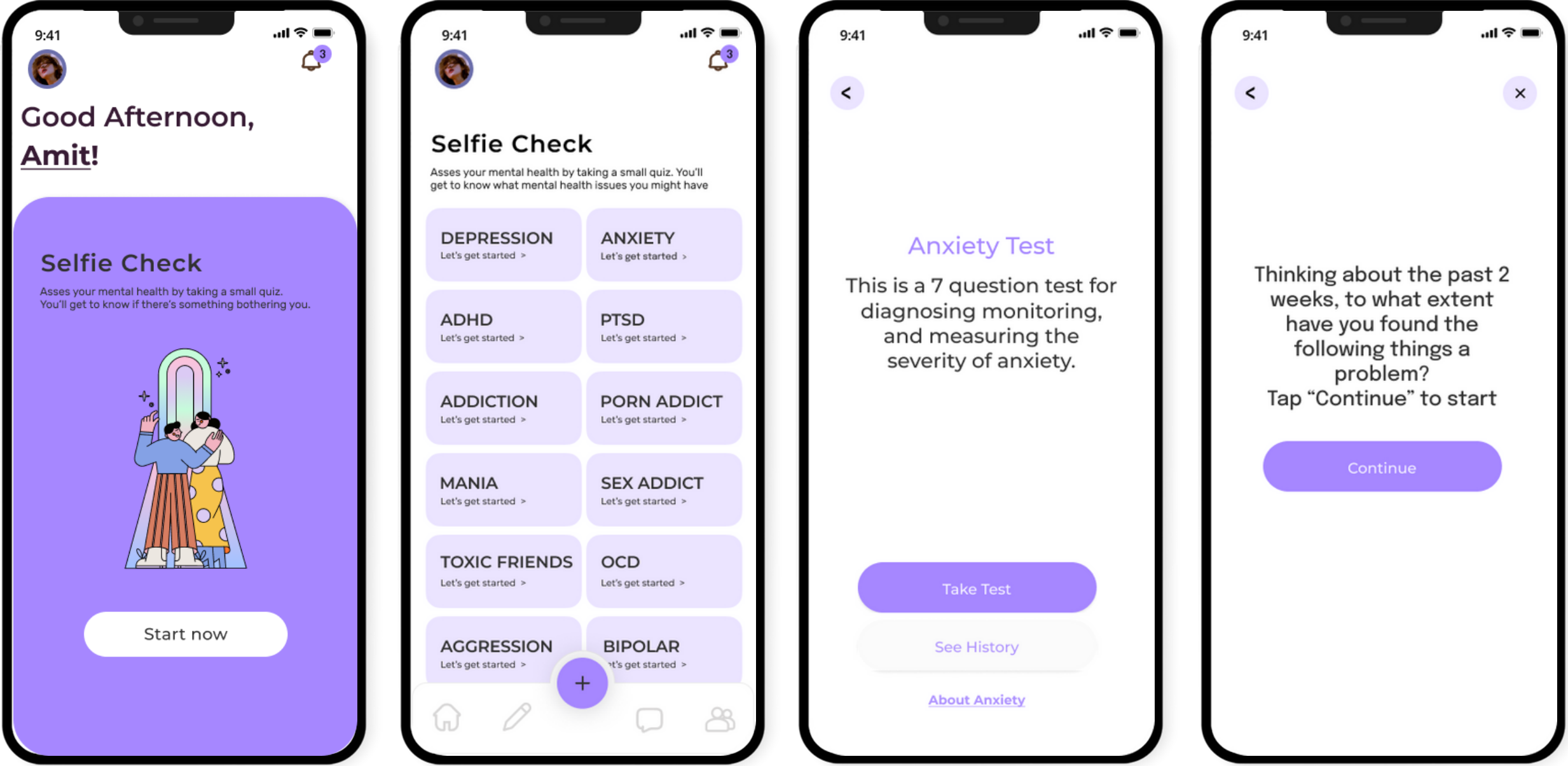
# Daily check in

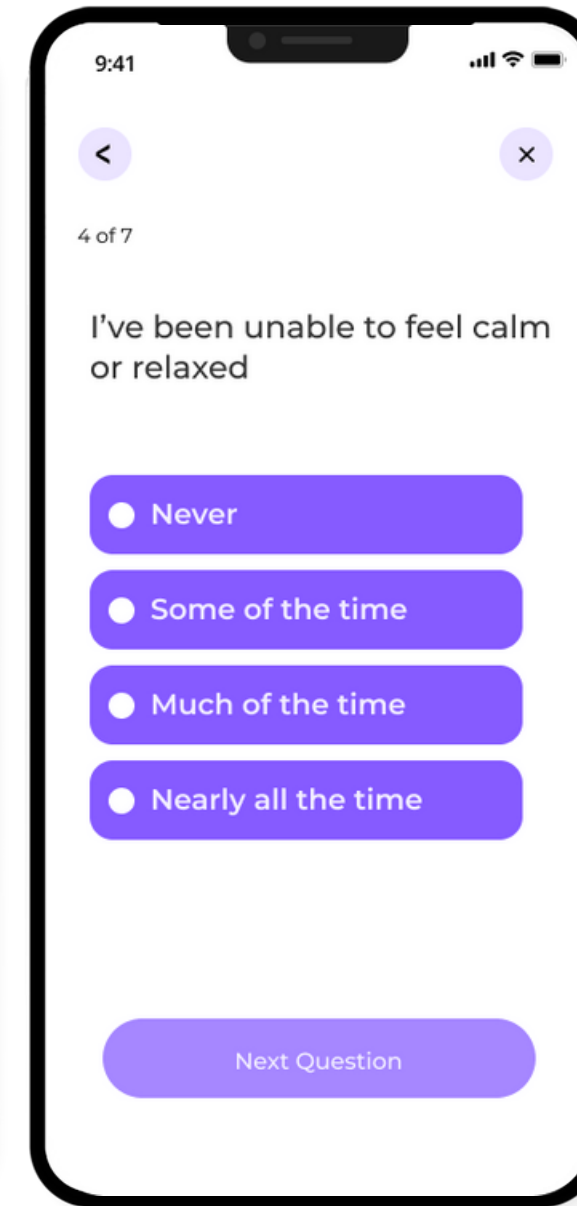
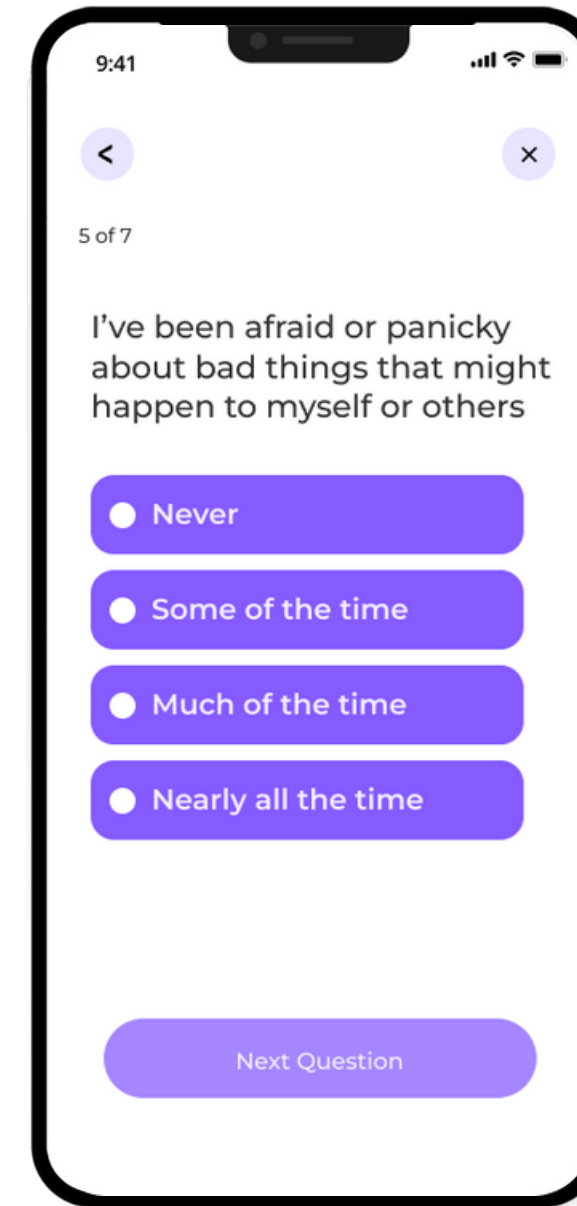
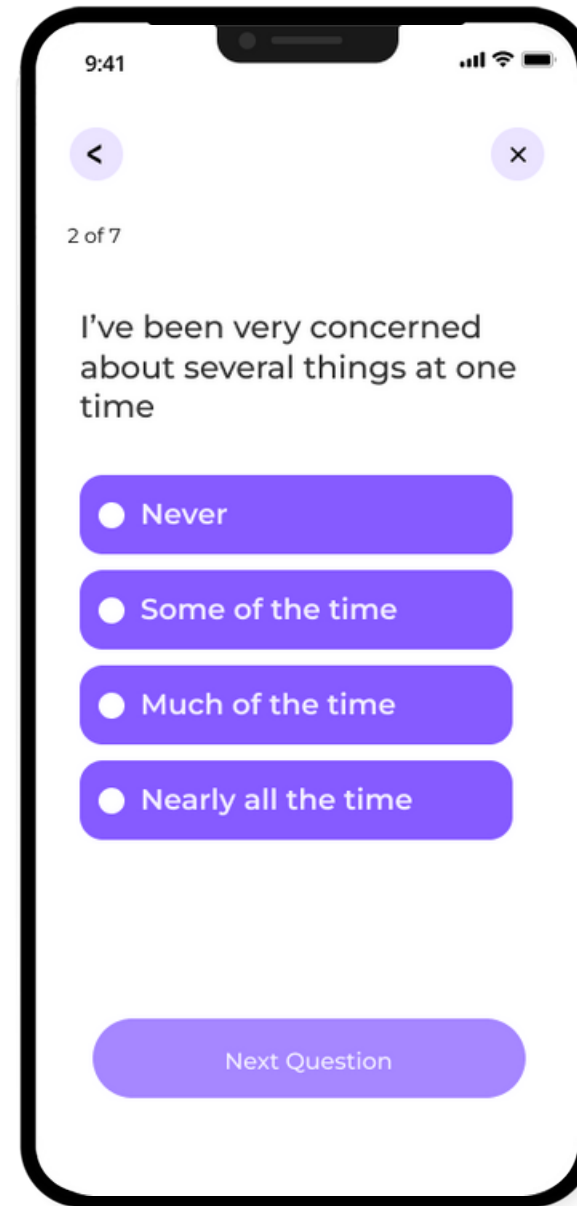
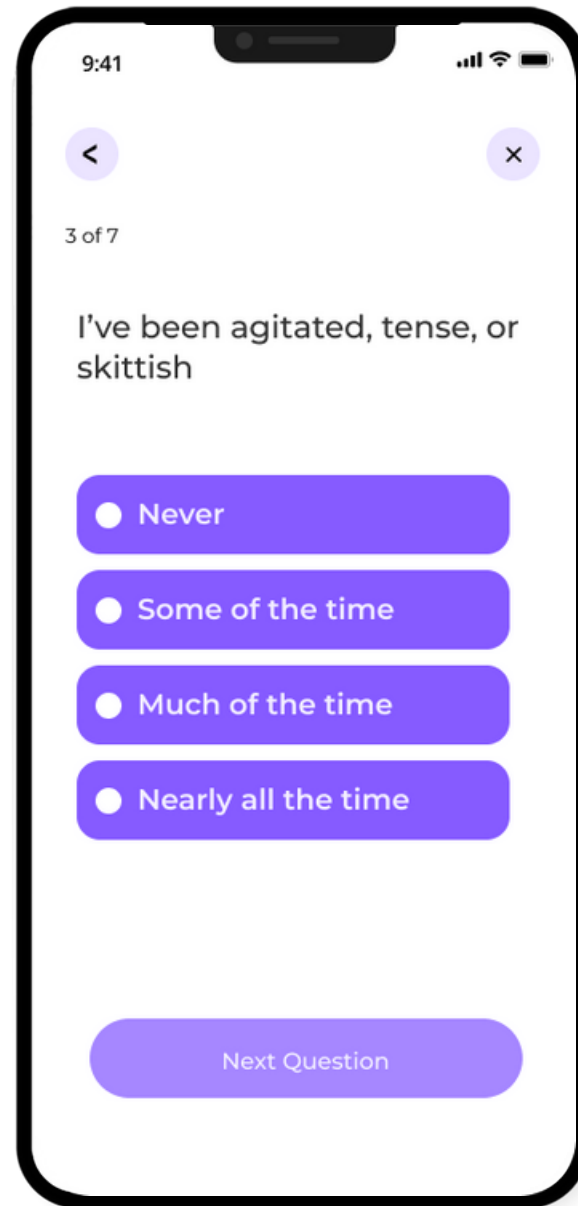
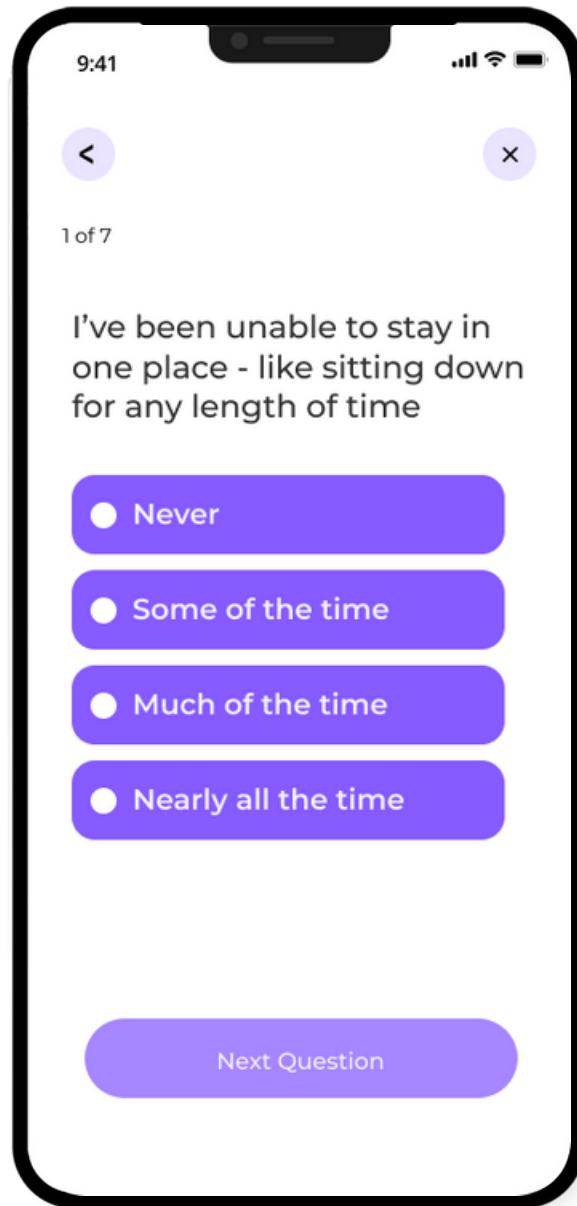
Daily check is a feature with asks the user about their mood daily to track their mood



# Selfie check

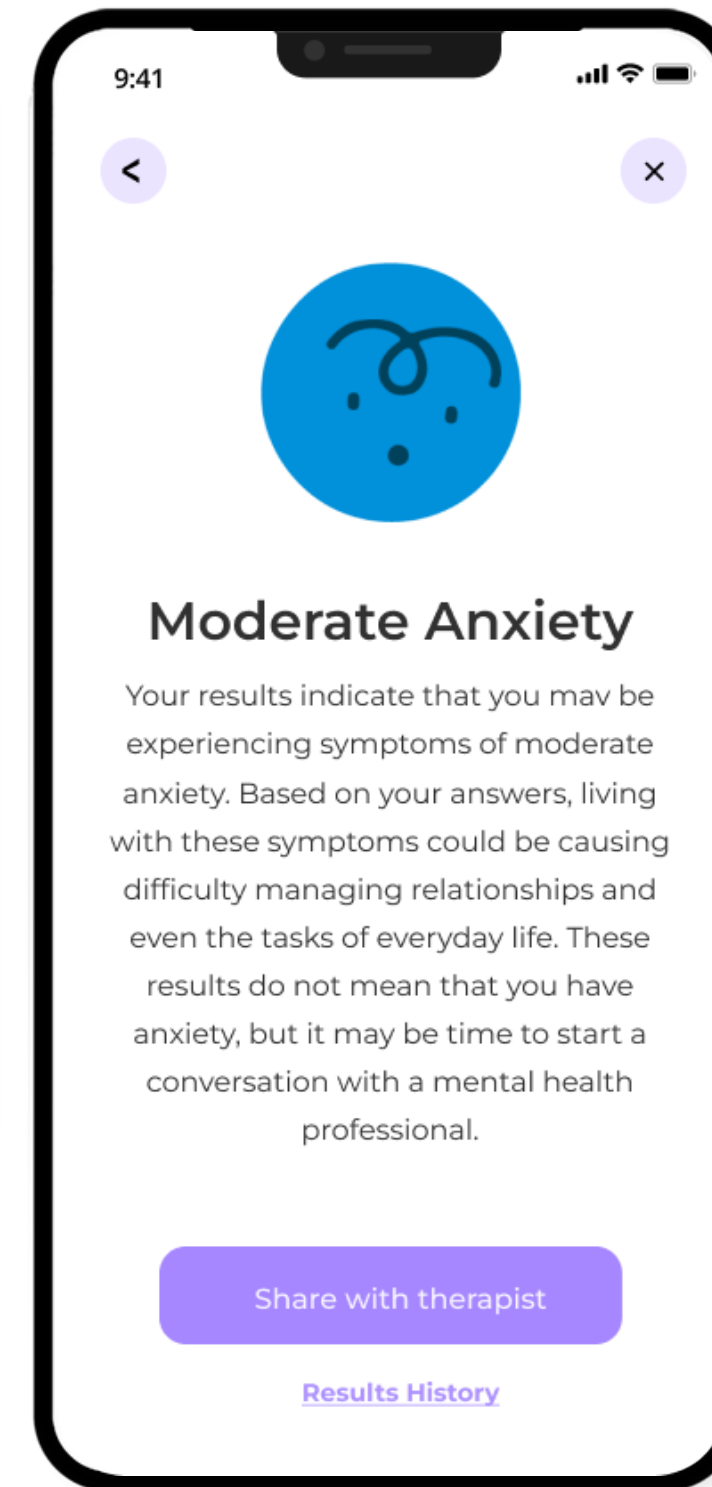
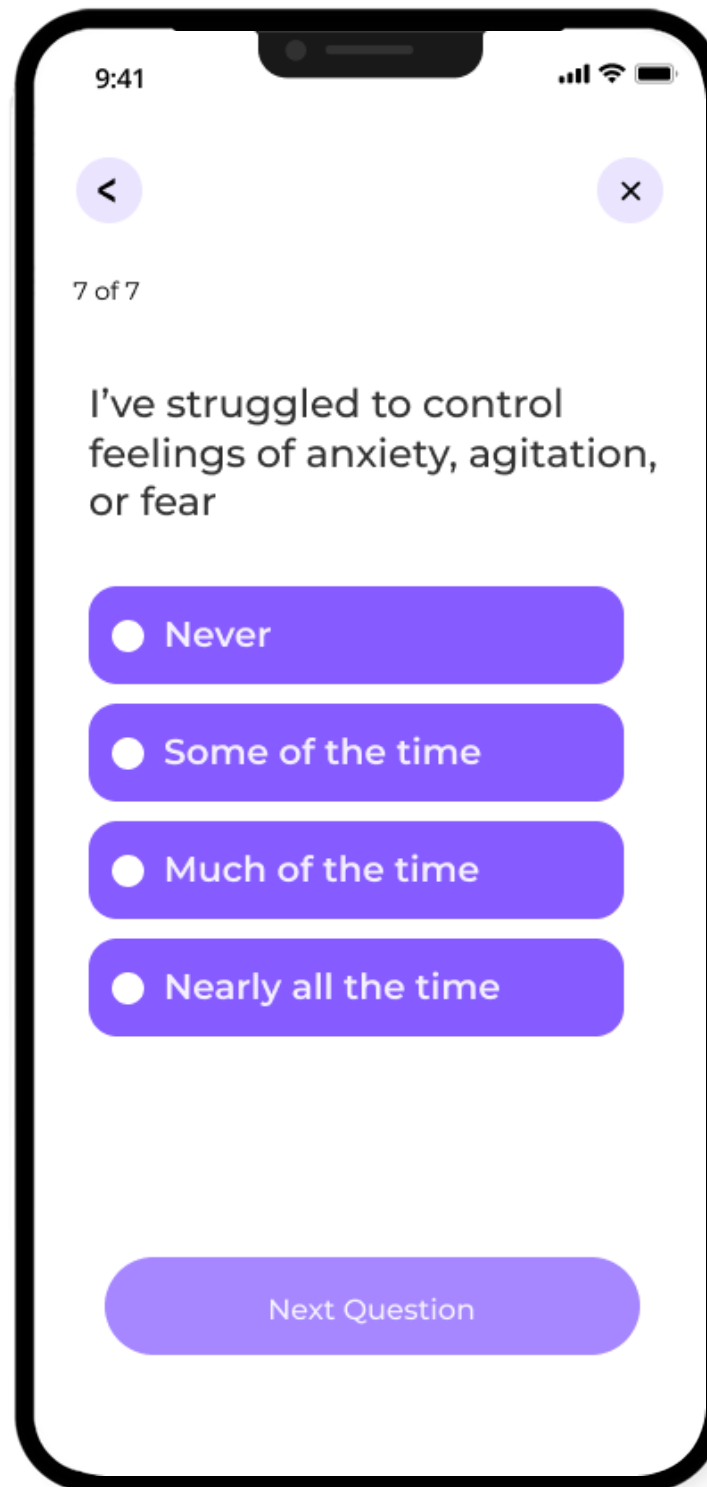
A user can answer some questions and get to know whether they are suffering from mental illnesses or not





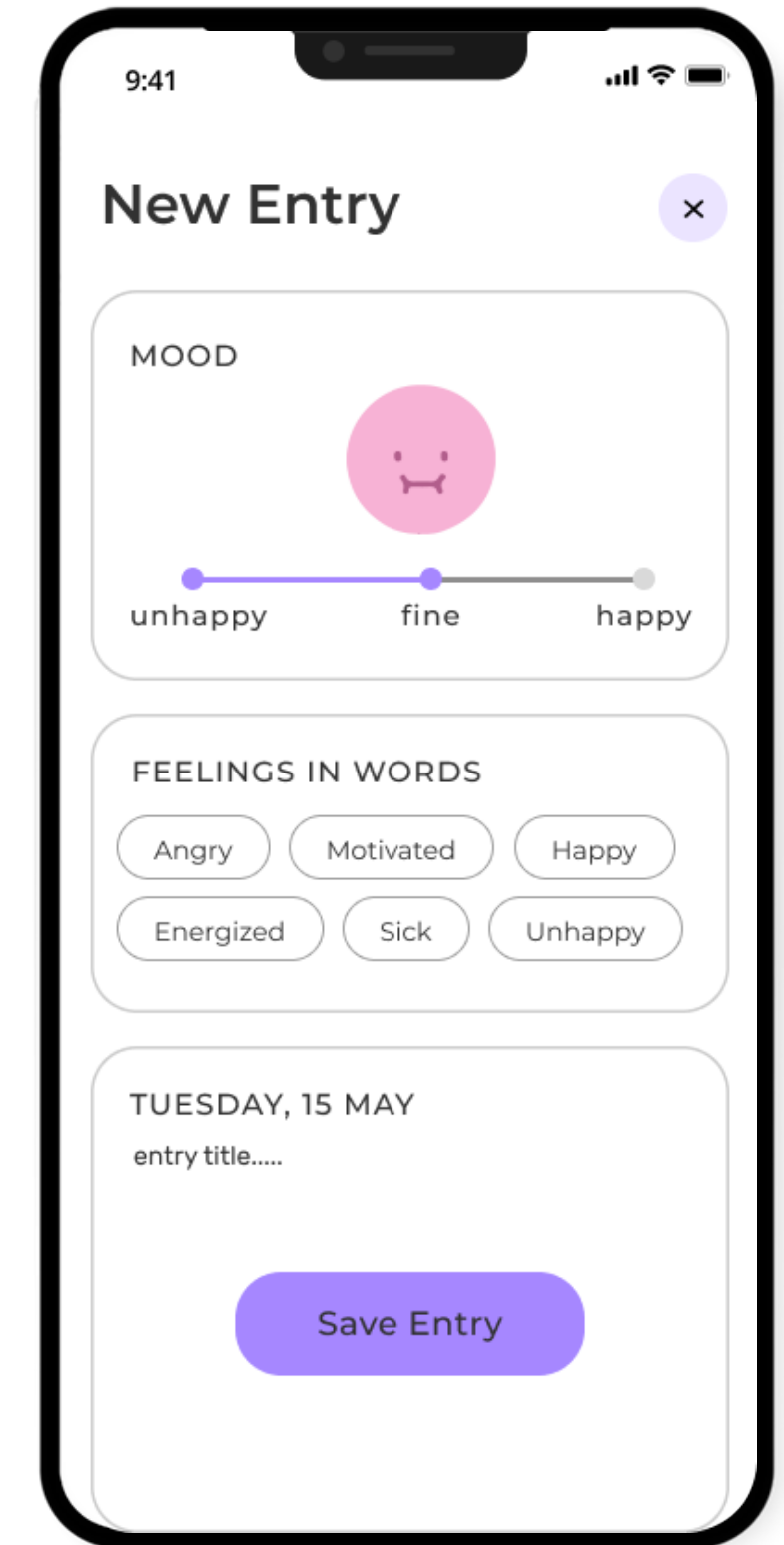
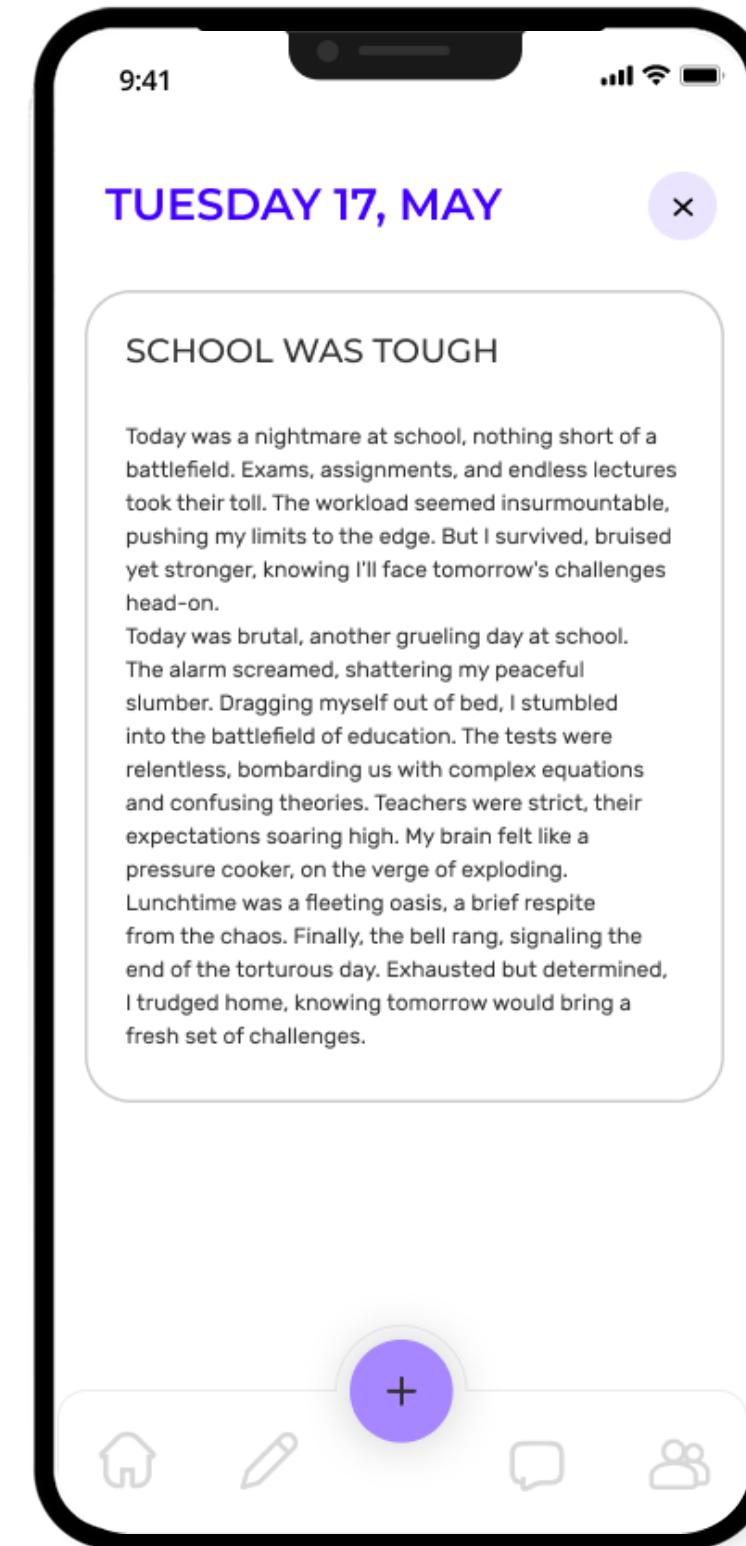
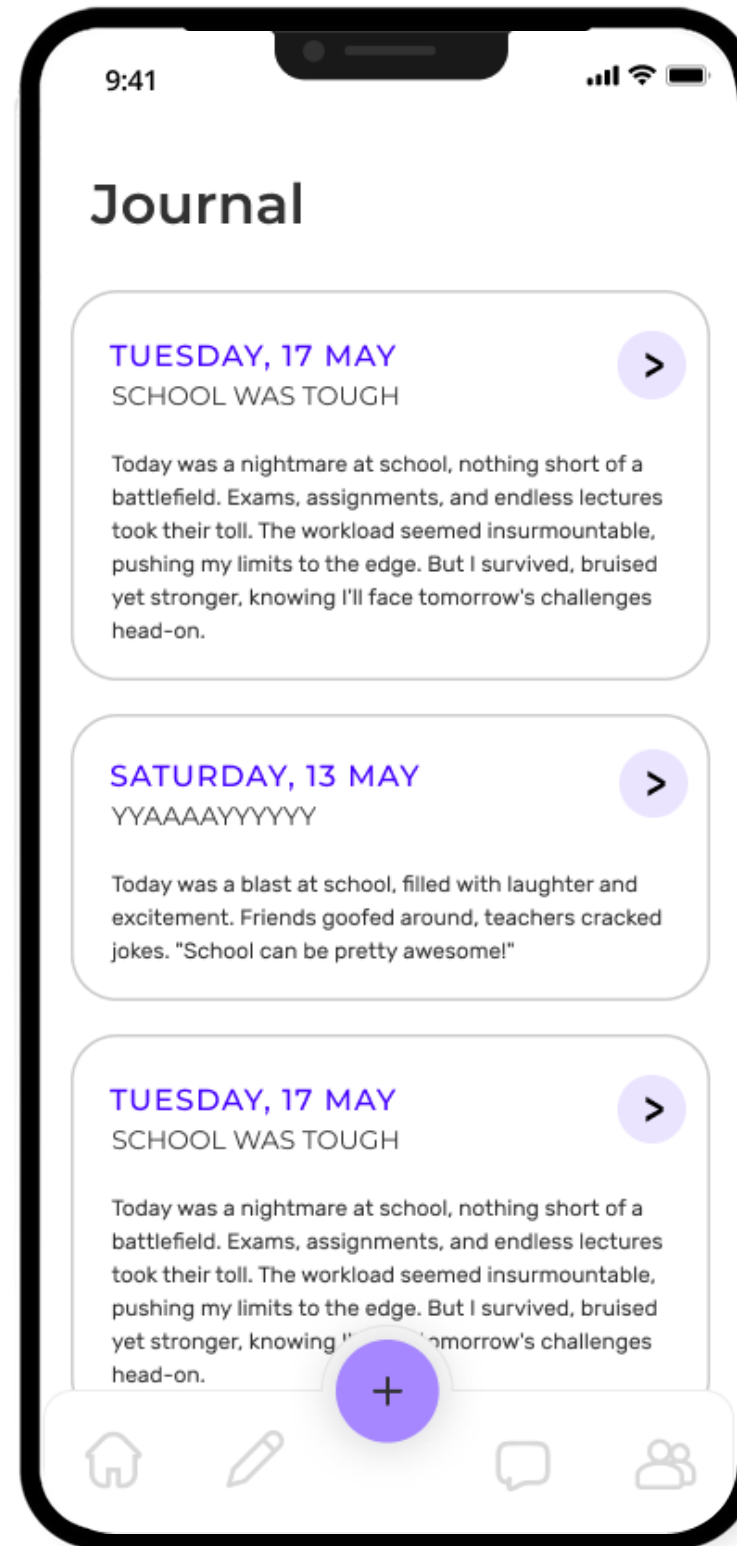
# Selfie check

At the end of answering questions system will assess the answers and tell you about your mental health or symptoms.



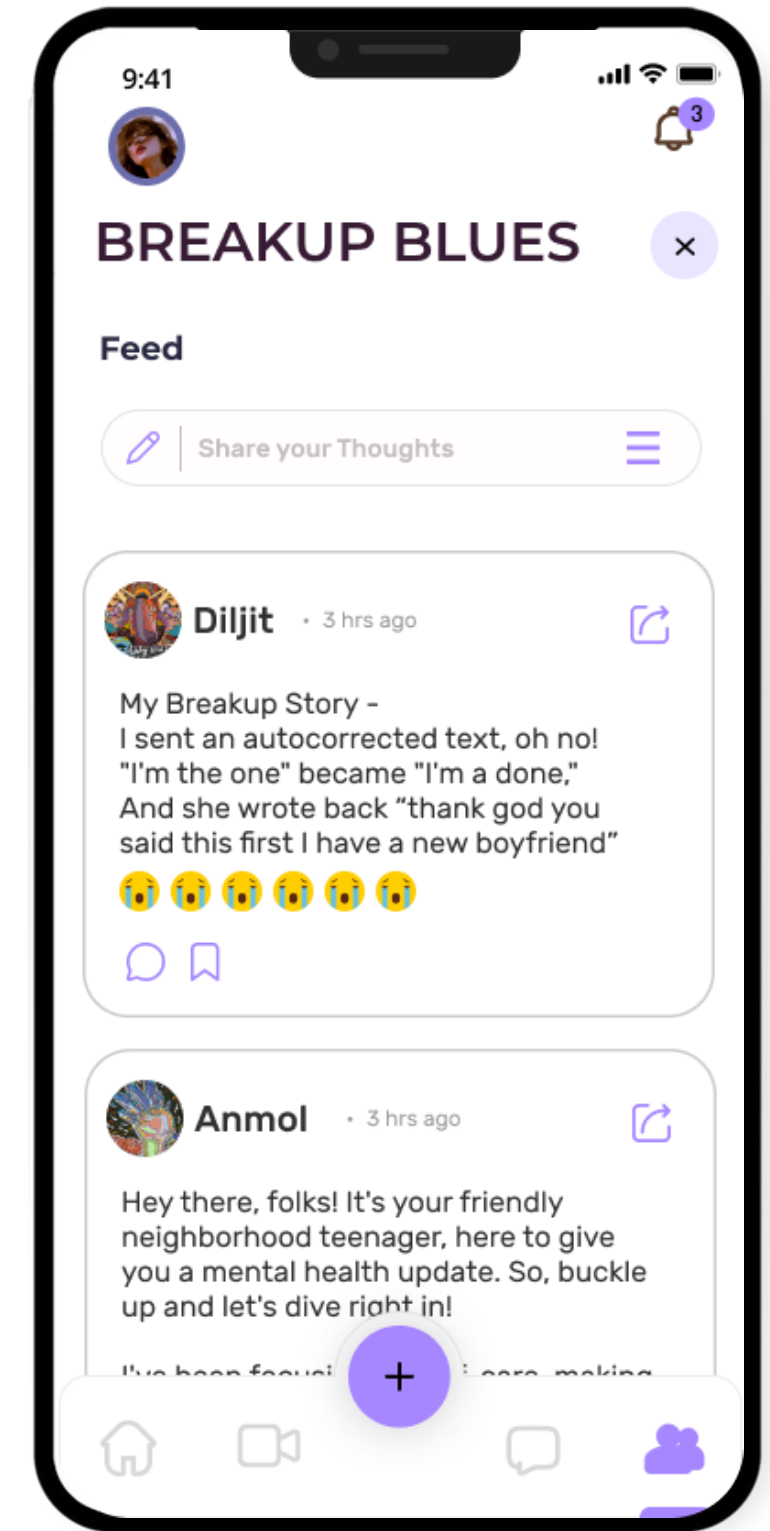
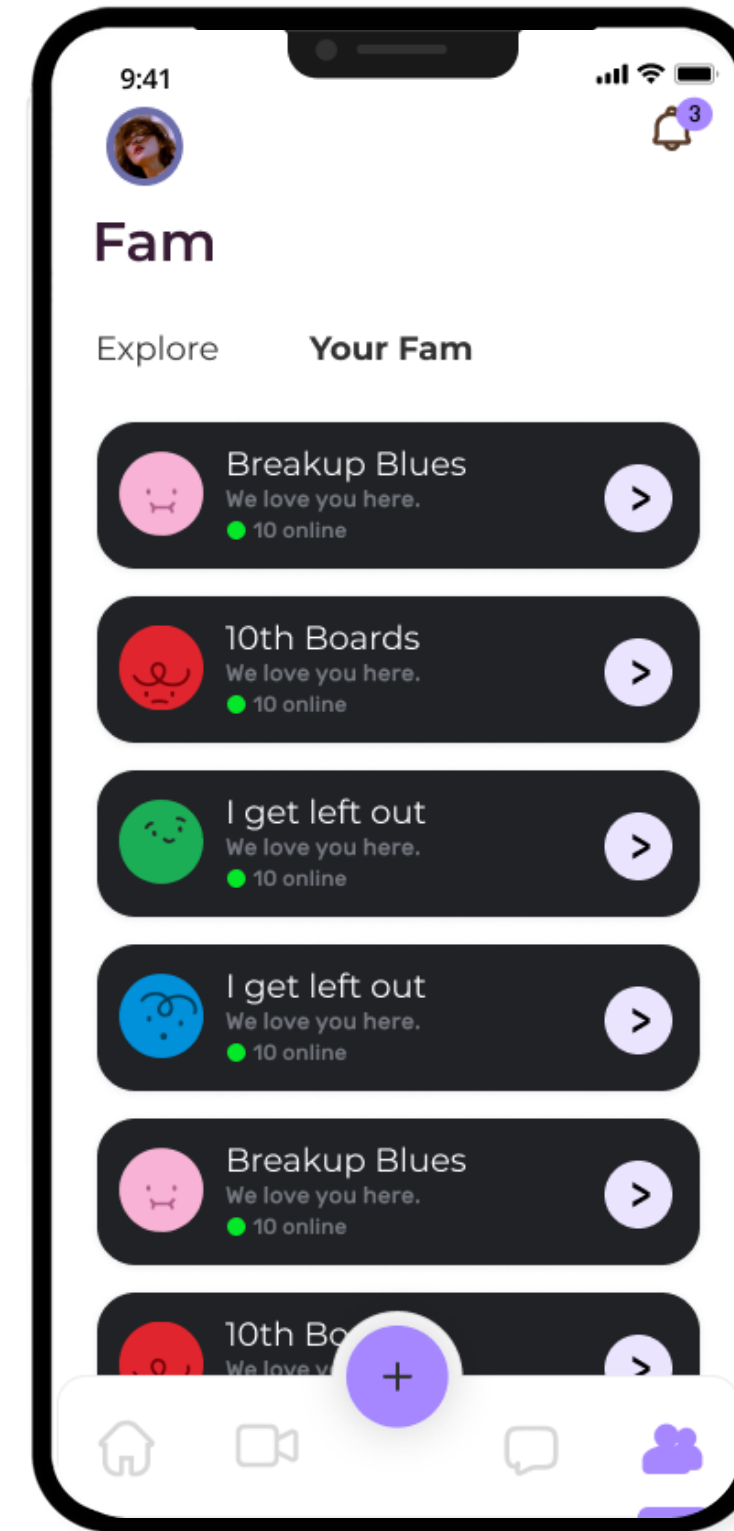
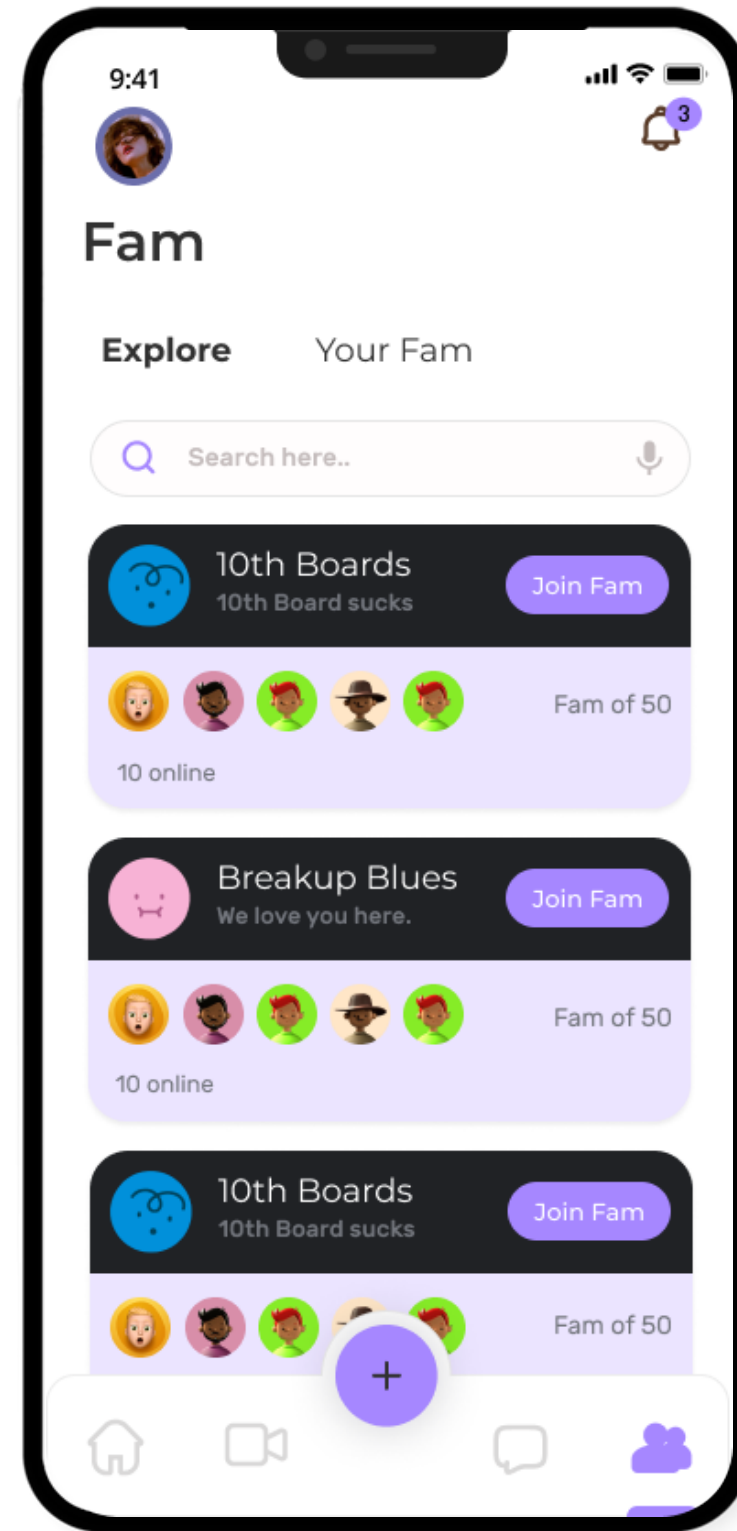
# Journal entry

Journal can be opened from either the journal button on bottom navigation or the floating button to enter a new entry

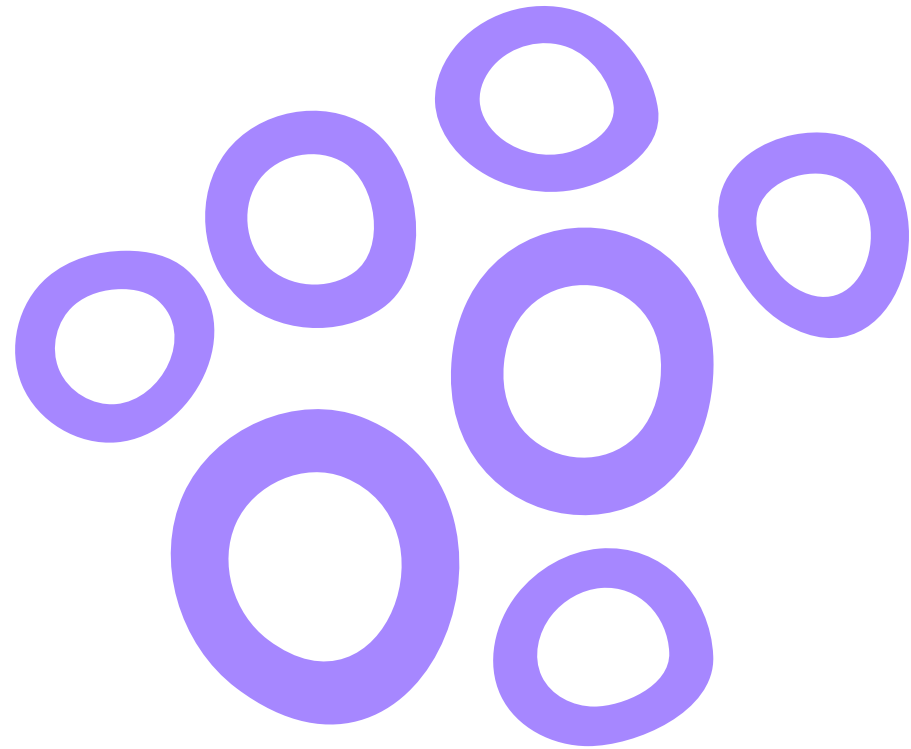


# Community

community contains the explore and already joined communities can be accessed from the home page or bottom navigation.

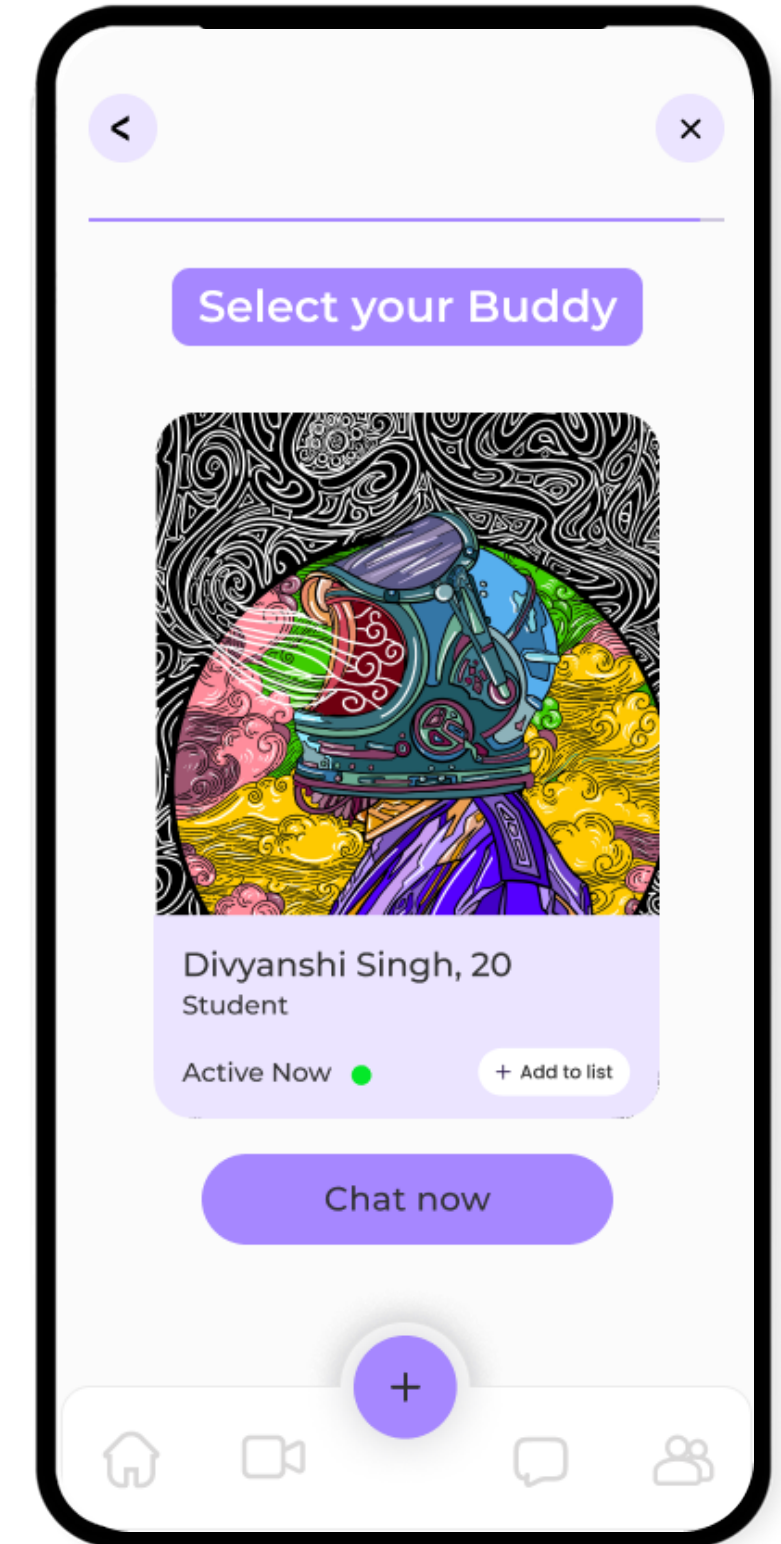
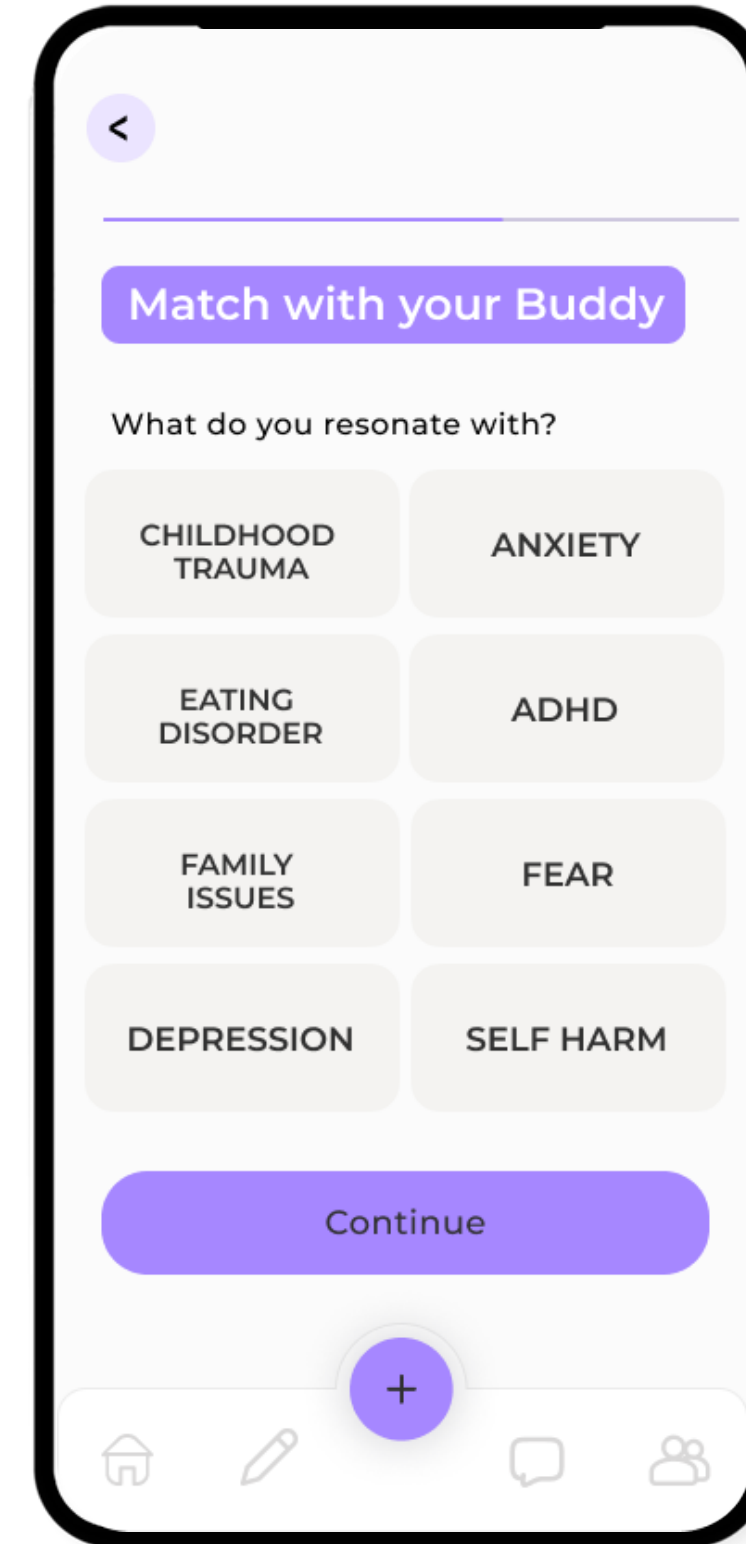
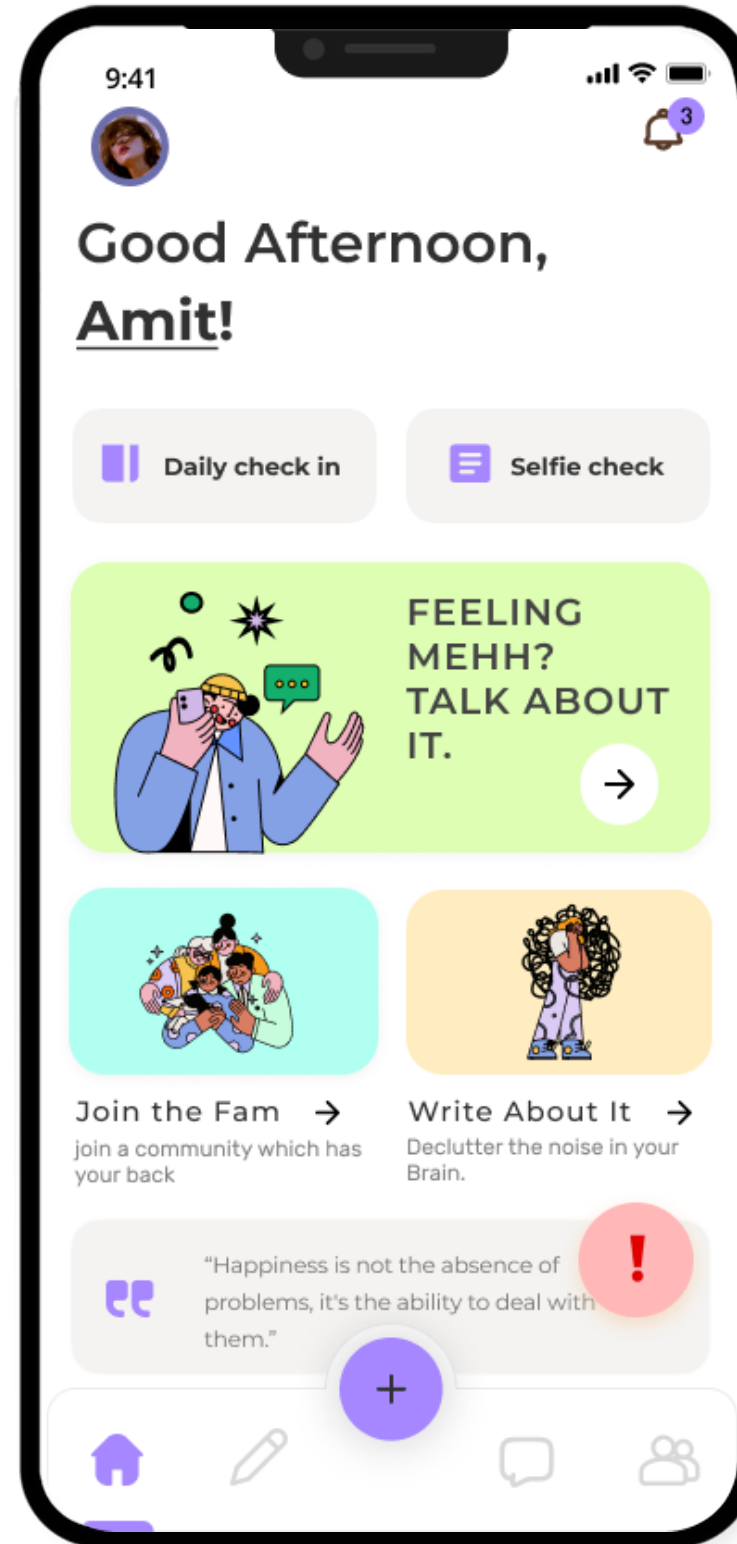


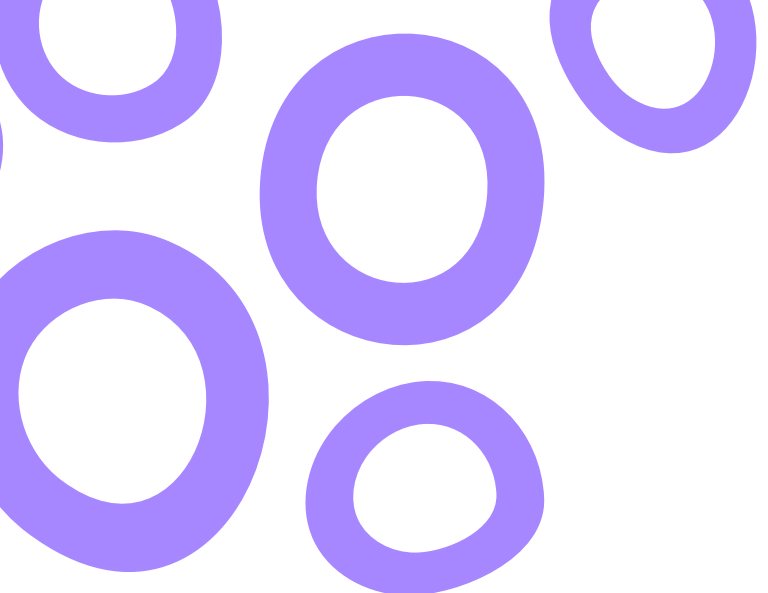




# Talk to your buddy

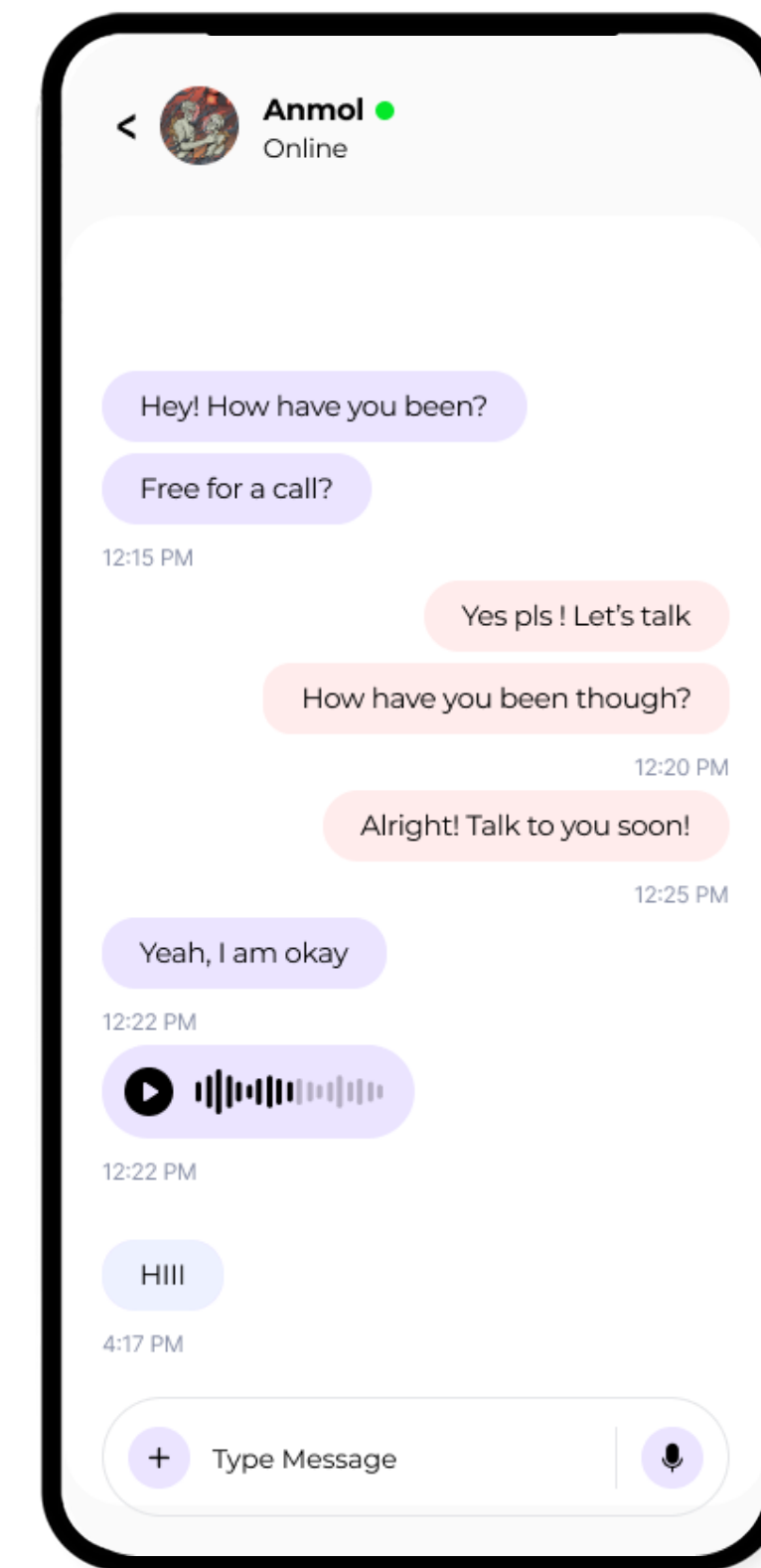
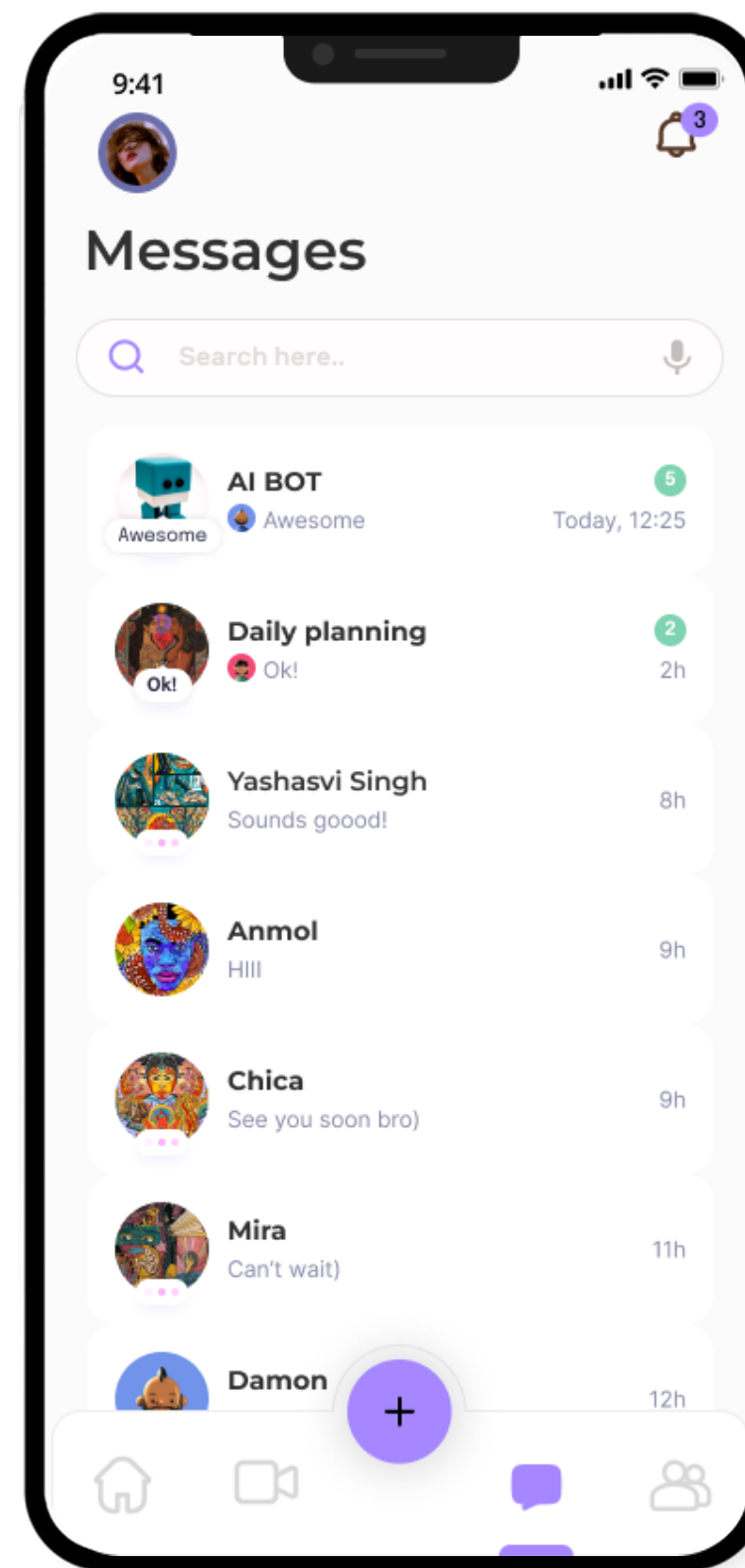
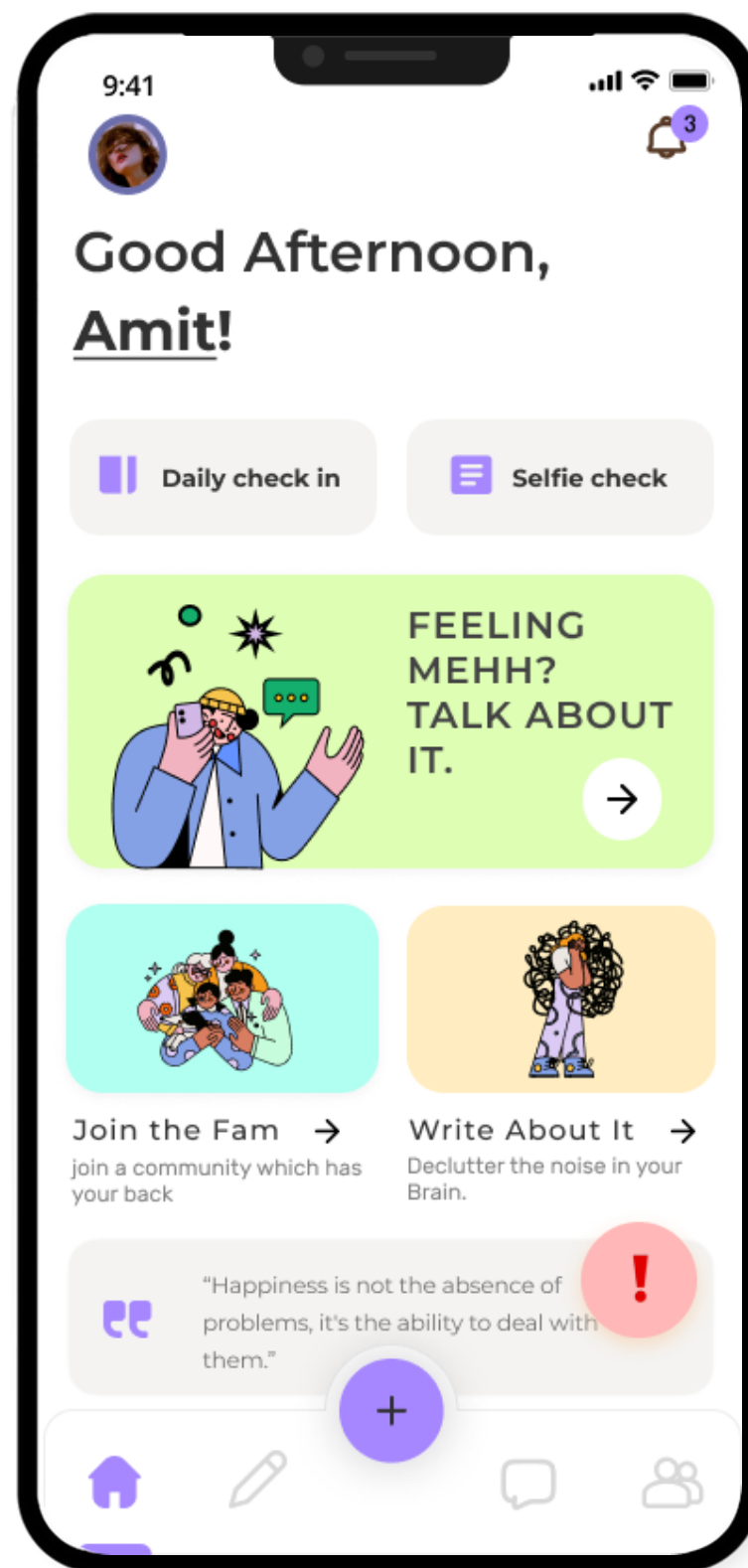
The buddy system which will be provided by us can be opened from the card option on home screen if you haven't found a buddy yet.

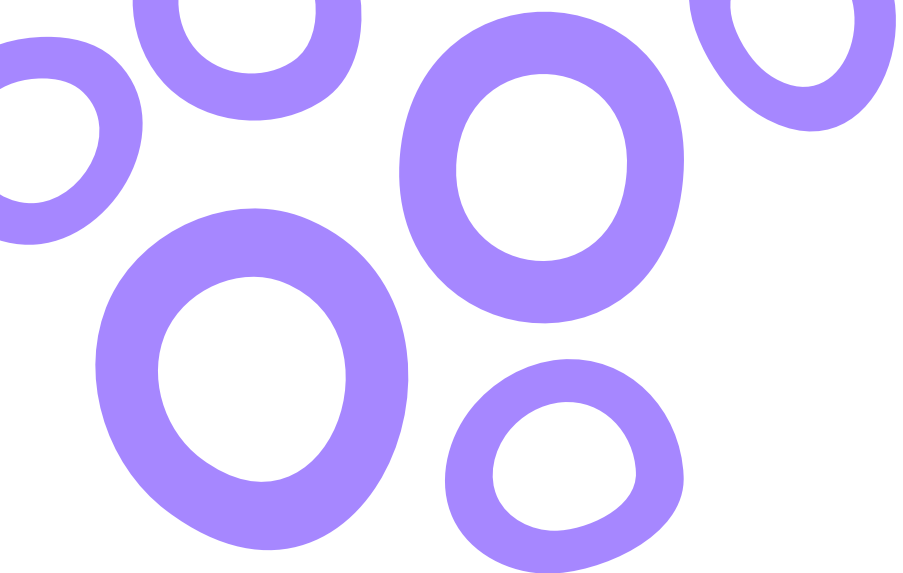




# Messages

Messages will be accessible from home screen itself.

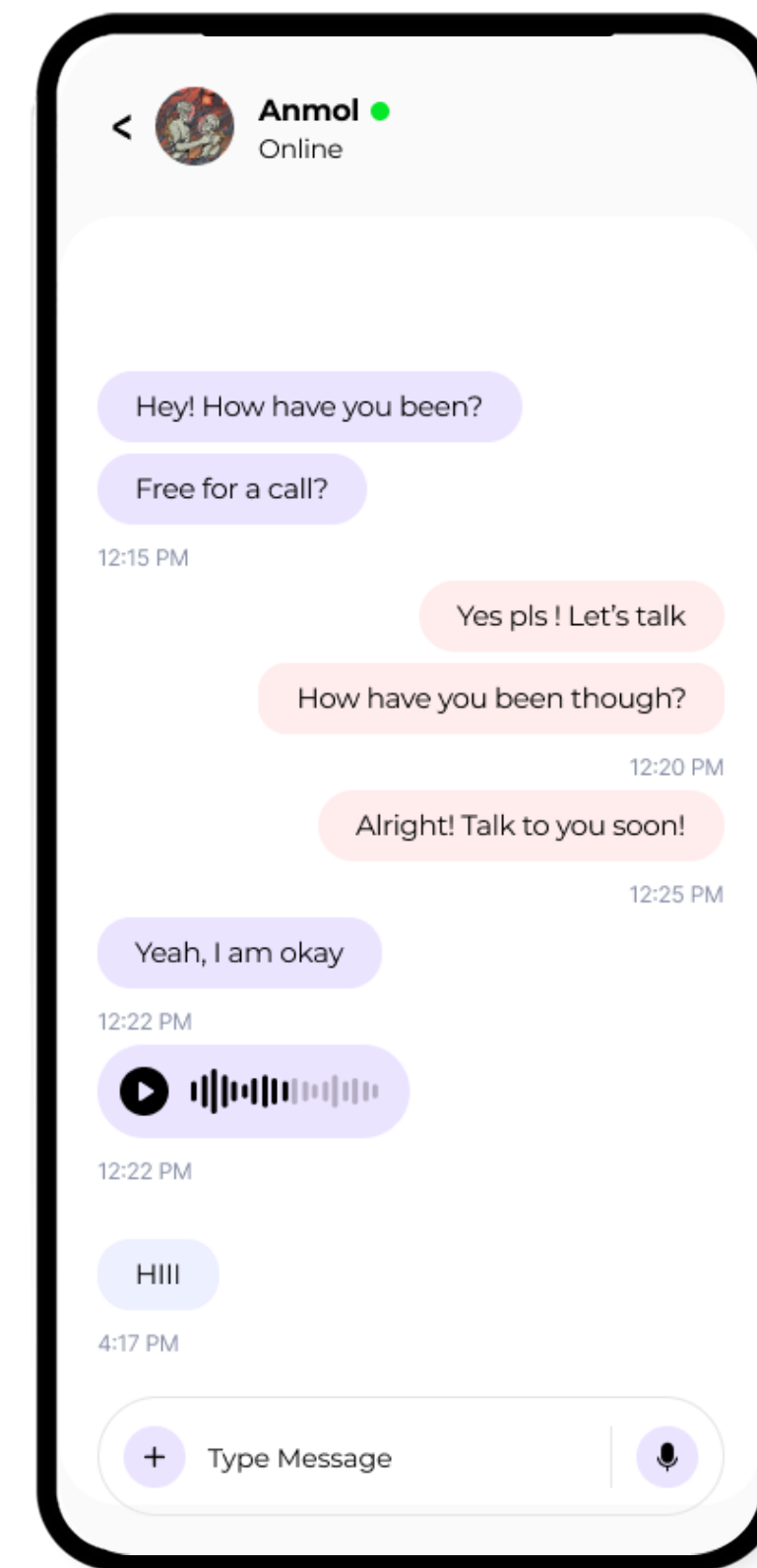
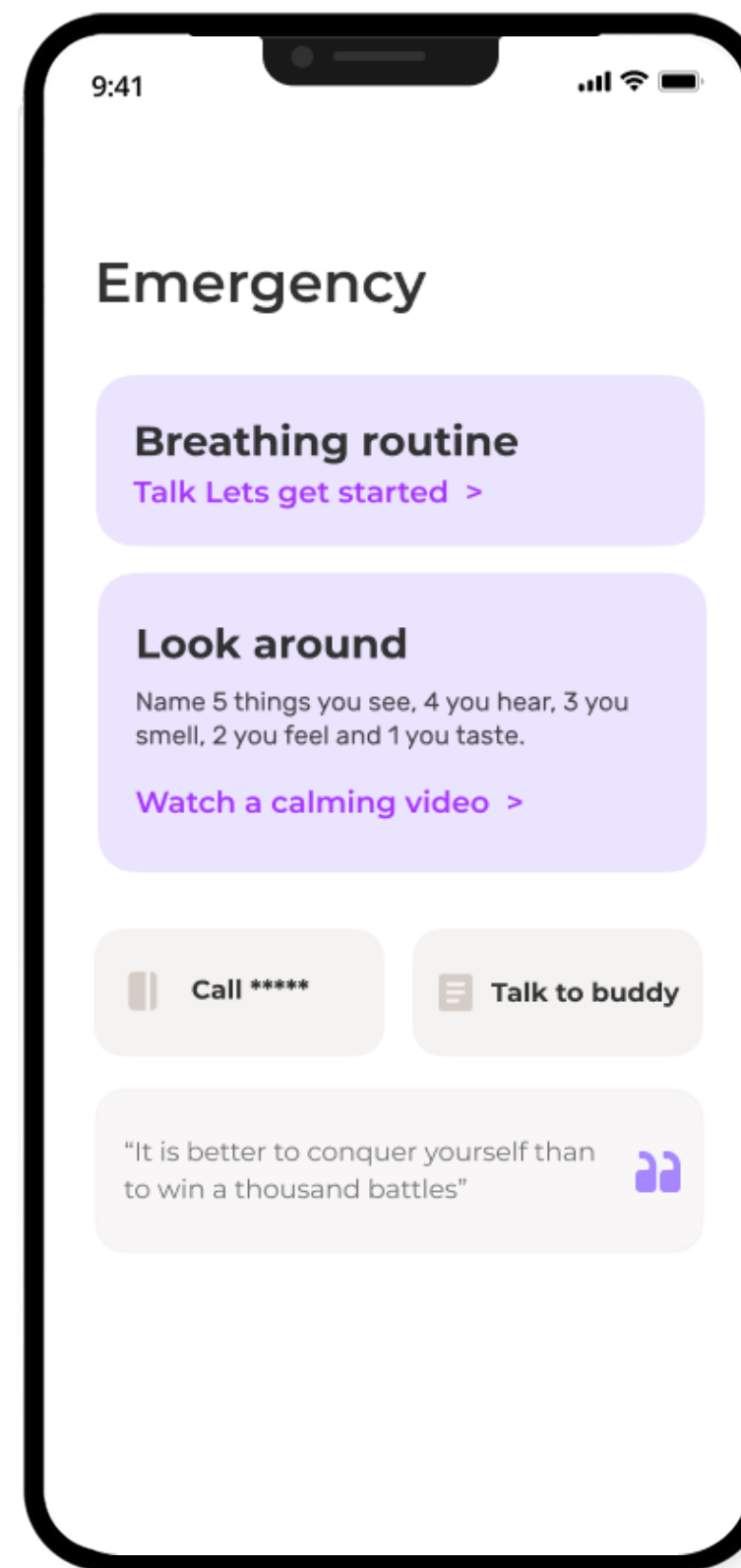
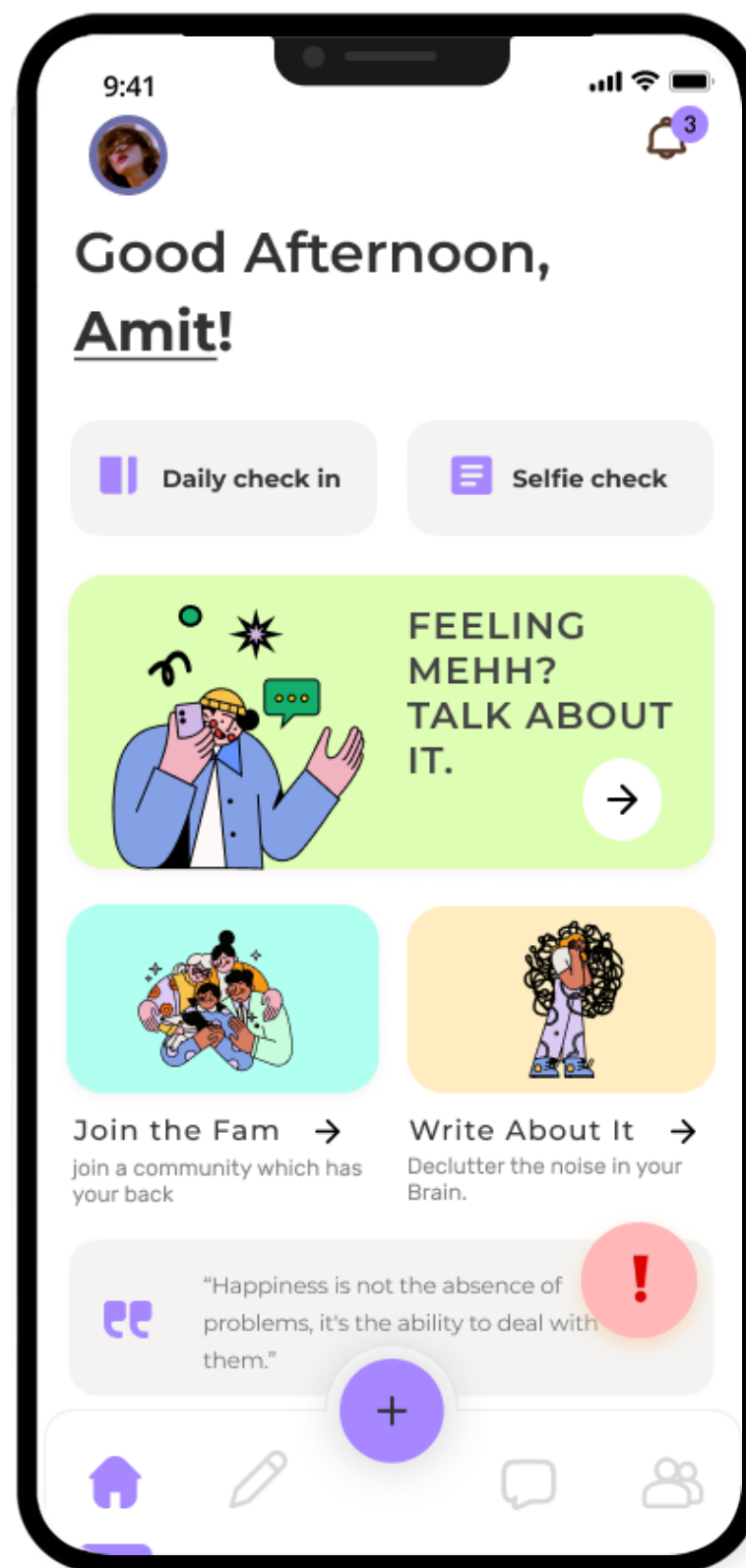




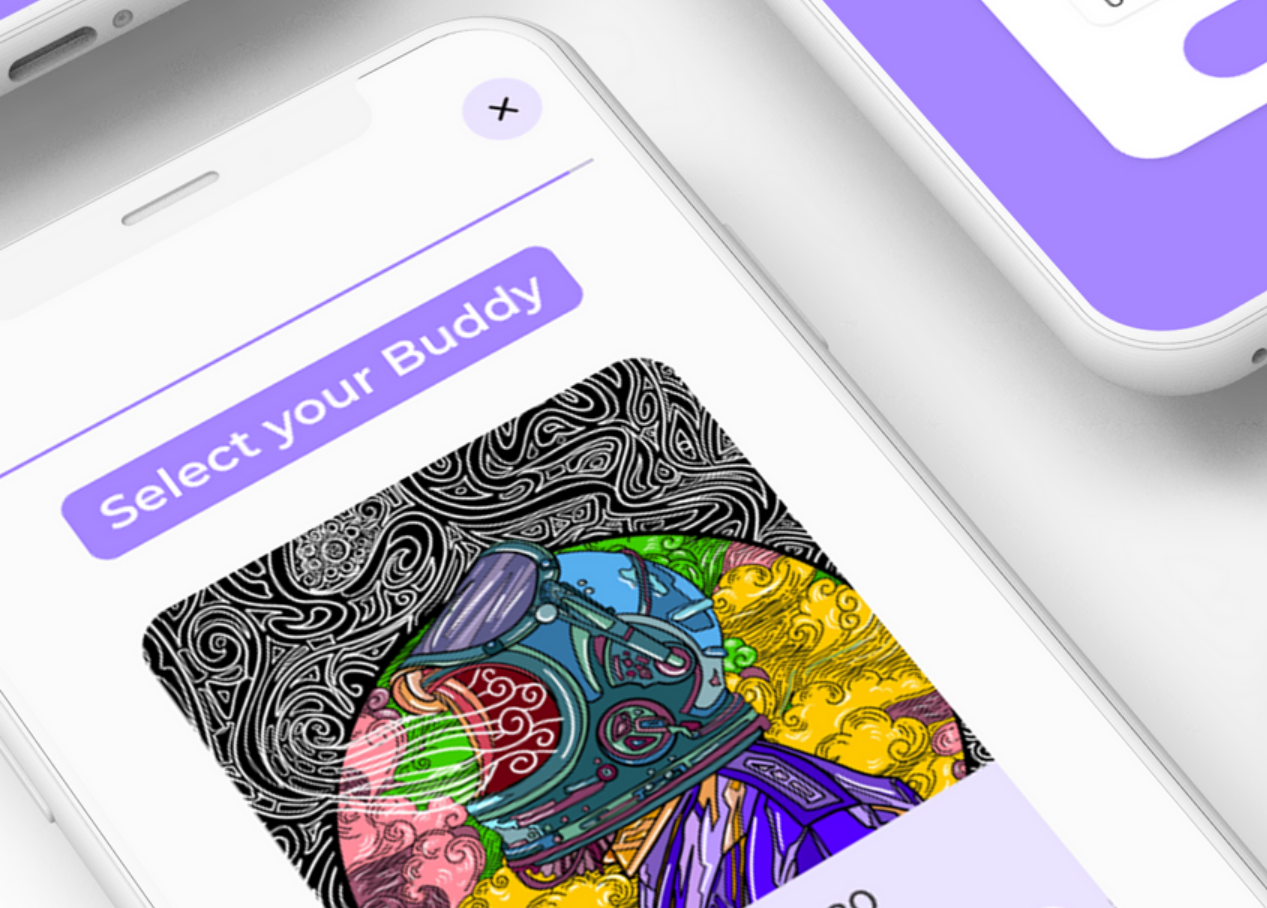
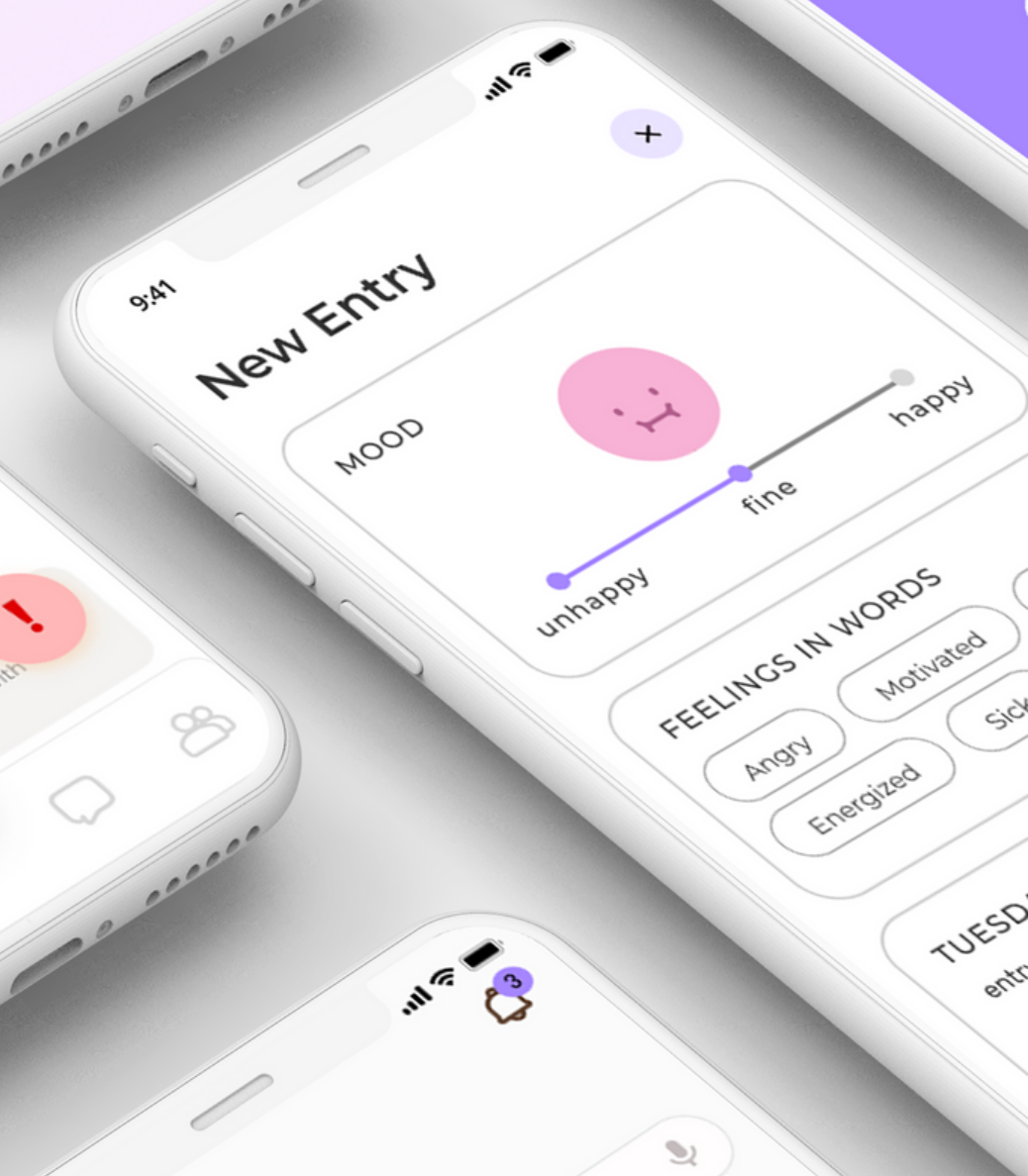
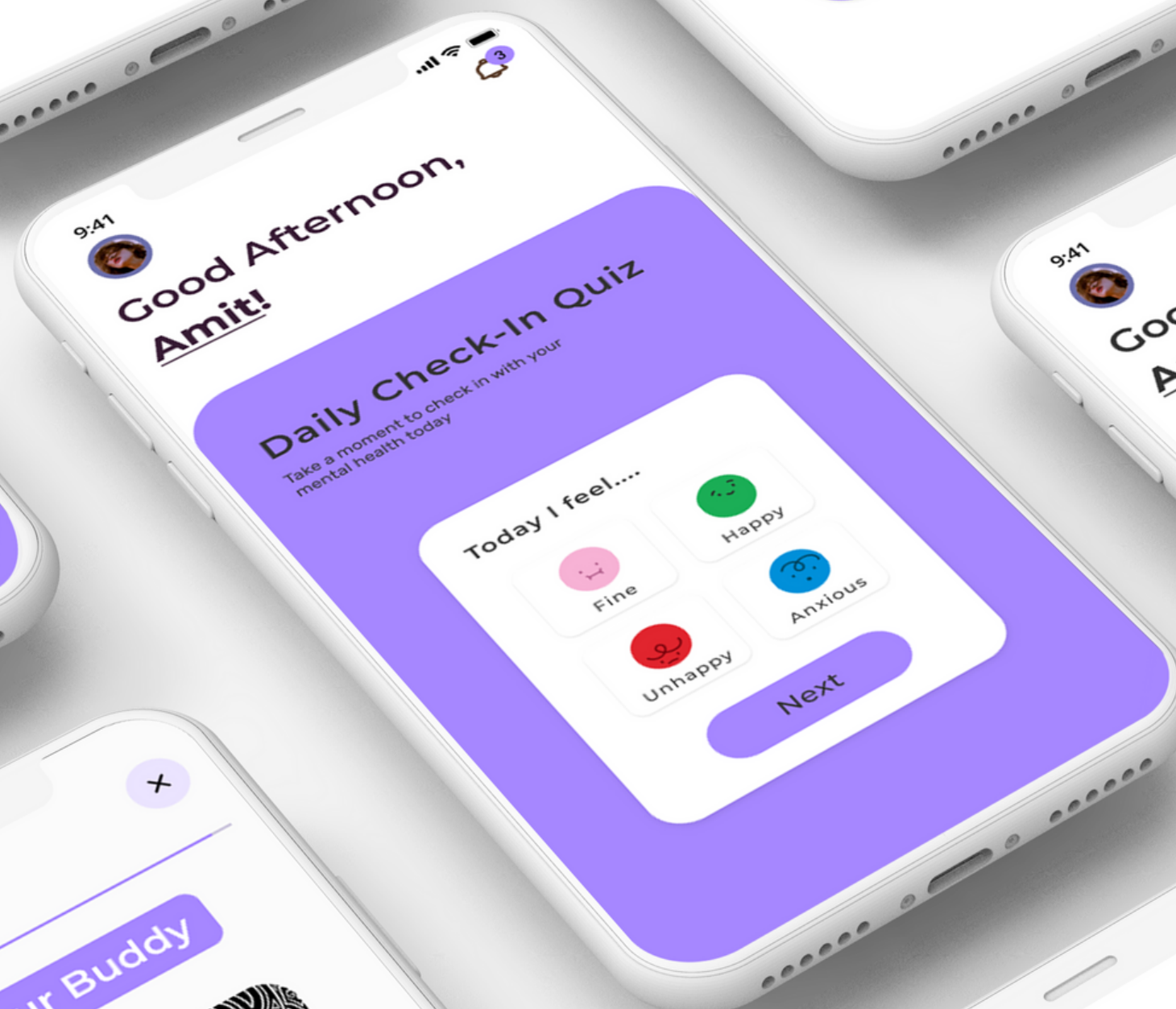
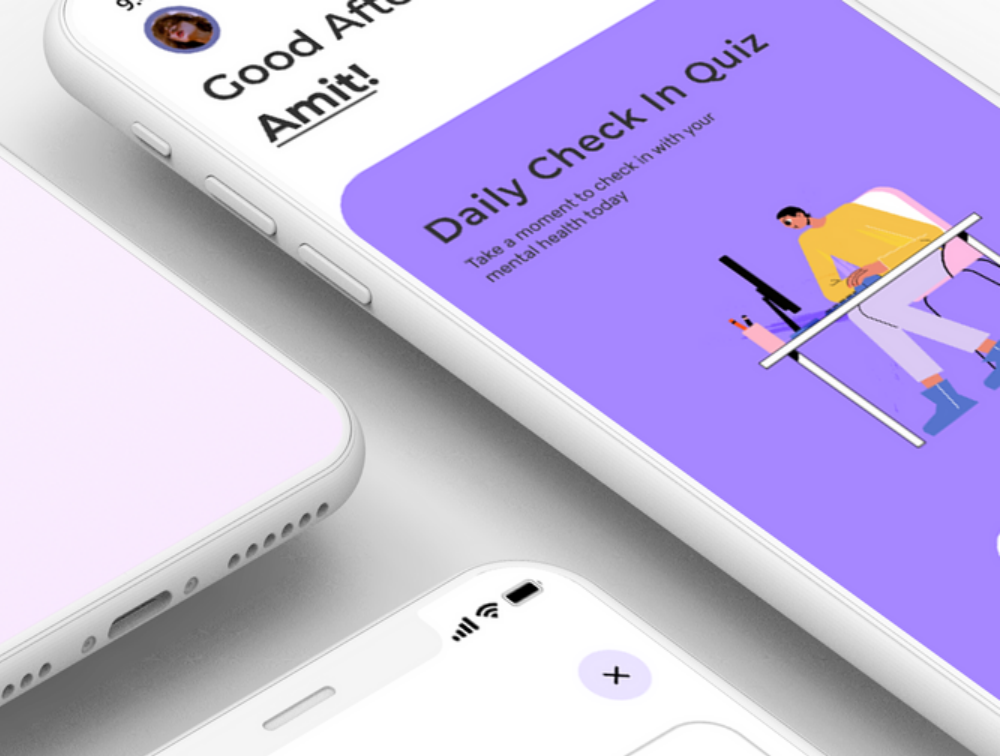
# Emergency

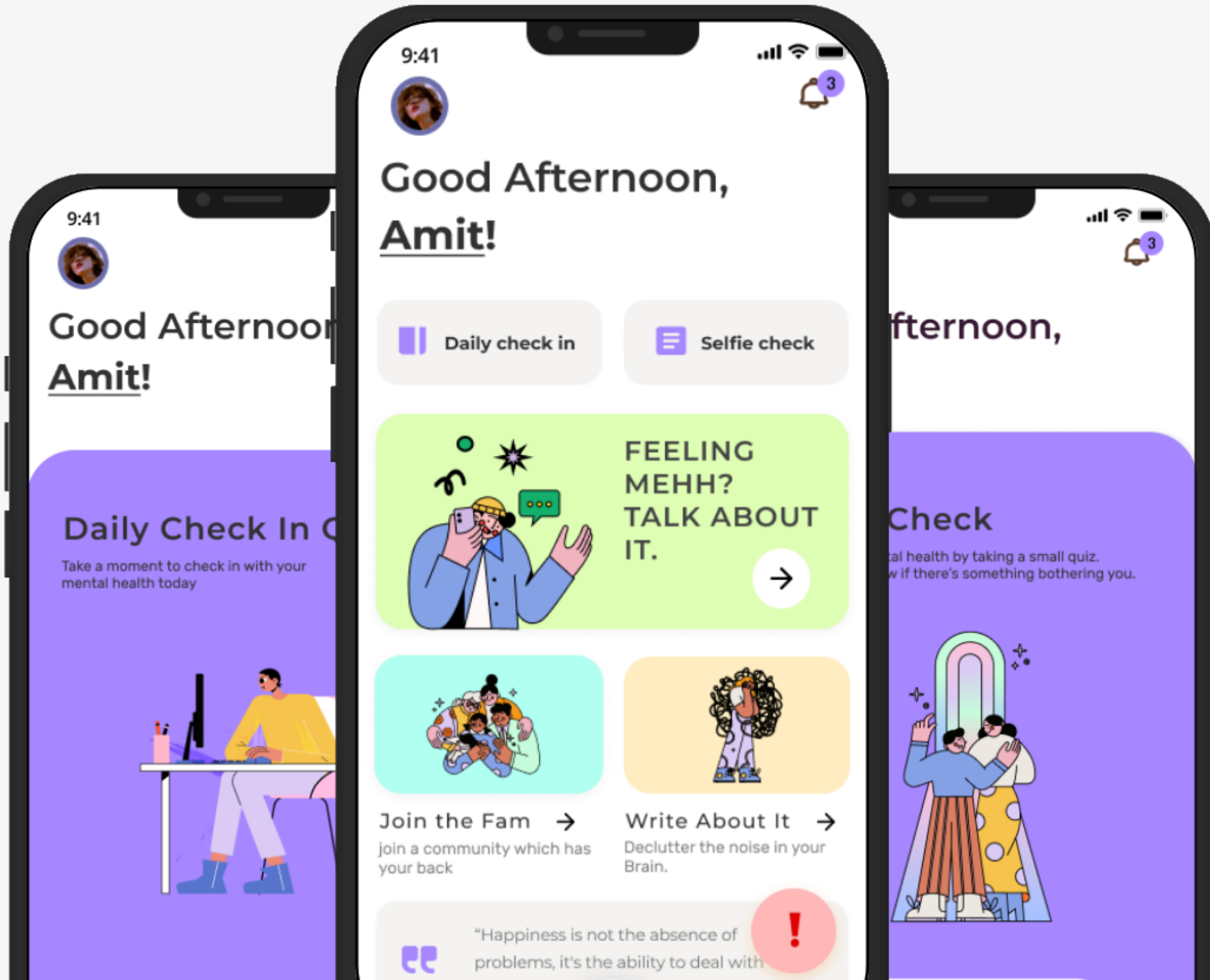
Emergency button is available on home screen it is a floating button which can be used in emergency

[Prototype link](#)



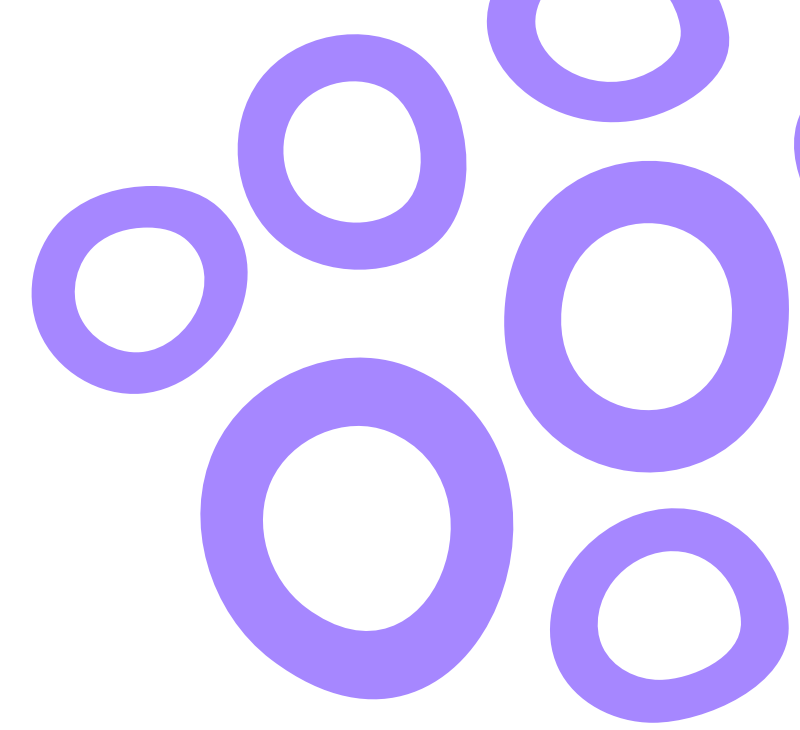






# Scope and limitation

Future scope and limitations of Psych



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## Scope

The mental health app has the potential to provide a platform for individuals to identify and understand their mental illnesses. It can offer resources, information, and self-assessment tools to assist users in recognizing their symptoms and seeking appropriate support.

## Limitations

The app's accuracy in identifying mental illnesses solely based on self-assessment tools may be limited. Self-diagnosis can be challenging, and it is crucial for users to consult qualified mental health professionals for an accurate diagnosis and treatment plan.

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