

Why is Mental Health Important?



Mental health is something we all have. Whether it is in a good state or the contrary. A person in a bad state of mental health can cause depression, anxiety and other detrimental things to the brain. College students commonly suffer greatly from a poor mental health state. From too many assignments, emotional issues or anxiety related issues, it lies between many of our peers. With poor care of mental health it can lead to lack of care on tests, minimal studying or skipping class.



This major issue will no longer be overlooked!

#ASUMENTALHEALTH

Thank you for reading!
Go Devils!

Contact Information:

Alyssa McCuiston- armccuis@asu.edu

Joseph Gutierrez- jtgutie3@asu.edu

ASU Mental Health



This brochure will discuss mental health and our solution to improving students mental health

Current Solutions



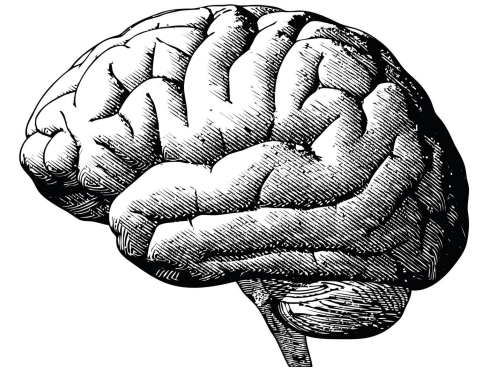
Currently ASU offers a LiveWell App that allows users to many resources to improve each others wellbeing. While this resource is great, it is not used much. Some of the controls are difficult to use and there are a few flaws in the program. There is a definite lack of marketing to it too. According to our conducted survey 93% of students that participated in our survey believed an app would be beneficial to mental health, yet 80% of students have never used the Livewell Application.

Our App



Our application will be a digital friend to the user in a way. It will check up the user periodically to make sure everything is okay. It will also offer assessments to see where the user's mental health is currently at. The app will also provide exercises, restaurants and activities to partake in to hopefully get their mind off what is stressing them out. The big difference with this app with every other mental health resource is that it will not be a burden. It will not blow up the users phones with reminders for a daily mental health check. Instead, it will offer inspirational quotes, or tips to get your mind off of school. This way the student never feels pressured to use it. It is completely at their disposal. Our goal is for the majority of the population to be aware or this resource and hopefully using it to the full extent.

Why make an app?



Our group decided to create this app for the sole purpose of attempting to make everybody's life a little better. We are all college students ourselves and stumble upon stress or other mental health issues. We wanted to create this app so other people have somewhere to go to that is easy and free to benefit their health. We noticed the resources offered currently are good but are not very user friendly. So we decided to create this application as simple as possible. This way, if anyone ever stumbles across a sad time or a stressful time they will be able to easily access this resource and hopefully find out ways to improve their mental health.