



# Sunshine

By Methodist Girls' School

A ray of hope when you need help

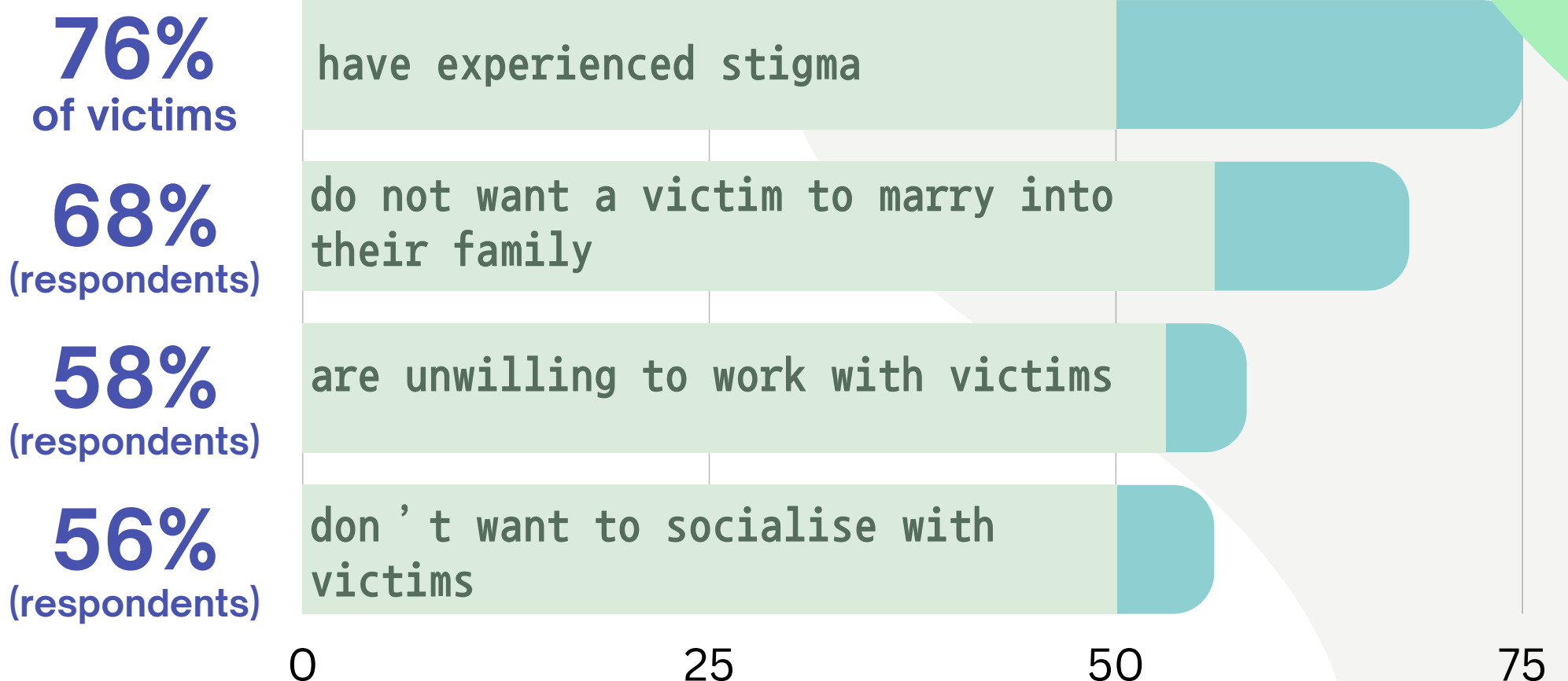
## What is our project about?

People who are curious about mental disorders (friends of those who have disorders and the victims themselves) may be at a loss as to what they can do to help.

Sadly, many do not have sufficient knowledge to aid their friends/ themselves, leading to a sense of helplessness. Moreover, people with mental health disorders are often stigmatised due to the various stereotypes surrounding them.

On the sub-theme of mental wellness, we have developed an app - a one-stop platform for mental health support.

## Why the issue we're trying to solve is so important:



Sample size: 150

## Rationale of our app



We aim to educate everyone on the conditions that they/their friends may face, as well as teach them how to better help themselves/their friends. Simultaneously, the stigmatisation of mental health conditions will be reduced as more and more people are aware of the struggles faced by victims!

Anyone willing to know more about mental health disorders!

## Our target audience



## Details of our app



It contains many resources such as:

1. Mental health hotlines
2. Tips on how users could help themselves/friends/children
3. Encouragement
4. Help and support — hotlines of organisations
5. Health — symptoms of various disorders + possible ways to help

# App interface

*It's the 1st comprehensive app compiling resources in one place, and includes elements to uplift the user!*

Home page

**Hello!**  
You have 0 daily tasks left.

**How are you feeling today?**

Not so good \_\_\_\_\_ Great!

**How can we help you?**

- Need tips & advice?
- Need some encouragement?
- Make a call

Home Tips Encourage Support Health

**Tips**

**How to help friends**

- Listen patiently to what they're saying
- Don't judge them
- Call a trusted adult/the hotlines under the support tab (if medical attention is required)

**How to help your child**

- Assure and reaffirm your child
- Encourage them and do not force things onto them
- Sit down with your child and talk about it; try not to interrupt them. Sometimes your child may not be looking for advice

Home Tips Encourage Support Health

**Health**

Search

- Anxiety Disorders
- Bipolar Disorder
- Post-Traumatic Stress Disorder
- Addiction
- Depression

Home Tips Encourage Support Health

Scan for video demonstration





**Proudly presented to you by:**

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