

Name: Ozomata Precious Onize

School: Nigeria-Korea Model School

Class: Jss3

Topic: If I could invent something new

The world today is all about artificial intelligence, all about making life easier and creating equipment to improve our lives. So many people are doing their utmost best to do this in the most surprising way.

There are a lot of people living with mental health issues, such as depression, anxiety, Borderline personality disorder etc. In 2019, the estimated value of people living with these disorders were 970 million.

And with this, if I could invent something new, I would create a mobile app that helps to reduce and manage mental health issues.

This app would have the following features:

1. Mood Tracker: The app should be able to track the users mood and also give emojis that show their mood.
2. Resource Library: The user should be able to get books, video and reels to help calm them and find more about their problems.
3. Community Forum: The app would have a group of people that support them and is headed by a professional medical doctor.
4. Professional Directory: It will be able to help the user reach counselors, therapist etc.
5. Emergency Resources: It will have quick access to crisis hotlines and emergency services.
6. Personalized Recommendations: It will have AI-driven suggestions for resources, coping tools, and community connections based on user behavior and preferences.

It will be able reach these goals:

1. Provide accessible mental health resources and support: It will offer accessible articles, videos and a guide that would help the user manage their mental health.
2. Foster a supportive community and reduce feelings of loneliness: It will create a supportive community that has people with something similar to reduce the feeling of loneliness and increases the feeling of belonging.

3. Encourage self-care and coping skills development : It will provide activities that help in healthcare guidelines, stress relief and emotional management.
4. Connect users with professional help when needed: The app would create a setting in which users would be able to meet with professional mental health bodies any and every time needed.

The design would be:

1. Calming color scheme and user-friendly interface: This means the design uses soothing colors that create a peaceful atmosphere, making the user feel relaxed and comfortable.
2. Customizable dashboard for personalized experiences: This design allows users to tailor their home screen to suit their individual needs and preferences.
3. Emotive and inclusive illustrations throughout the app: These designs aim to evoke emotions and create a sense of connection with the user.

These are the ways by which this app would be able to reach a wider audience:

1. Personalization
2. Notifications
3. Community building
4. Collaborations
5. Feedback mechanisms
6. Incentives
7. Social sharing

In conclusion, this app is made to fight against mental health issues by providing a healthy environment, easily accessible resources, supportive groups etc. By accepting and including AI-driven ideas and a collaborative partnership, we can nurture a life of understanding and empathy.