

CALMIFY

Iyyad and Ilham

Please upload a high-quality, well-lit headshot against a plain background for each of your team members.



OVERVIEW

- **App Name:** (Calmify)
- **App Description:** (An app that contains games to entertain you while you're down and give compliments whenever you're needing it.)
- **Track:** (Youth Team)
- **Category:** (Mental Health)



THEME

In 100 words or less, describe the problem that you chose to address, and why you were interested in solving it. Please note that this portion of your submission will be published if you are selected as a finalist or winner.

Mental health illnesses are increasing vastly due to the pressures of social media, bullying, work, and many other factors. We created a mental health app to help people. It offers support, resources and encouragement making a positive impact on those in need. Together, we can overcome challenges and build a healthier, happier world.



INSTRUCTIONS

Please provide step-by-step instructions for using your app, along with high-quality screenshots of the app. Feel free to add as many slides as needed.



Step 1: (Press enter)



Step 2: (Click on one of the emojis)



Step 3: (Write down your thoughts)



INSTRUCTIONS



Step 4: (Press the GENERATE button to generate random compliments)



Step 5: (Press Game and press the Pop the Balloon games)



Step 6: (Press Start to play!)



LIMITATIONS

In 100 words or less, describe the limitations of your app and what people should carefully consider when using it.

The mental health care app, with its many features like games, a compliment generator, a diary, and a feeling page, does have certain limitations. While the games provide momentary distraction, they may not directly address underlying mental health issues. The random compliment generator, while uplifting, lacks personalization support. The diary offers a space for self-expression but lacks professional feedback. Additionally, the feeling page may oversimplify complex emotions. Users must be aware that the app complements professional care but does not replace it. Seeking guidance from mental health experts ensures a more comprehensive and effective approach to emotional well-being.



ACKNOWLEDGEMENTS

Please list the names of anyone who helped you with developing your app, and describe what type of help they provided.

- lyyad: (Uploading assets, programmed the games, compliment generator.)
- lyyazi: (Uploading assets, interface design, programmed the diary)

