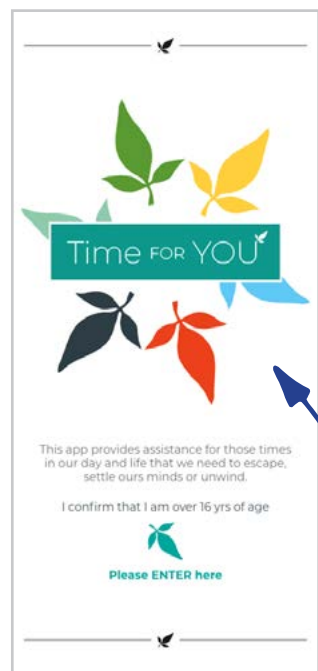


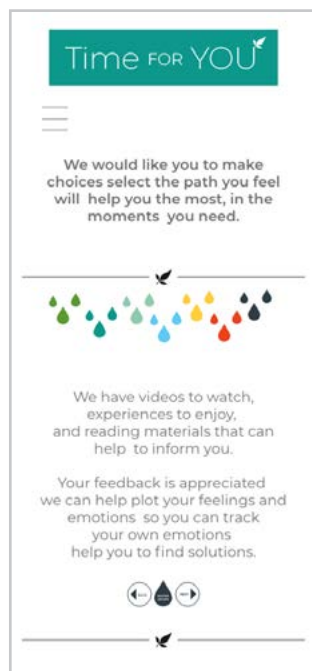
# Time for YOU - App flow and annotations

## LANDING PAGE

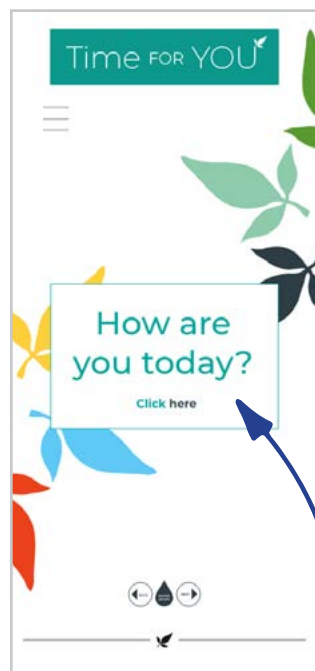


The brand opens with all the colours and the logo, selected via a survey. Age appropriate warning could be a legal requirement, as we are talking about mental health.

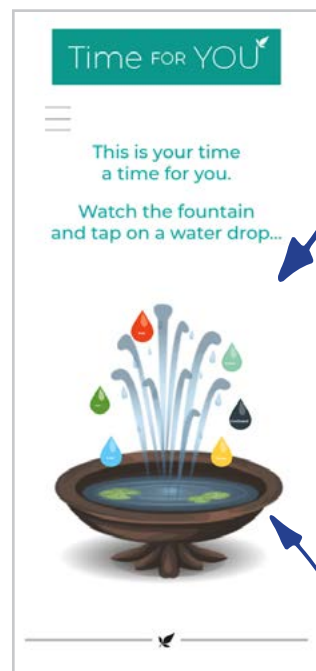
## INTRO PAGE



Enter the site and we come to the introduction of what the app is about and what peoples expectations can be.

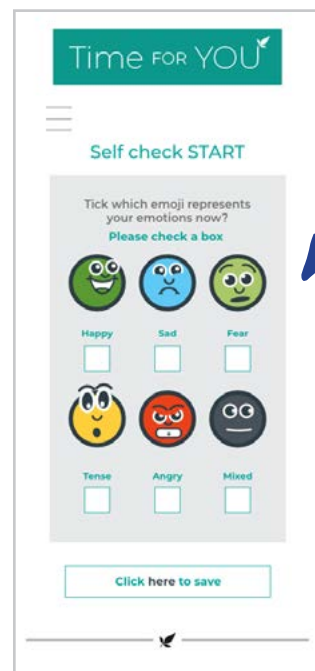


Let's get started. Emotions and feelings lead our mental health, take time out and have a space to interact with an app that can ask you to reflect, an important part of our lives that we don't acknowledge.



The key element of the app, the fountain of knowledge. I would hope to have this as a AR design with the sounds of water, where people can make a selection from the fountain of how they feel.

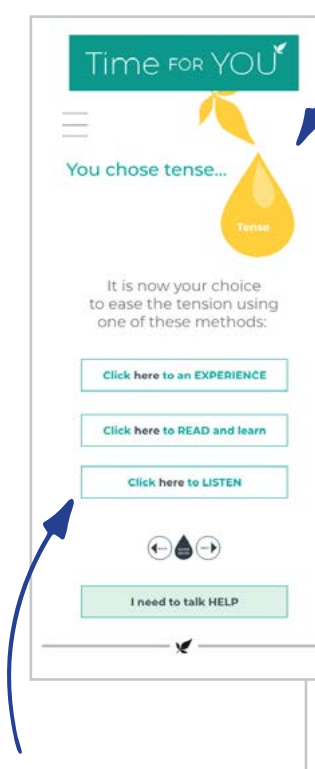
The hope is that this can be created in AR, to give that experience from the app not just delivery.



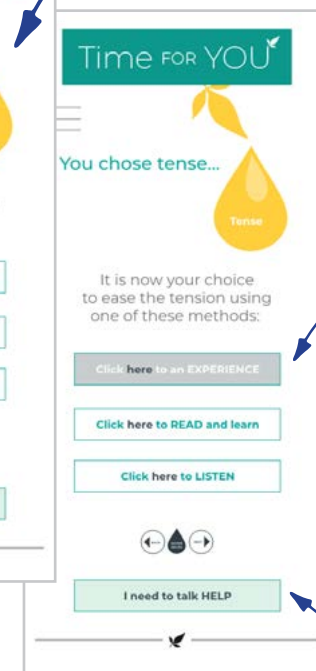
The language of the emoji is universal, we can identify with emotions and feeling through a common language and our phones and text language are part of the common lexicon.

The choice for the colours I have researched, and have not gone for the obvious choices so people have to decide and really think about how they feel, so self identify starts the journey.

## SECTION PAGE START



The choice is made and we flow into the pathways for that feeling. Offering a variety of information and escapes to suit all kinds of people, learning comes in many forms and to learn about yourself in a way you choice reinforces the power of the app to assist you.

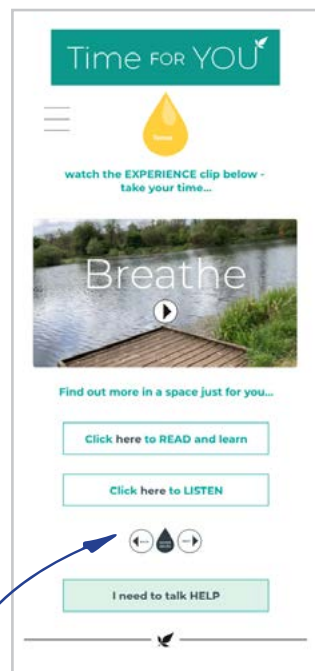


Once we get into the feelings selection, then we have the HELP box on every page. As we do not know the motivation for the app usage it is sensible to involve outside partners to provide urgent assistance.

Feeling choice clearly at the top of the page

Mouse down state change on the button

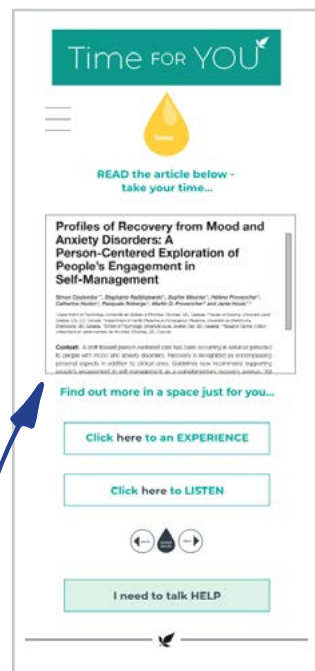
## SECTION PAGE EXPERIENCE



Buttons for water drops choice, back and forward

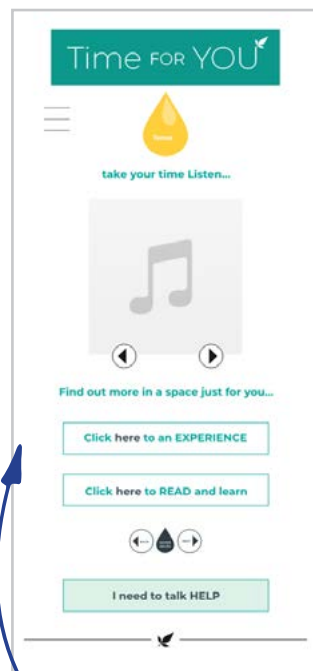
By clicking the experience button you get a tailored video, with participation, you follow the video instructions, play again and again reflect, and then chose another pathway

## SECTION PAGE READ

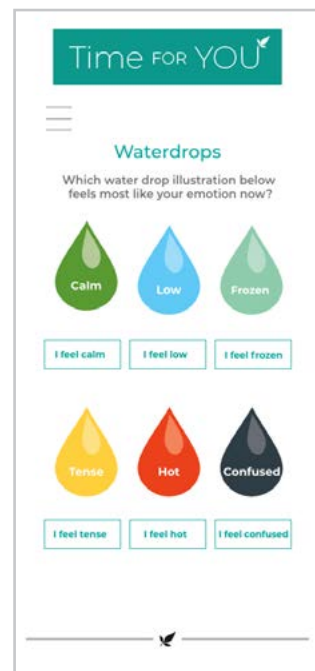


Embedded article and science reports to provide insight into mental health topics; articles could link out to Medium, university press, and psychology experts

## SECTION PAGE LISTEN

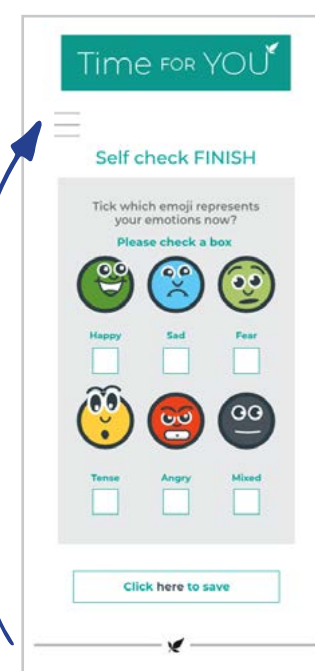


Some people react well to musical choices. These can be natural sounds, classical, country and spoken word... A variety of music should be explored and not just 'whale music'! Also we could use a sign up tab for virtual therapy contact for example hypnotherapy



This page can be accessed from each section page; the water drop button at the bottom of the screen. This method can allow for a change of mood and tone. While they travel through the app.

## LAST PAGE



The navigation drop down menu at the top of the app can get you to key sections. When you need to finish your time on the app you can feedback on how you feel after the experience.

The data captured at this point can be useful for tailoring app content, and for building a profile of the user experience without having to do a full on survey. The use of the quick emoji expression can quickly give information that could be lost if not captured at the time.



Partner organizations can feature within the app. I think this would show a level of ongoing responsibility to allow users to have at their fingertips a way of helping themselves in that moment.