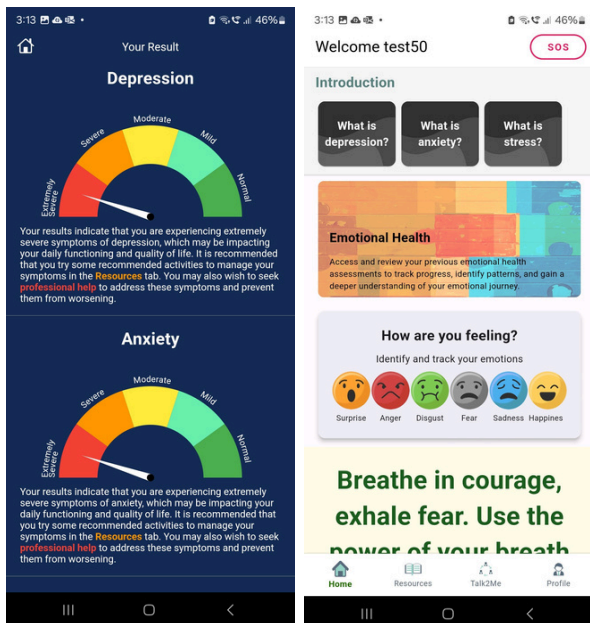


MINDHAVEN MENTAL HEALTH MOBILE APPLICATION BY ALEXIUS CHEANG

AT A GLANCE

MindHaven is a mobile app designed to help university students manage their mental health by providing an accessible, evidence-based, and comprehensive digital solution. The app integrates assessments, self-help interventions, peer support, and access to professional counseling, all in one seamless user experience.



CHALLENGES

University students often face barriers to mental health care, such as financial constraints, limited access to mental health professionals, and the stigma associated with seeking help. Without accessible and affordable mental health solutions, many students may continue to struggle with their mental health without receiving the necessary support.

THE INNOVATION

MindHaven's innovation lies in its three-tiered support system, starting with psychoeducation, using a screening tool to help students understand their mental state, and offering tailored, evidence-based self-help interventions. The second tier promotes peer support, while the third tier provides access to professional counselors, enabling students to seek expert help directly through the app. MindHaven's modular architecture can include additional mental health components, ensuring continued evolution to meet emerging needs and incorporate new evidence-based practices.

THE OPPORTUNITY

MindHaven presents a significant opportunity to democratize access to mental health care for university students. By aggregating costs across universities, the app breaks down financial barriers and makes mental health care accessible to all students, regardless of location or socioeconomic status.

