

Tech4wellness

Methodology

Mental Health Community in Schools: Create a supportive school community that promotes mental health awareness and empowers students to take action.

Assess the Current Situation:

Conducted surveys to identify students' emotional concerns and community needs.



Instagram Channel Creation:



Launched an Instagram channel with student-made videos sharing strategies, impact on their lives, and even personal experiences.

Emotional Management Games:

Designed emotional management games and quizzes for students.



Virtual Chat Bot:

Since many teens find it hard to share their emotions, we plan to create a virtual ChatBot that acts like an empathetic therapist, offering emotional support, guidance, and helpful strategies through a safe and private chat.



Community Presentation:

Once the project was completed, we presented the resources to the educational community for their use.

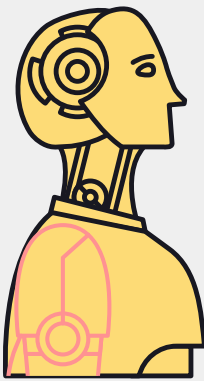


Our proposal is to implement similar projects in schools to meet the real needs of children and adolescents, empowering students to create a supportive community and platform for youth, by youth



Brainstorming Solutions:

Brainstormed creative, tech-based solutions to promote mental health awareness.



Podcast Development:

Building on our ideas, we explored launching a Spotify channel to host podcasts focused on mental health topics.



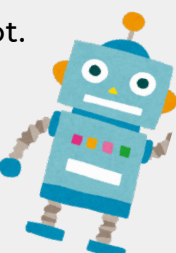
Family Support Blogs:

Our surveys revealed that family plays a crucial role in supporting students. Consequently, we created blogs on different topics of interest to help parents support their children.



Early Emotional Awareness:

During our problem analysis, we recognized the importance of addressing emotions from a young age, which led to the idea of creating a Lego Spike robot called Emocibot. Using sensors, Emocibot detects a child's emotional state through color and suggests activities to help them. We also built two additional robots for entertainment and a dog robot.



Final Survey:

We conducted a follow-up survey to evaluate the project's impact, and the results were highly positive. Participants considered it a valuable tool that greatly improved their mental health.

