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Refer to instructions on how to make a copy of the presentation template on the Appathon website: <https://appathon.appinventor.mit.edu/#:~:text=Presentation%20Information>

MENTAL HEALTH

khadija hesham elsayed mohamed taha ibrahim

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



OVERVIEW

- **App Name:** (Mental health)
- **App Description:** (mental health is vital that effect on human being .)
- **Track:** (Youth Individual)
- **Category:** (Mental human and wellbeing being)



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.

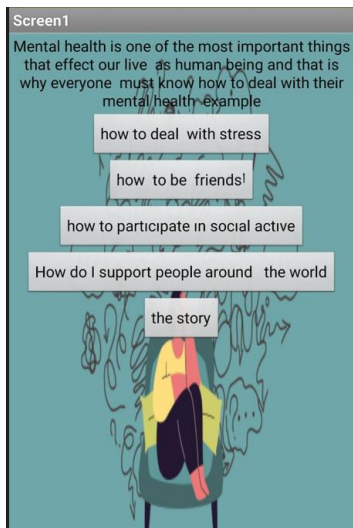
Mental health and wellbeing Psychological problem effect on human being that make human under stress and turn the human soul blackness .

so, we must work to turn the human soul from black soul to light power to success in life.

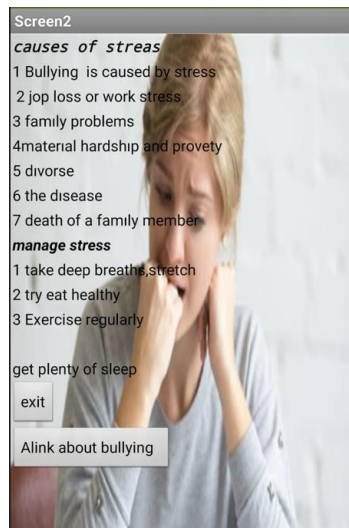


INSTRUCTIONS

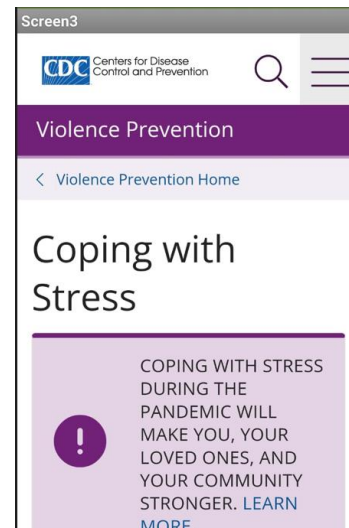
Please provide step-by-step instructions for using your app, along with high-quality screenshots of the app. Feel free to add as many slides as needed.



Step 1: (describe the introduction for app with 5 pages)



Step 2: (screen 2 describes causes of stress)



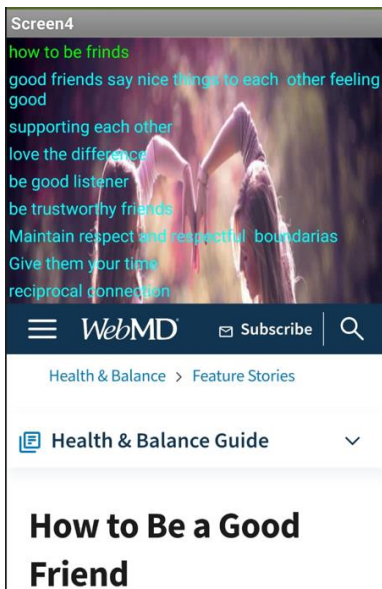
Step 3: (screen 3 describes the explain of stress)



INSTRUCTIONS

Screen4

how to be friends
good friends say nice things to each other feeling good
supporting each other
love the difference
be good listener
be trustworthy friends
Maintain respect and respectful boundaries
Give them your time
reciprocal connection

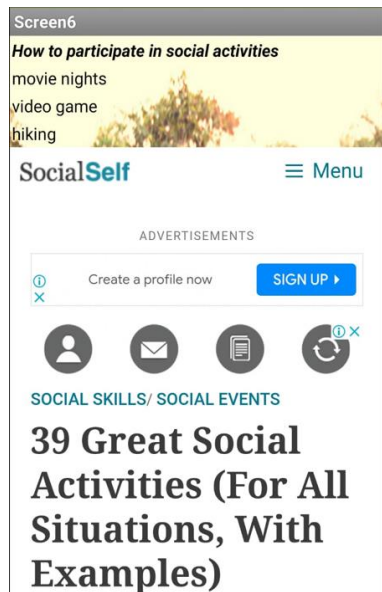


The screenshot shows a mobile app interface for WebMD. At the top, there is a list of tips for being a good friend, such as 'supporting each other' and 'love the difference'. Below the list is a photo of two people shaking hands. The WebMD logo and a 'Subscribe' button are visible. At the bottom, the article title 'How to Be a Good Friend' is displayed.

Step 4: (screen 4 describes how to make friendship with friends)

Screen6

How to participate in social activities
movie nights
video game
hiking



The screenshot shows a mobile app interface for SocialSelf. It features a list of social activities like 'movie nights', 'video game', and 'hiking'. Below the list is a 'SocialSelf' logo and a 'Menu' icon. There is a section for 'ADVERTISEMENTS' with a 'SIGN UP' button. At the bottom, the article title '39 Great Social Activities (For All Situations, With Examples)' is displayed.

Step 5: (this screen describes how to participate in social activities)

Screen7

social support
having friends and other people including family, to turn to in times of needs or crisis to give you a broader focus and positive self image

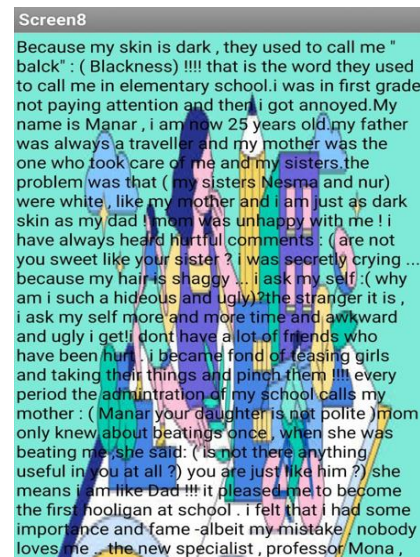


The screenshot shows a mobile app interface for the University of Minnesota. It features a 'social support' section with a description of having friends and family. Below this is a 'TAKING CHARGE of your HEALTH & WELLBEING' logo. At the bottom, there is a 'MENU' icon and a search icon.

Step 6: (screen 7 describes how support people)

Screen8

Because my skin is dark, they used to call me "balck" : (Blackness) !!!! that is the word they used to call me in elementary school.i was in first grade not paying attention and then i got annoyed.My name is Manar , i am now 25 years old.my father was always a traveller and my mother was the one who took care of me and my sisters.the problem was that (my sisters Nesma and nur were white, like my mother and i am just as dark skin as my dad ! mom was unhappy with me ! i have always heard harmful comments : (are not you sweet like your sister ? i was secretly crying ... because my hair is shaggy ... i ask my self : (why am i such a hideous and ugly)?the stranger it is , i ask my self more and more time and awkward and ugly i get! dont have a lot of friends who have been hurt ! i became fond of teasing girls and taking their things and pinch them !!!! every period the administration of my school calls my mother : (Manar your daughter is not polite)mom only knew about beatings once , when she was beating me,she said: (is not there anything useful in you at all ?) you are just like him ?) she means i am like Dad !!!! it pleased me to become the first nooligan at school . i felt that i had some importance and fame -albeit my mistake - nobody loves me ... the new specialist , professor Mona ,



The screenshot shows a mobile app interface with a personal story. The text describes the author's experience with bullying based on their skin color and their mother's reaction. The background features a colorful, abstract graphic.

Step 7: (screen 8 describes how bullying turn human from kind soul to black soul and how also can kind manner turn this black to white soul)



LIMITATIONS

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

My app consist of screens that start with introduction to describes the stress and psychological problems effect on human wellbeing and how can make good relationships and support others and change man that have black soul to white soul



ACKNOWLEDGEMENTS

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

- MRs.israa #1: (by explanation and learn me)
- MRs.nour #2: (by mentoring and help me
- Stem club team in steam club organization





APPENDIX

If you have any supplementary information you wish to include, feel free to add it to the Appendix. **This section is entirely optional.**

It is recommended to add materials to the Appendix if you submitted a hardware project (e.g. with schematics, flow diagrams) or if your project included significant programming components outside of the MIT App Inventor platform.

Please be aware that judges reserve the right to exercise their discretion in reviewing materials within the Appendix, and they may not review its entirety if they consider it excessively lengthy.

TITLE

Content...

