Wishing Well
Support your mental wellness

Mental Wellness
Mental wellness is a self-defined state of wellness. It is different than mental health, which is often diagnosable by a doctor. Reflection and meaningful social interactions are important parts of mental wellness.

Problem
College students are often busy and do not take time to maintain their mental wellness. It is difficult to reflect on a regular basis and check in on friends in a meaningful way.

Solution
Wishing Well allows individuals to track their mental wellness through journal entries and a small support group. The application supports mental wellness through regular care, honesty and vulnerability, and positive relationships.

Design

Home Screen: Reflect via word cloud or quickly add an entry
Calendar View: View previous entries through a color-coded calendar
Friend’s Entry: Let a friend know you’re there for them via ping
Friends List: Stay connected with a close group of friends

Research & Iteration

Methods
• Diary studies with 3 participants
• Online survey with 50 participants
• Mental health counselor interviews

Home Screen
• “Reach out” evolved into “ping”
• In paper prototype, checking in on yourself refined to filling an entry
• Homepage refined once nav bar was added to include word cloud and Add an Entry button

Completing an Entry
• In paper prototype, each component could be public or private, but testing showed that discrete privacy settings were unnecessary
• Final mockup has a public or private selection for the entire entry