

Problem

- ★ Grief and emotional distress impact millions, yet finding clear, un-overwhelming resources is difficult.
- ★ Existing mental health platforms are often cluttered or lack progress tracking.
- ★ Users need intuitive, accessible pathways to verified care and community support.
- ★ ~1 in 5 adults and 1 in 5 children experience emotional distress annually (NIMH data)

Stakeholders & Requirements

User Needs

- **Primary End-Users:** Individuals experiencing grief or emotional distress who need immediate, anonymous mental health support without registration barriers.
- **Core Need:** A calm, reliable space for grounding exercises, local treatment searches, and crisis support without tracking browsing data.
- **Functional Requirements:**
- **Treatment Locator:** Embedded SAMHSA search with State and Help Type filters to find licensed facilities.
- **Inquiry Submission:** Contact Us form sends user inquiries (Name, Phone, Address, Message) to Firebase.
- **Non-Functional Requirements:**
- **Usability & Performance:** High-contrast, low-stress UI layout built for swift loading and accessibility during distress.
- **Environment:** Modular HTML/PHP application hosted on the FIU Ocelot server.

Testing Methodology & Evaluation

- **System Integration Testing:** Conducted manual end-to-end testing across all static client-side interfaces, PHP routing on the FIU Ocelot server, and Firebase database connections.
- **Functional Validation:** Verified seamless performance of the mood check-in tool, guided breathing animation, and the embedded SAMHSA treatment locator interface.
- **Headline Numbers & Outcomes:** Successfully built and deployed a clean, low-friction 5-section navigational architecture(Home, Our Mission, Check-in, Find Care, Path to Hope).
- **Deployment Status:** Fully operational and hosted within the FIU Ocelot student server environment(~sgarc279)

Our Solution

Approach

Healing & Hope is a calm, low-barrier web platform providing immediate, anonymous support for grief and emotional distress without sign-ups or data tracking.

Key design Decisions

- **Zero-Barrier Anonymity:** General browsing, grounding tools, and facility searches require no account or user data logging, ensuring privacy.
- **Low-Friction, Calming UI/UX:** High-contrast, clutter-free design that guides users to help without cognitive fatigue.
- **Targeted Server Integration:** Wellness features run client-side; Firebase securely handles Contact Us inquiries for the admin dashboard.



Zero-barrier anonymity

No accounts, no data logging



Low-friction, calming UI

High-contrast, clutter-free design



Targeted server integration

Firebase handles admin data only

Demo & Screenshots

Find Care: Helps users find nearby treatment, psychologists, and psychiatrists.

Contact Page: Lets users submit information for admins to help find treatment and resources.

Admin page: Helps admins find treatment and other services for users.

Wellness Check-In: Helps users navigate the site and find relevant resources.

What's Next

- **Multilingual Support:** Expand the static text interface to include Spanish and Haitian Creole translations for local accessibility.
- **Basic Usage Analytics:** Implement aggregate-only usage counts (no individual tracking) to evaluate which coping tools and resources visitors use most frequently.
- **Directory Updates:** Periodically refresh and expand the external community resource links and support directory listings.



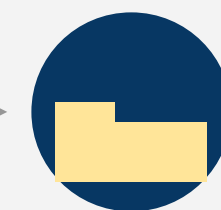
Multilingual support

Spanish, Haitian Creole



Usage analytics

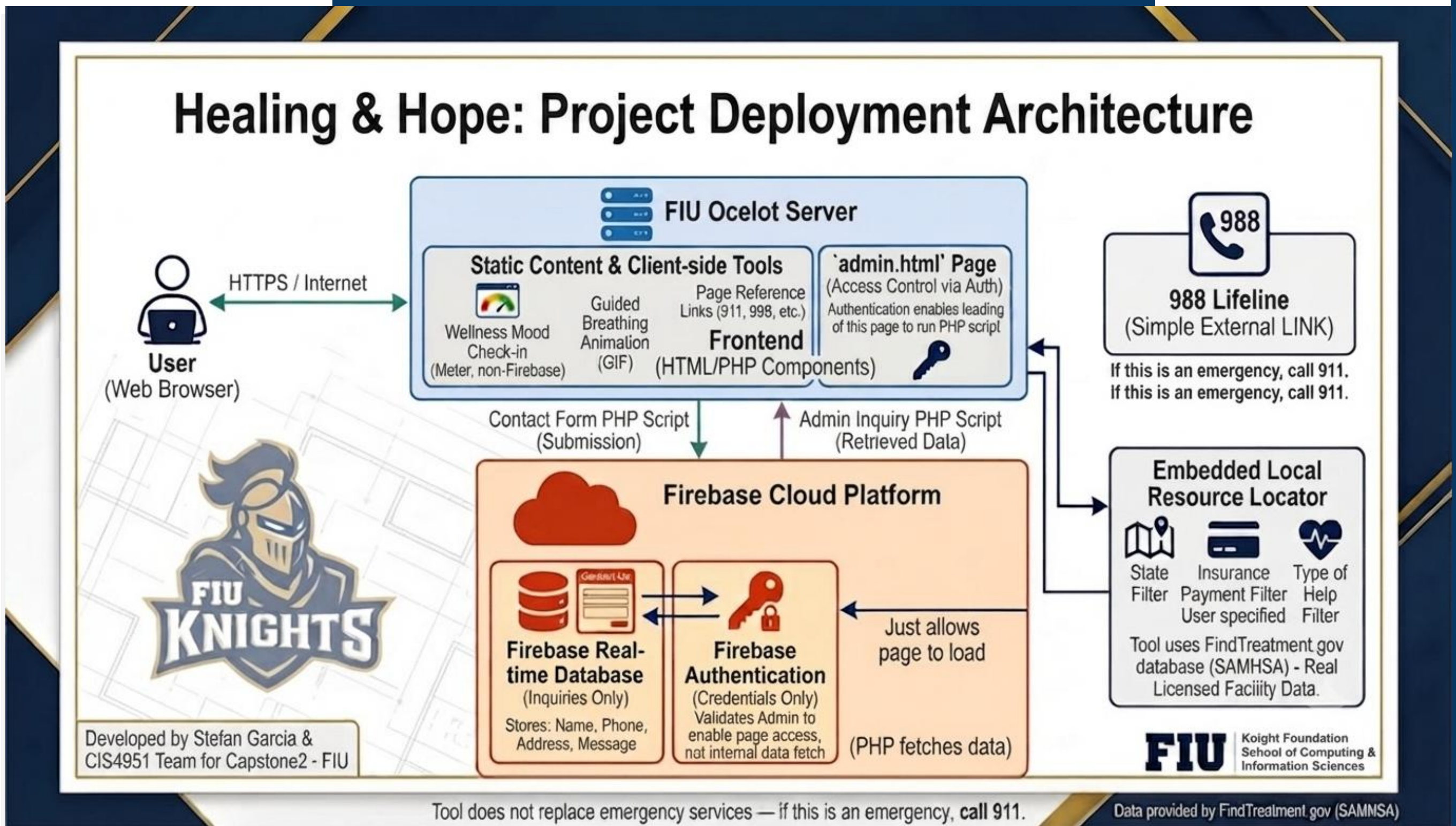
Anonymous, aggregate logging



Directory updates

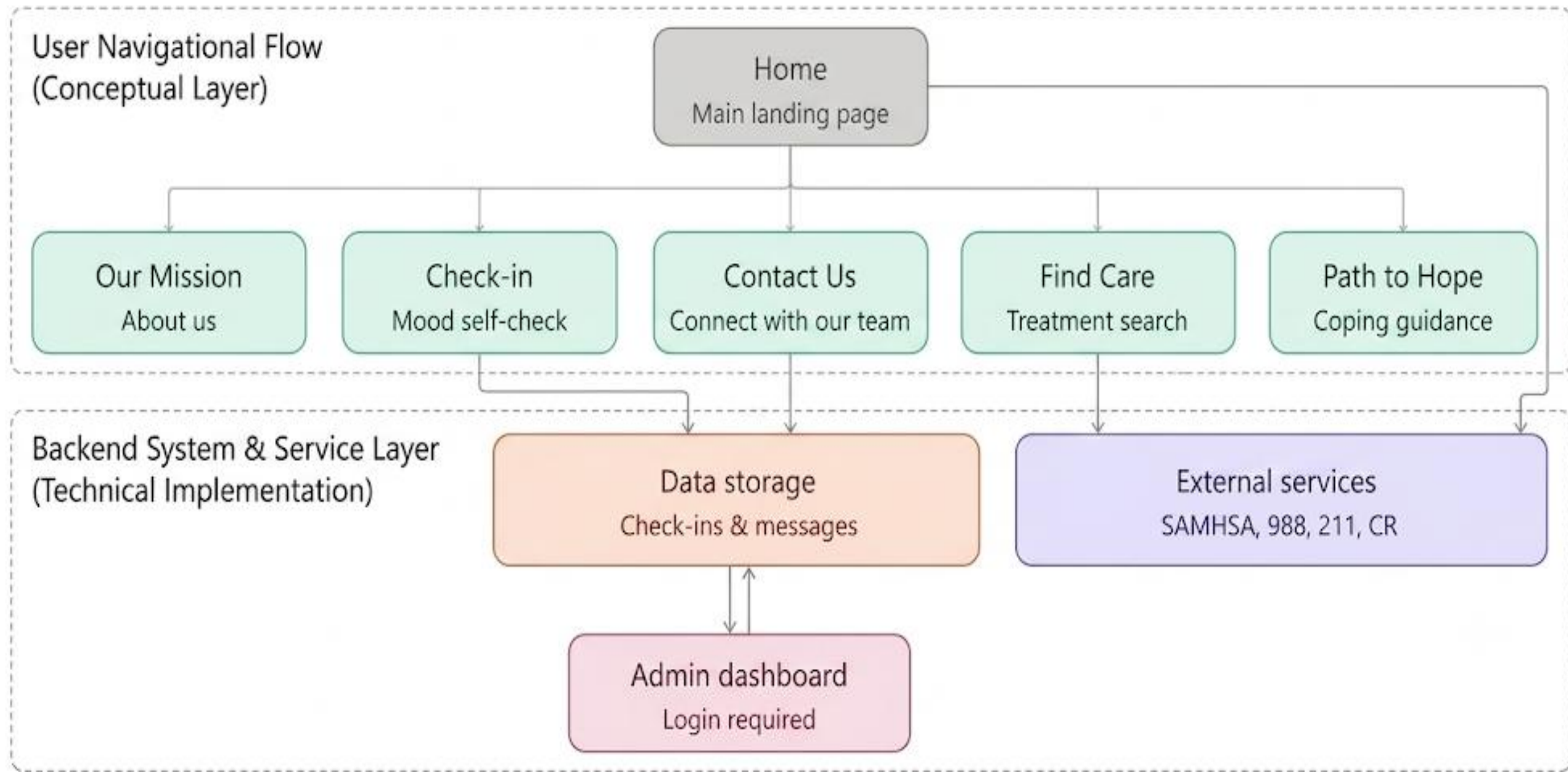
Refreshed resource links

Systems & Operations (SO6)



Architecture

Integrated Site Map & System Architecture for Healing & Hope Platform



People & Acknowledgements

Our Team

Jherson: Product Owner

Stefan: Team Lead

Anissia: Project Manager

Aissata: UI Lead

Acknowledgement

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