

# Easy and accessible mental health care

MYND is a mental health monitoring and tracking app designed to learn and grow with its user. The lack of proper mental health care and acknowledgement is an ongoing crisis. Yet, there are many barriers to receiving care, such as: culture, stigma, time, and money. MYND aims to address the issue by working alongside its user and learning what does or doesn't work in order to provide personalized resources. Whether it's through check-ins from trusted friends and family or a simple reminder to take a break, MYND aims to make mental health care accessible and easy for all.



**23%**  
US adults suffered from **mental health illness** in 2021 <sup>1</sup>

**1 in 3**  
US adults with mental health illness also experience **substance abuse** <sup>2</sup>

**18%**  
US adults received any **mental health services** in 2021 <sup>2</sup>

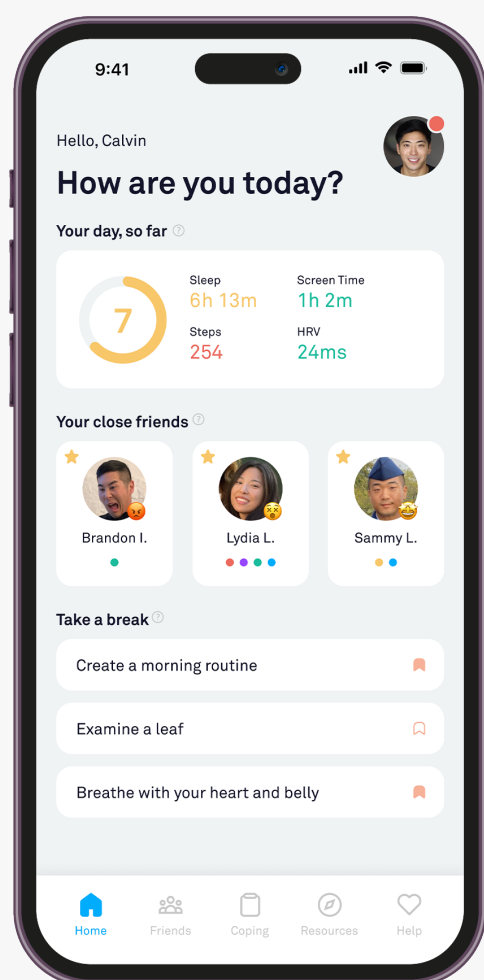
## Solution

# Mental health monitoring & tracking

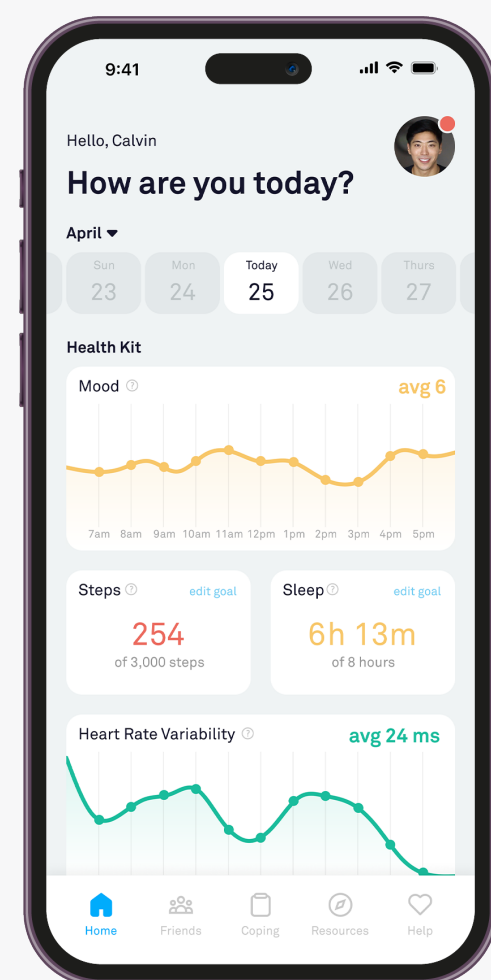
Taking into account many variables such as screen time, physical activity, mood, socialization levels, and personal health history, MYND aims to provide timely interventions when they are most needed.



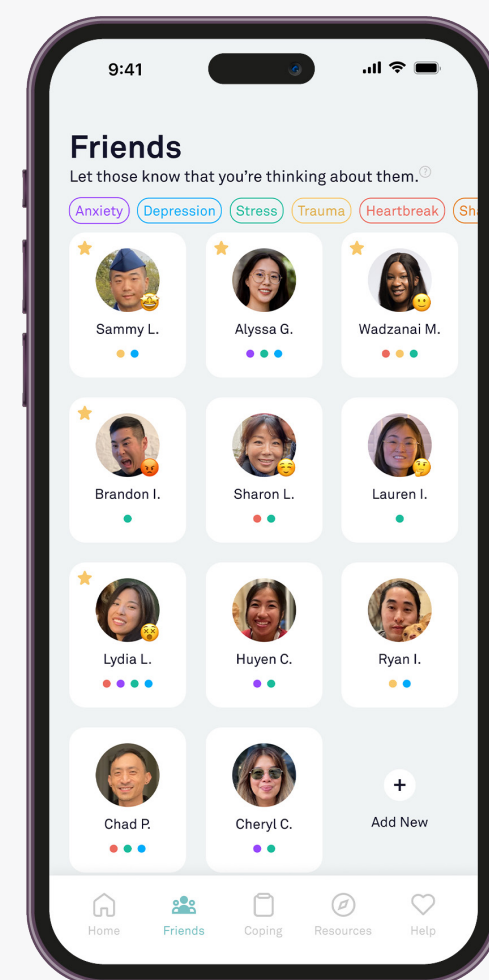
**Daily check-ins**  
Never forget to keep track of your mood through MYND's daily check-ins.



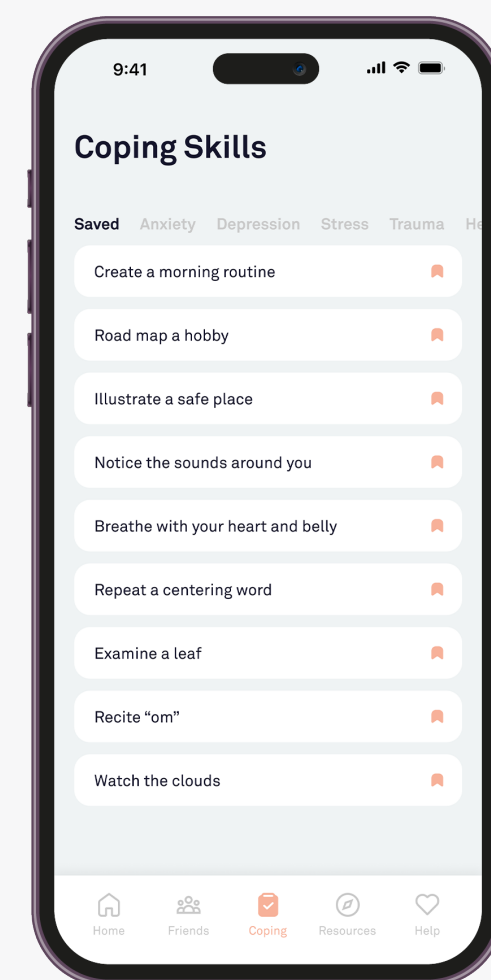
**Information at a glance**  
Quickly see and access information that you need, all on the home screen. Your favorite contacts and coping methods are also here for easy access.



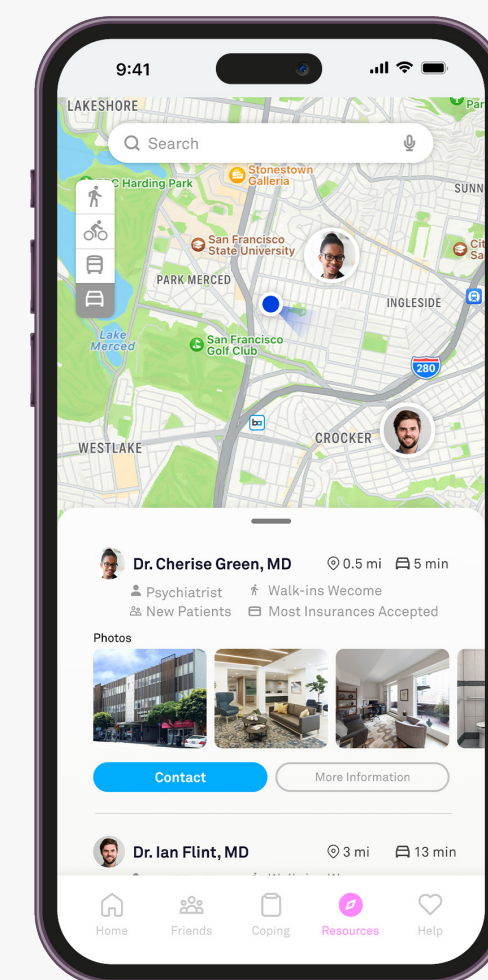
**See your metrics**  
View your tracked biometrics here and see what you may be doing too much or too little of.



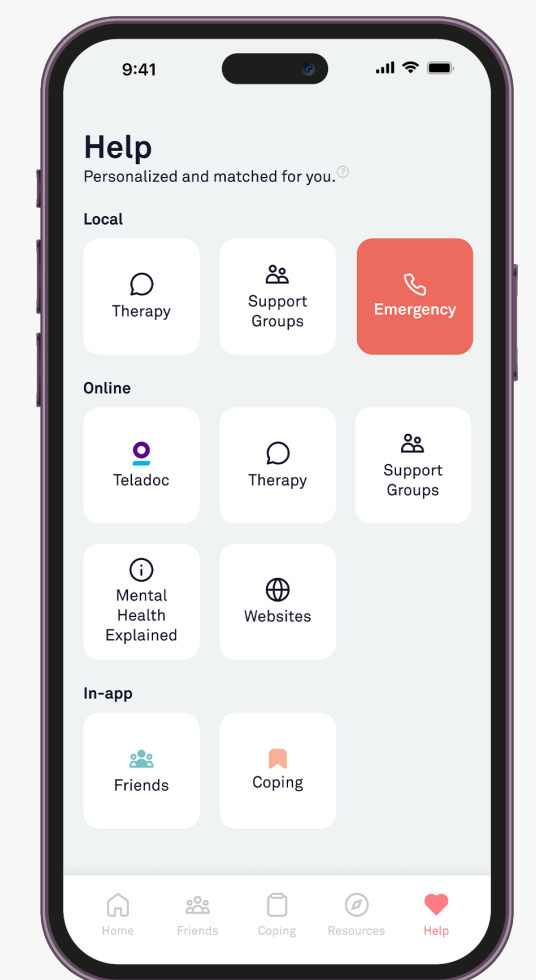
**Friends and community**  
Check up on how your loved ones are doing and see what topics they're open to chatting about.



**Tons of exercises**  
Find out what helps ground you through our vast list of various methods. Favorite them to have them offered to you when you need it. You can also share coping methods with friends!



**Find professionals**  
Find local professional resources—all in one place. No more endless browsing and time wasted trying to find scattered information.



**Help is only a tap away**  
Sometimes we need a bit more help. Find additional support and emergency hotlines here, at the touch of a button.

Sources <sup>1</sup> National Institute of Mental Health (2021) <sup>2</sup> Substance Abuse and Mental Health Services Administration (2022)