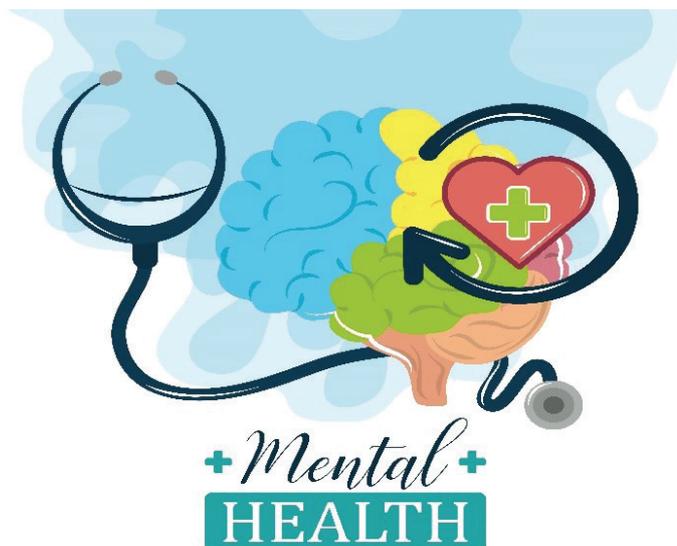


# STEM from Home

## Decoding Mental Health

### Introduction:



(picture courtesy: [www.vecteezy.com](http://www.vecteezy.com))

Have you ever experienced an ‘attack’ of fear, anxiety or panic? Do feelings of anxiety or discomfort around others bother you? These are just few examples primarily concerned with identifying potential signs of mental health disorders. To start with, let's understand what mental health means. **Mental health** is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, and is able to make a contribution to his or her community. Mental health disorders refer to unpleasant situations that affect your mood, thinking and behavior. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors.

Today, nearly 1 billion people live with a mental disorder and in low-income countries, more than 75% of people with the disorder do not receive treatment. A mental illness makes a person feel miserable and can cause problems in daily life, such as at school or work or in relationships. In most cases, symptoms can be managed with a combination of medications and talk therapy (psychotherapy). However, in most of the cases, even medications fail to provide a solution to mental health disorders.



**In this STEM Pack**, you will learn to design an app to provide an alternative solution to the problems of mental health. In the Bonus Activity you will add new features to the app, design a webpage on mental health and link it to the app designed in the main activity. The Challenge Activity will allow you to build a 2D/3D single or multi player game on “Mental health” in order to reduce stress and anxiety level.

# Main Activity: **Happify Me!**

## Introduction

In today's life, the most tiring battle one has to fight is with oneself. Depression, loneliness and failure to achieve a goal often starts hallowing a person's confidence and self- esteem. Mental health is important for the social well-being of a person at every stage in life, from childhood to adolescence. In accordance to Sustainable Development Goal 3 (SDG 3), which aspires to ensure health and well-being for all, it becomes important for us to find out alternatives to treat the mental health problems.



In this STEM activity, you will learn to design an app which will help the people who can't afford high-cost therapy and are struggling to handle mental illness alone.

(picture courtesy: <https://www.globalgoals.org/>)

## What You Will Need

### Hardware

A computer with an active internet connection.

### Software

Appcreator24 application online using [www.appcreator24.com](http://www.appcreator24.com)

## What You Will Learn

1. You will be able to create free and easy native app.
2. You will be able to create app's flow and structure.
3. You will be able to add basic features to the app.
4. You will be able to ideate, define solutions, make stylistic choices from colors to fonts

[Access the activity from here](#)

## Bonus Activities

### Activity 1: Happify Me 2.0!

#### Introduction:

Digital Apps and webpages provide numerous features to overcome psychosis, depression, anxiety, smoking and alcohol abuse, sleep disturbance and weight loss. After designing the app, it is important to add features to the app. In this STEM activity, you will be able to add new features to the app designed in the main activity. You will also design a webpage on mental health and link it to app.

#### What You Will Need:

##### Hardware:

A computer with an active internet connection.

##### Software:

Appcreator24 application online using [www.appcreator24.com](http://www.appcreator24.com). Any online website designing platform like <https://www.wix.com>

#### What you will learn:

1. You will be able to customize and add bonus features to the app.
2. You will be able to design a webpage and add various resources to the webpage.
3. You will be able to link the app to a webpage.

[Access the activity from here](#)

# Challenge Activity: Happy Neuron

## Introduction:

Over the last decade, there has been a growing interest in the relationship between mental health and digital games. Games are used as a therapeutic distraction that could help regulate moods, reduce rumination, and even evoke joy.

In the Challenge activity, you will create a single or multiplayer 2D /3D game with two or more levels on the theme “Mental Health” using any game designing platform: Scratch, Unity, Unreal, Game Maker etc.

## What You Will Need:

1. PC/ Laptop
2. Knowledge of any game designing platform like Scratch, Unity, Unreal, Game Maker etc.

## What You Need to Submit:

1. PowerPoint presentation containing Game link, Details of Platform Used, Challenge to be addressed
2. Source Code
3. Game Demo Video Clip

## Resources:

<https://www.youtube.com/watch?v=gT3r5W9owLk>

<https://www.youtube.com/watch?v=-fqv4LNGOIA>

<https://www.youtube.com/watch?v=7dfgAEgkxO8&t=374s>

<https://www.youtube.com/watch?v=IKaB1etrik>

<https://www.youtube.com/watch?v=on9nwbZngyw>