# BHM
(Better Help, Mental Health)

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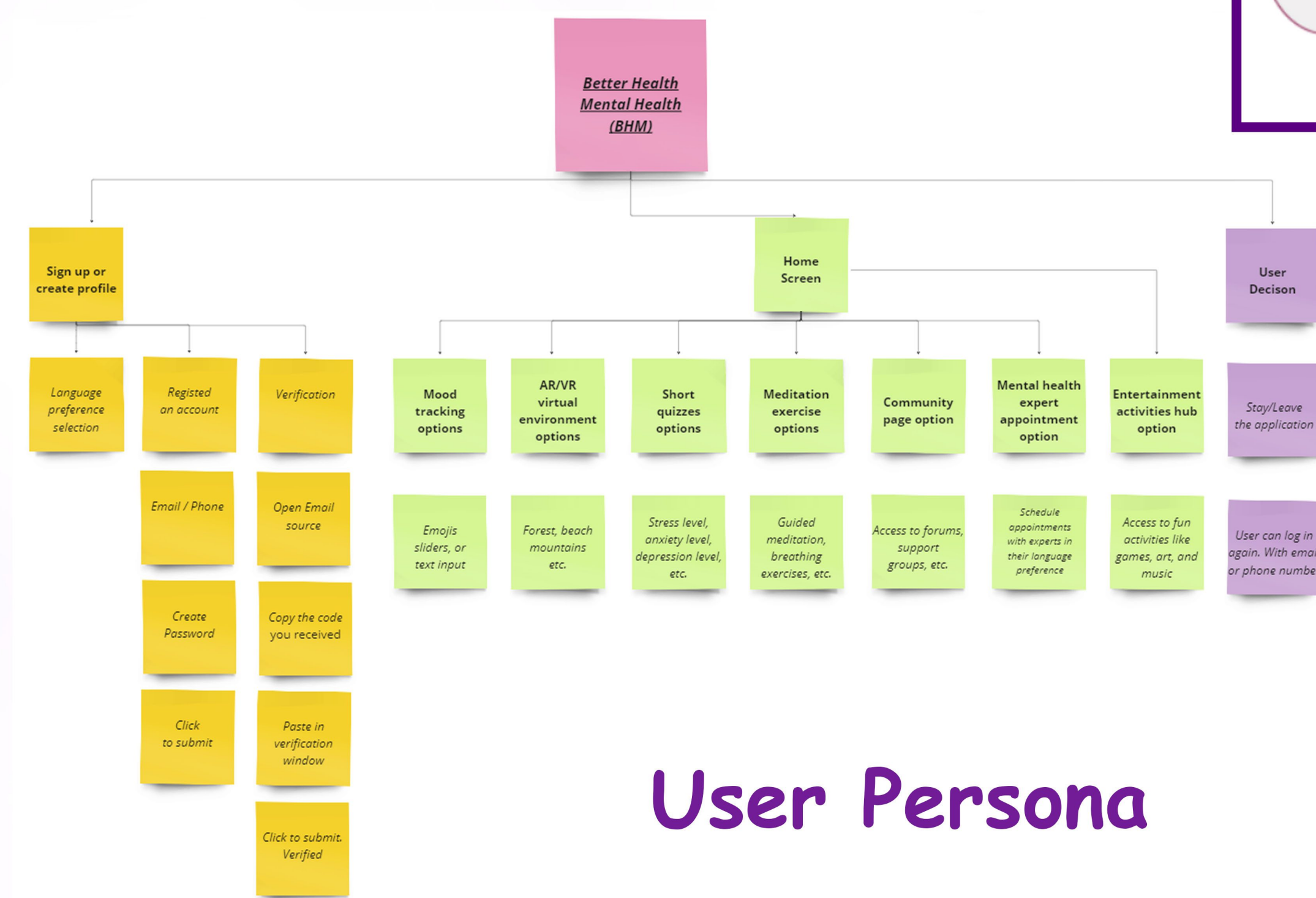**Dr. Jolanda G. Tromp, Adjunct - HCI,** Department of Computer Science, SUNY Oswego

Problem

How can VR-based mental healthcare applications be effectively designed to address the unique needs and challenges faced by international college students in overcoming their mental health issues?

Design Thinking Process
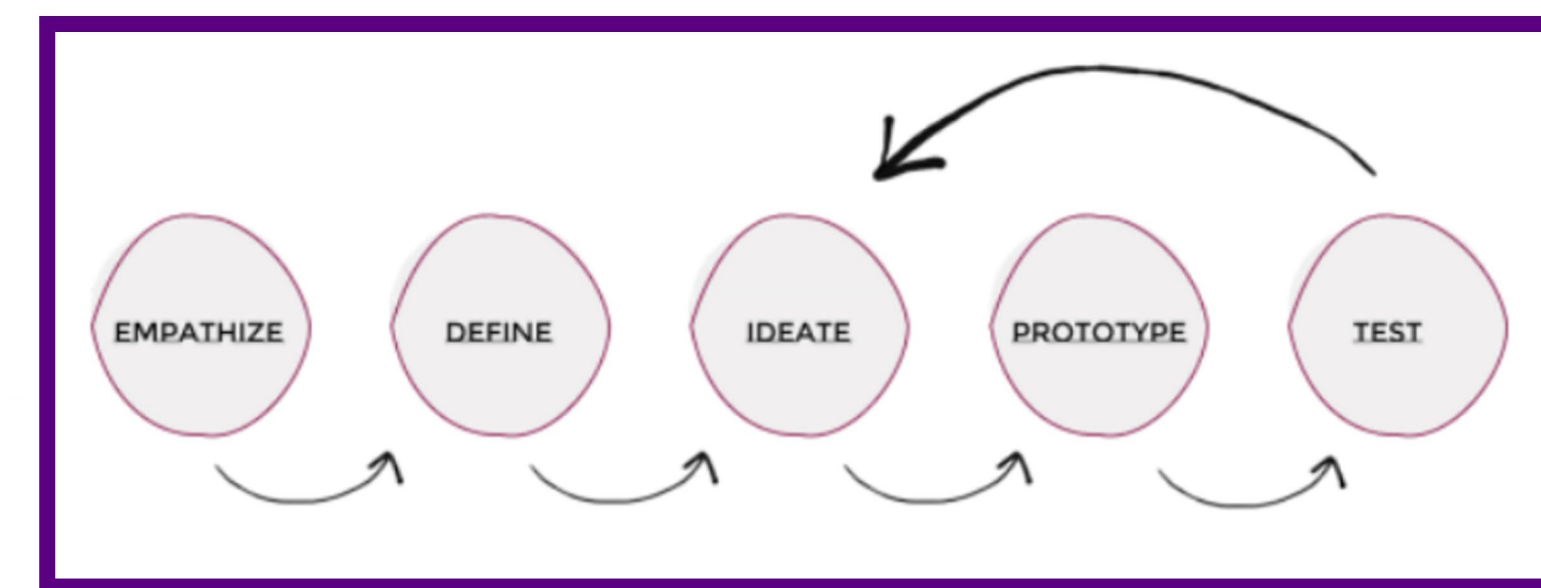
Task Analysis

Top Problem for students:
- limited accessibility
- lack of engagement
- limited real-life exposure
- limited personalization

User Persona

User's Limitations:
Language barriers
Cultural differences
Stigma
Privacy concerns

Solution

BHM is a virtual reality-based mental healthcare application designed to address the mental health needs of international college students. The application aims to provide **language support**, **access to mental health experts**, **mood tracking**, **virtual environments**, **short quizzes, guided meditation exercises**, **community pages**, **language preferences**, **accessible appointments**, and **entertainment activities**. However, international students face several limitations, including language barriers, cultural differences, technology access, stigma, time constraints, and privacy concerns. The application aims to overcome these limitations and provide personalized mental health support to international students through virtual and interactive means.

Mood Tracking

The Mood Tracking page in the VR-based Mental healthcare applicationis a crucial tool for international college students to track their mood and emotions over time, identify patterns and potential triggers, and takean active role in managing their mental wellness.
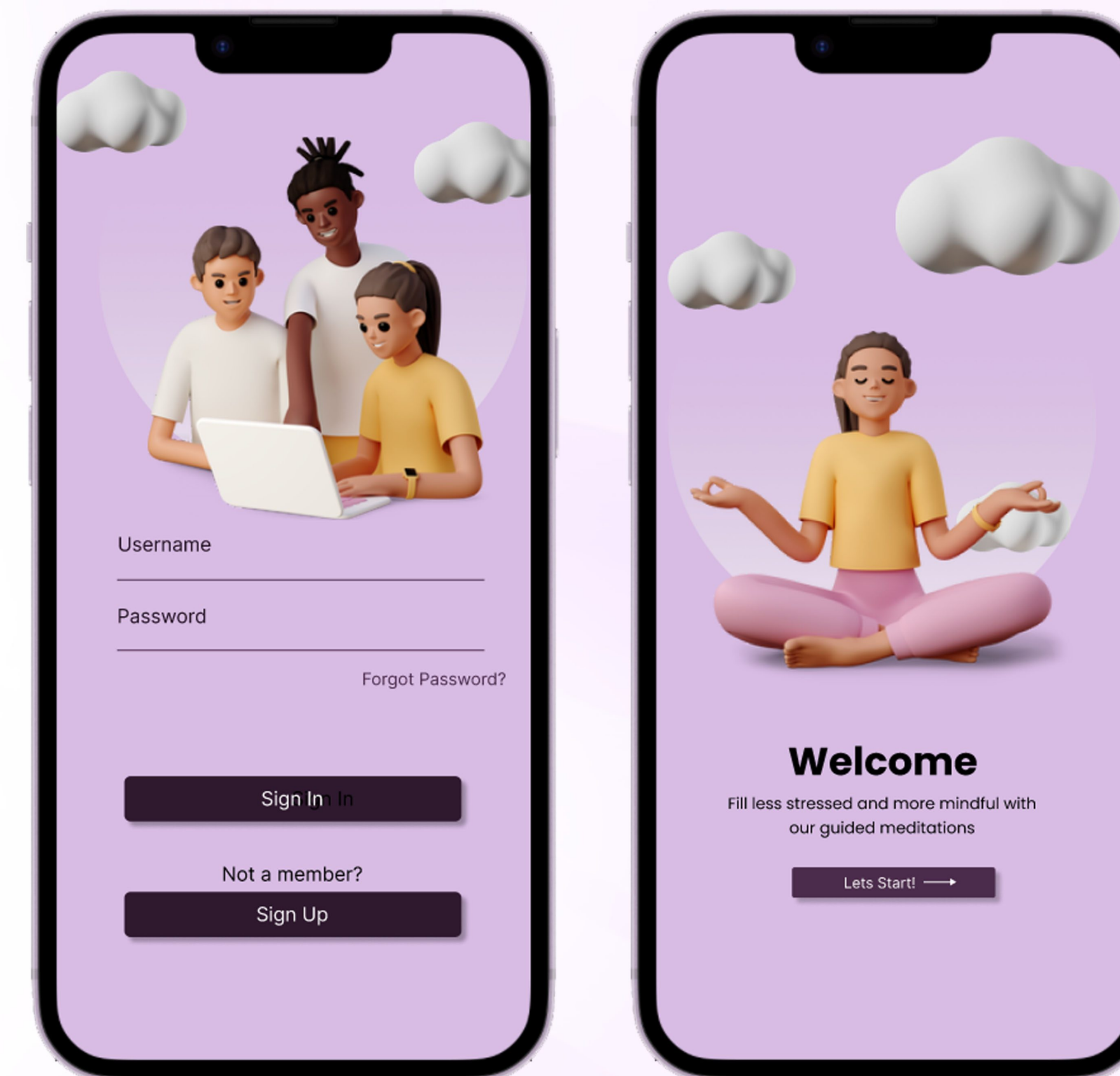

Set Appointment

Set Appointment page is a crucial feature that allows international college students to schedule appointments with mental health professionals conveniently. With the page's help, students can easily find and select a suitable mental health specialist based on their specific needs, preferences, and availability. This reduces the barriers to accessing mental healthcare services and encourages students to seek the help they need. By providing a user-friendly and streamlined process for scheduling appointments, the app can improve the students' mental health outcomes and support them in their journey towards better mental wellness.
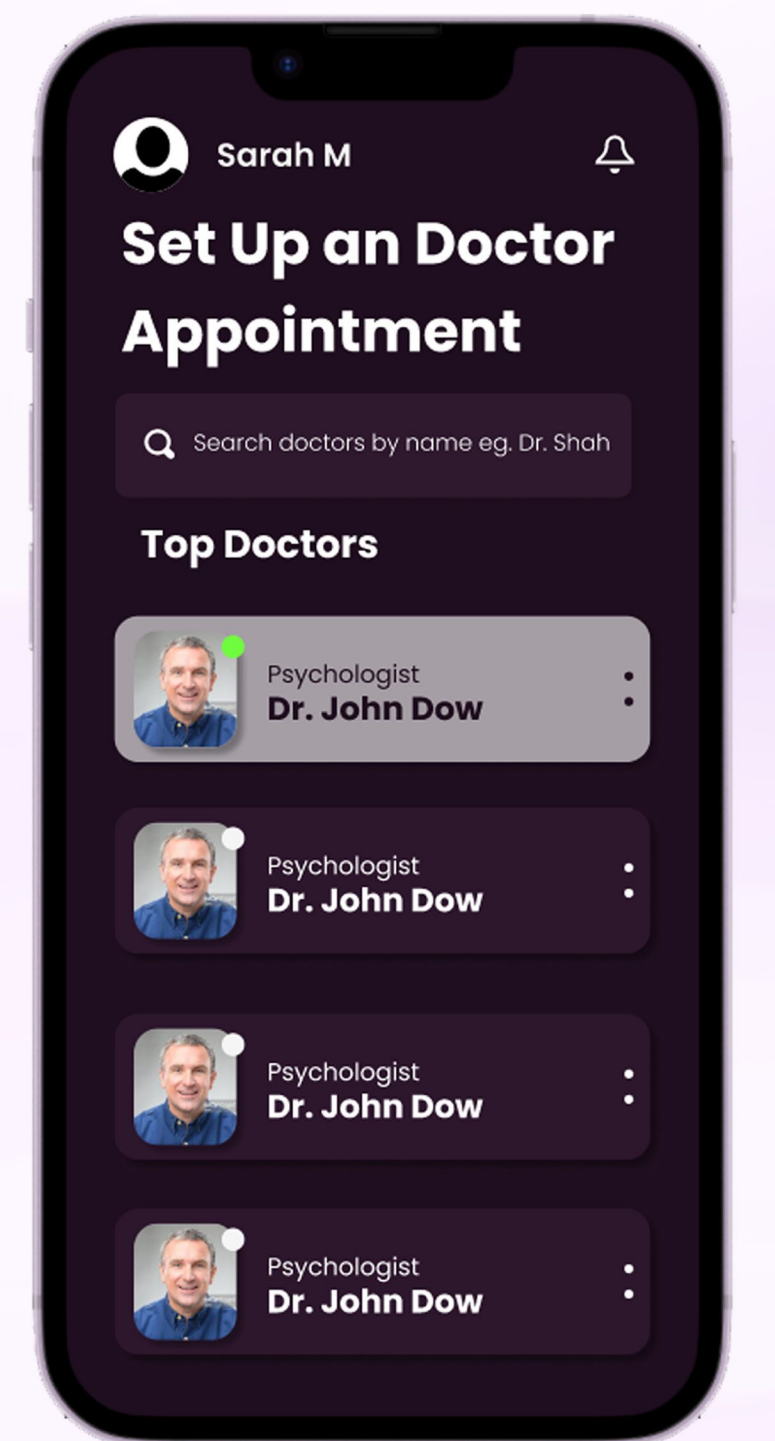
Meditation

Meditation page provides a virtual space for guided meditations that can help students to reduce stress and anxiety, improve focus, and promote relaxation. By offering a range of meditation exercises tailored to different needs the app can provide students with a practical tool for managing their mental health concerns.
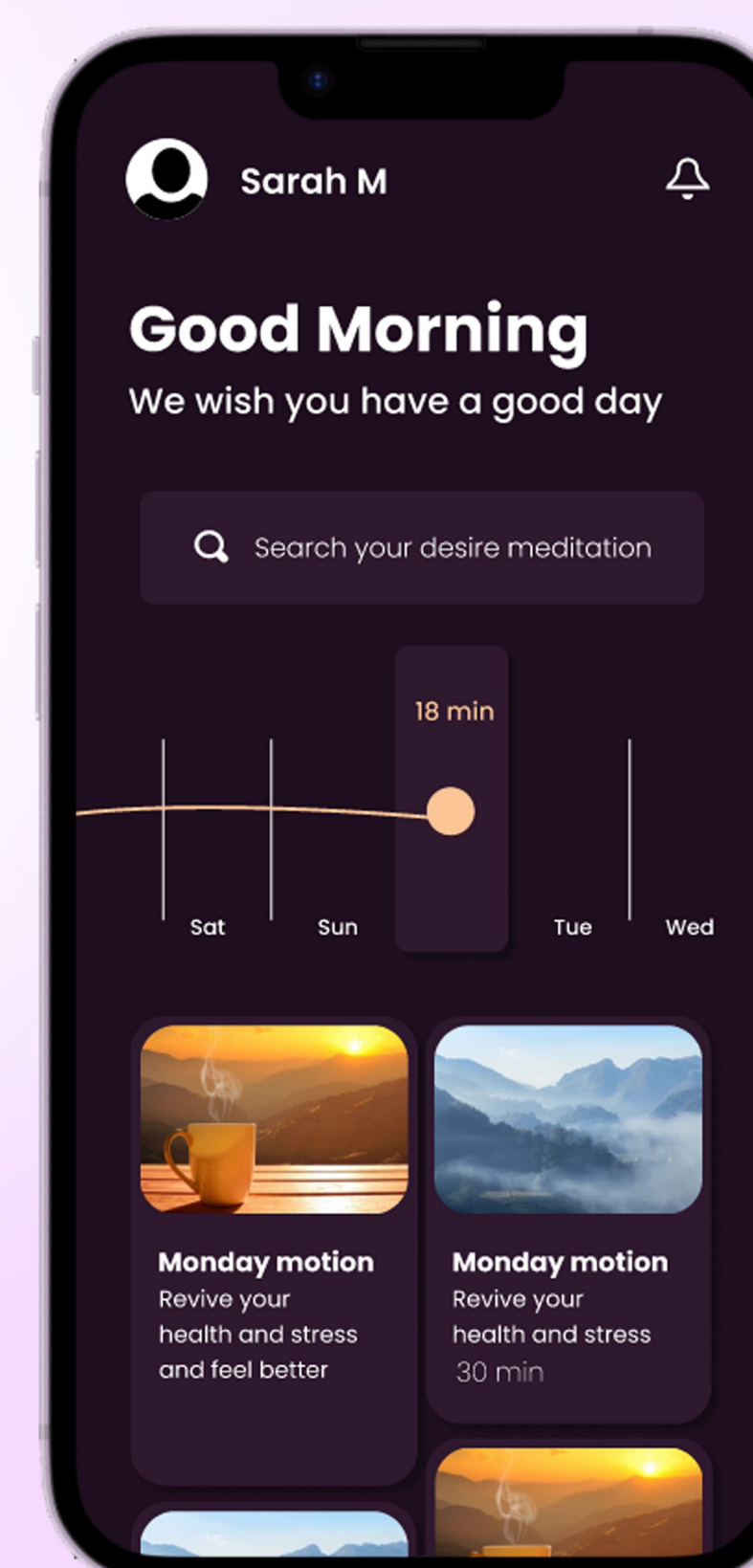
Community

Community page offers a safe and inclusive space where students can connect with each other, share their experiences, and provide support. This fosters a sense of belonging and reduces feelings of isolation and loneliness. In addition, the page can serve as a source of practical advice and resources for managing mental health concerns.