

MENTI

A MENTAL HEALTH APP

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Mental Health Awareness

The Problem

- 3 of the top 10 health issues children and teens face are mental health issues
- Youth mental health has a negative impact due to the global pandemic
 - over 1/3 of U.S. high school students claimed to have struggled with mental health during this time period
- 25 percent of youth have been experiencing symptoms of depression and 20 percent are experiencing anxiety
- 2 out of 5 high school students hopeless or sadness which prevented them from doing things they enjoyed
- 1 out of 5 high school students considered suicide

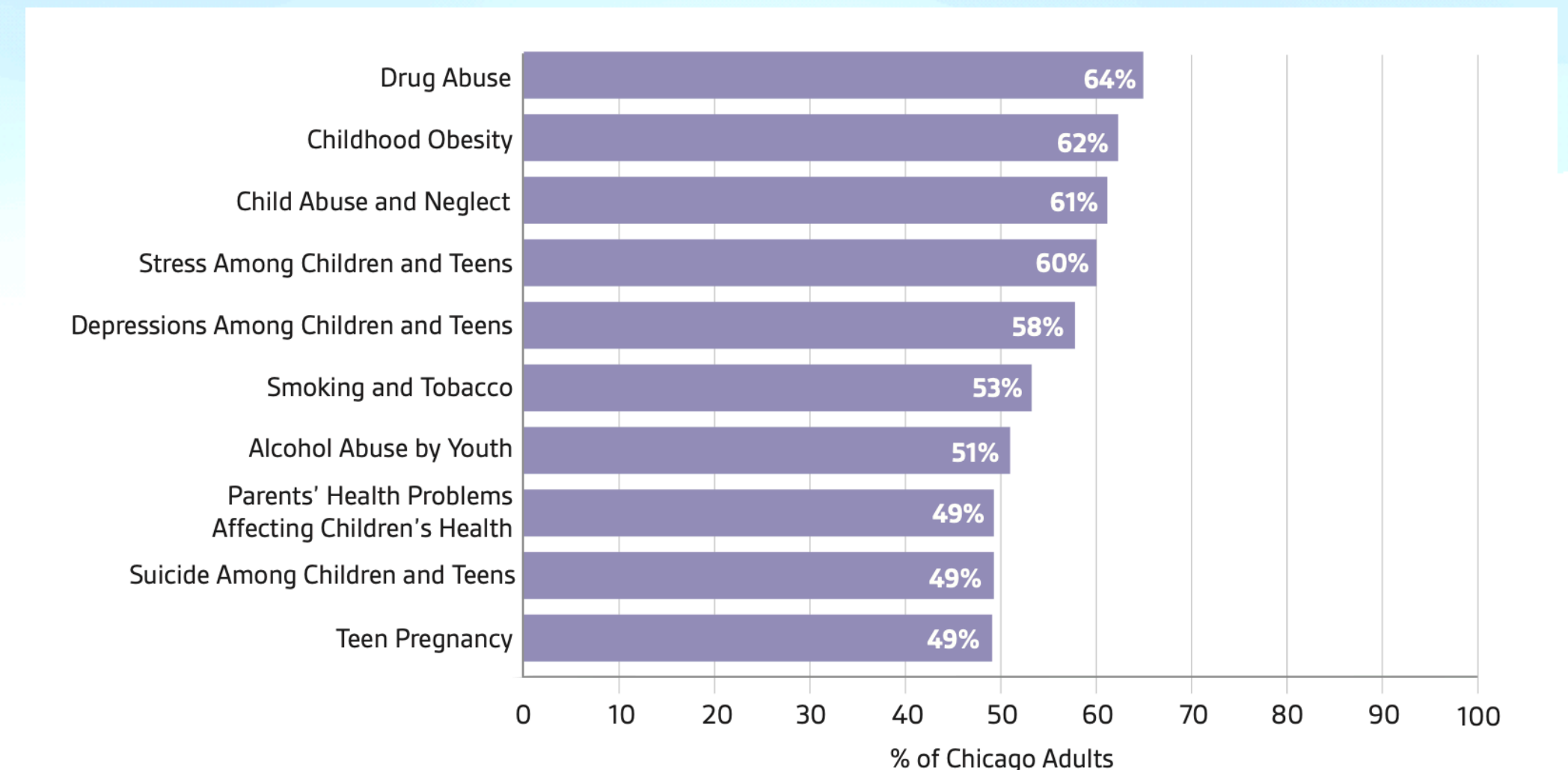
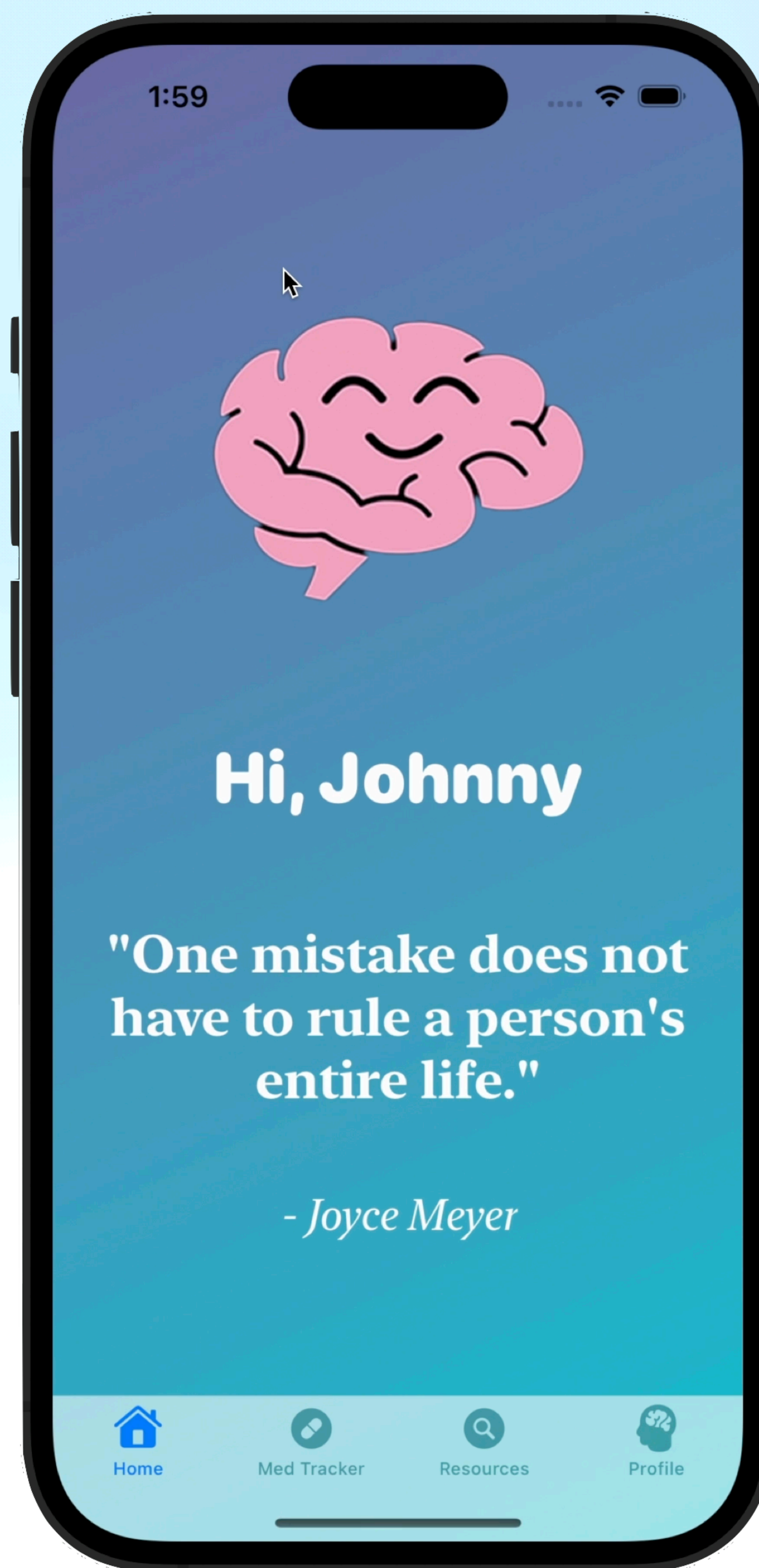


Figure 1. Top 10 health problems facing children and adolescents in Chicago, reported by Chicago adults

Demo



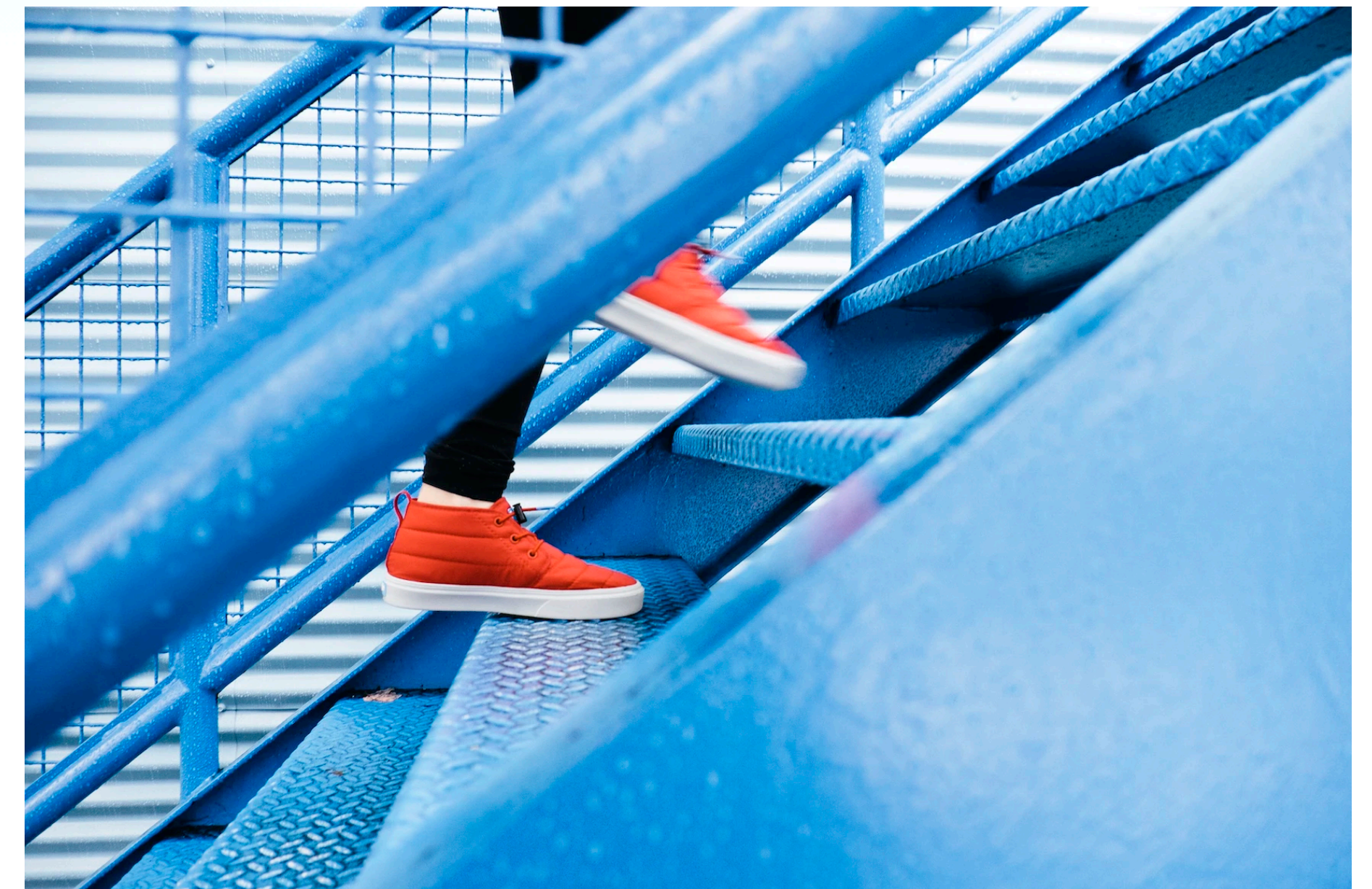
Why is Menti different?

- User-friendly app
- No subscriptions, no ads
- Privacy and security



Coming soon

- More trackers
 - Food, sleep, etc
- Journal entry section - personalized with profile section inputs
- Audio content
 - Mediation
- Notifications and reminders
- More tailored resources based on individuals





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“Find a moment to breathe”