

Aurora: The Wellness Initiative

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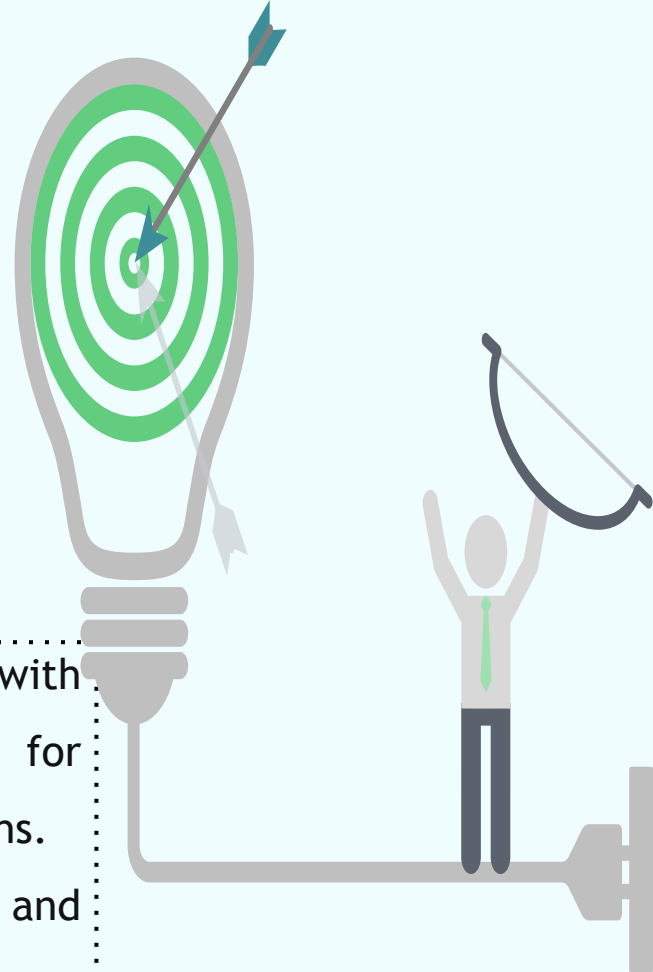
Problem Statement

The rising number of mental health cases among teenagers and youths in Nigeria poses a significant challenge to the well-being and overall development of individuals and the community.

Related GCGO: Healthcare

Why the Problem Matters

The increasing prevalence of mental health disorders coupled with limited awareness and stigma, highlights the urgent need for intervention to address the mental health needs of Nigerian youths. Also, good mental health equips individuals with the resilience and coping skills necessary to navigate life's challenges and setbacks.



Group of People Impacted

The problem affects Nigerian adolescents and youths between the ages of 13 and 35. This demographic is under immense pressure to succeed and achieve societal expectations, to cater for themselves and provide for their families.



User Story

Maryam, a 29 year old Microbiology graduate, is the first of 5 children. She holds a Master's degree in Mass Communication and currently works as a marketing manager in a leading advertising agency in Lagos, Nigeria. She earns about 6,400,000 NGN annually.

Maryam thrives in her career but faces constant pressure to manage projects, meet deadlines and deliver results.



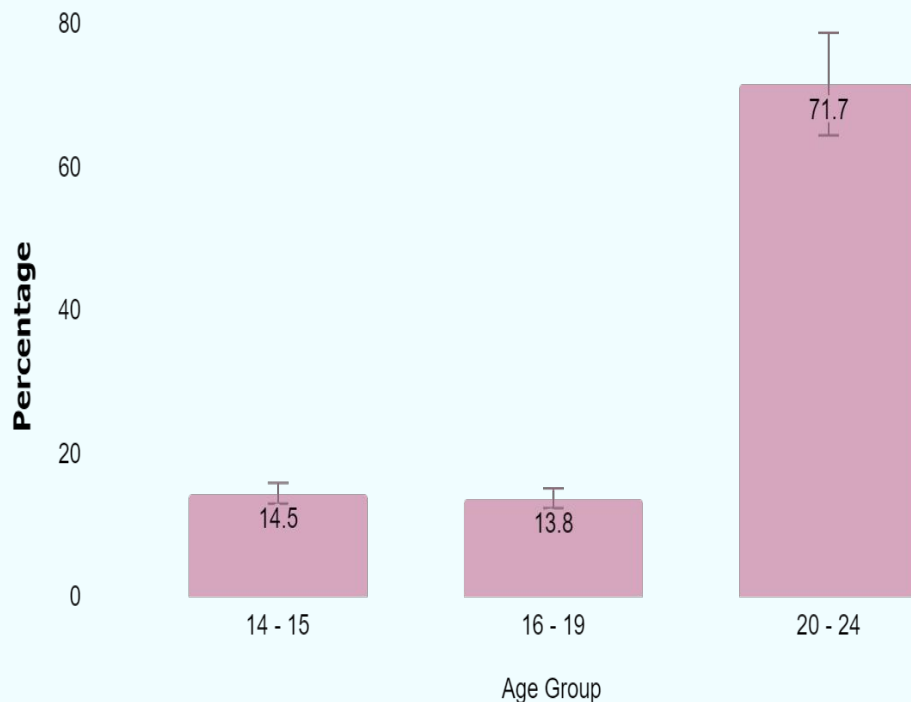


Findings

According to World Health Organization (WHO), it is estimated that about 20% of Nigerians are affected by mental health disorders.

Mental health disorder is highest in youths between ages 20-24, as they account for about 72% of the total mental illness cases. (African Polling Institute).

Prevalence of Mental Illness among Young Persons in Nigeria (Age)



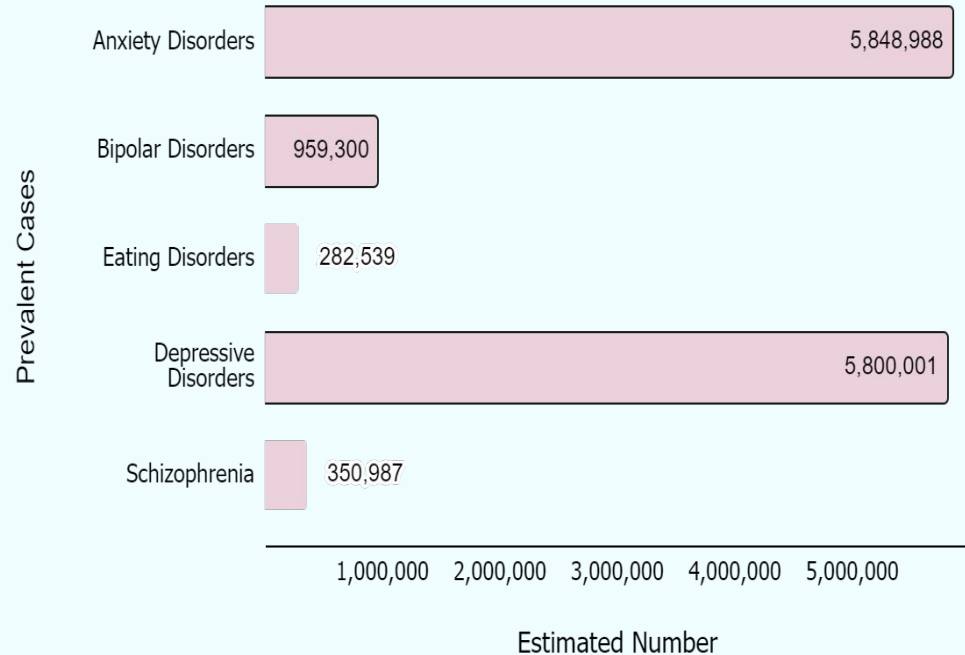


Findings (Cont'd)

According to a study published in the Nigerian Journal of Medicine, the prevalence of depression among Nigerian youths ranges from 12% to 25%. Anxiety disorder is ranked next, with an estimate of 10%-20% as reported in various studies.

Substance abuse among youths is a significant concern among Nigerian youths, with a prevalence rate of approximately 15%-25%.

Estimated mental illness cases in Nigeria, (2019).





Findings (Cont'd)

Per ChatGPT, suicide rates amongst youth in Nigeria have been on the increase. Factors responsible for this rise include unemployment, poverty, mental health issues, and social factors. These were cited as some of the major contributors to the rising numbers.

[Chatgpt-https://chat.openai.com/](https://chat.openai.com/)



Image Credit: Time News



Proposed Solution: Aurora App

Aurora is a mobile application designed to address mental health needs by providing accessible and practical resources. It includes features like mood tracking, guided meditation, a community platform, access to therapist and mental health professionals.

The focus is on addressing the prevalent mental health challenges among youth, specifically targeting individuals between ages of 13 and 35.

The application's effectiveness is expected due to its ability to provide personalised support, foster a sense of community and peer support, and facilitate easy access to professional help.



Image Credit: www.Public health.com

Spotlight On Mobile App

Hi There!!!

Welcome to Aurora

Mental health is not a destination but a process..

Let's help you on a journey towards a better life

Get Started

Already have an account

Login

Sign Up

Email

Password

Confirm Password

By creating account, you agree to the [Terms & Condition](#) and [Privacy Policy](#)

CREATE ACCOUNT

Already a user? / Login

What brings you here? Let's build your space...

Pick all the options that apply

Mood Tracking

Manage Anxiety

Reduce Stress

Overcome anger / depression

Focus Better

nurture, grow and heal

Addiction

Nutrition & Exercise

Mindfulness & Relaxation

Build habits/enhance relationships

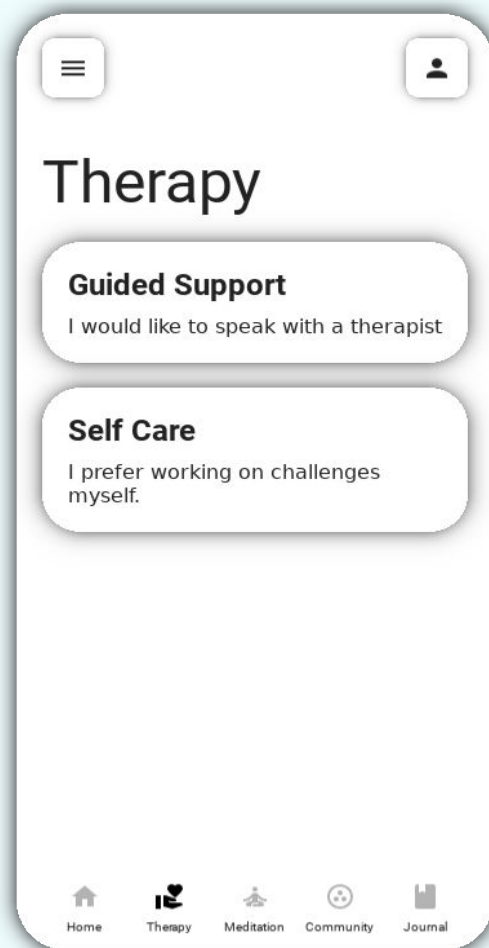
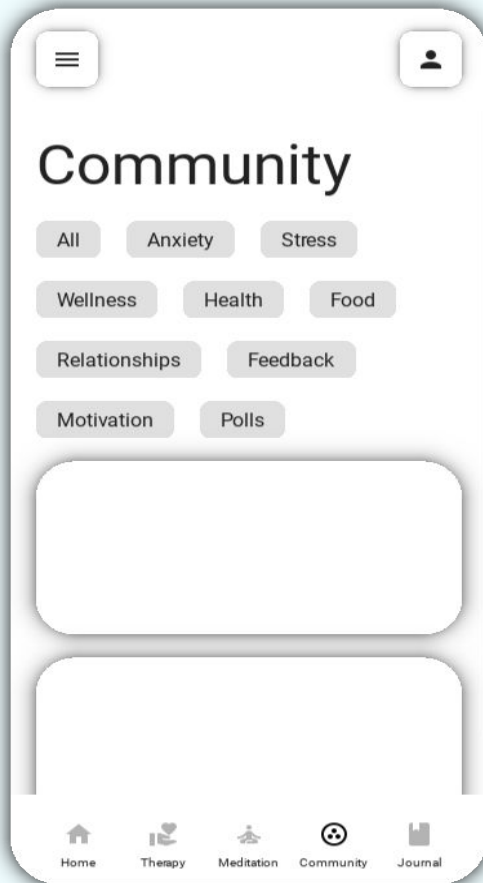
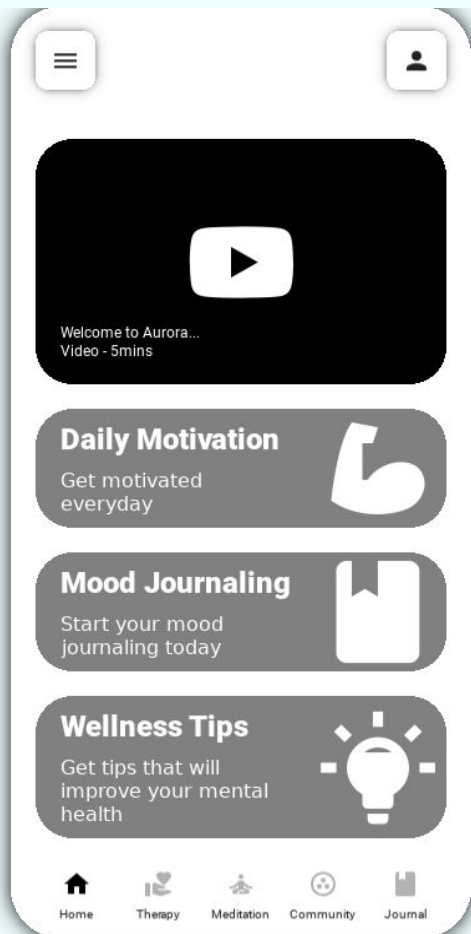
Something else?

Continue





Spotlight On Mobile App





User Needs and Pain Points



Interviewees:

- Chibuike Nnorom
- Roy Nwodika

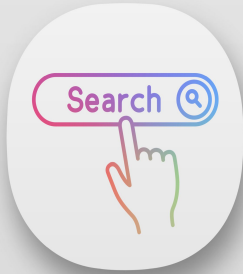
- The user feels isolated and lacks a supportive network.
- The user is experiencing work-related stress, burnout, and difficulty in finding work-life balance.
- The user is pained by the limited availability of mental health professionals, long wait times, and the cost of getting help.



Recommendations

Taking into account feedback gathered from the user interviews we conducted, the following modifications would be implemented:

- An appointment scheduling function will be incorporated to improve response time of licensed mental health professionals.
- Addition of search buttons to all pages to improve ease and speed of navigation of users.
- To increase active users, number of device compatibility will be increased thereby ensuring better user experience





Next Steps

With the provision of funding to support the further development of our solution, we would:

1. Invest in advanced algorithms and machine learning techniques to enhance the app's personalization capabilities.
2. Explore the integration of wearable devices and Internet of Things (IoT) technologies to gather additional data on users' physiological and behavioral patterns.
3. Make the app more accessible to people with disabilities by integrating assistive technology (Text-to-speech, closed captions, switch controls etc).
4. Ensure app accessibility by translating it into multiple languages.





Why Again.... Making Important Difference`

The rising occurrence of mental health disorders, combined with limited awareness and stigma, emphasises the pressing need for interventions to address mental health needs of Nigerian youths.

Prioritizing mental health is crucial for overall well-being, and supporting Aurora contributes to creating a society that values and prioritizes mental well-being.

Aurora, a mobile app, offers accessible resources, tools and supports to empower individuals in effectively managing their mental well-being, overcoming barriers such as geographical distance, transportation limitations and stigma.

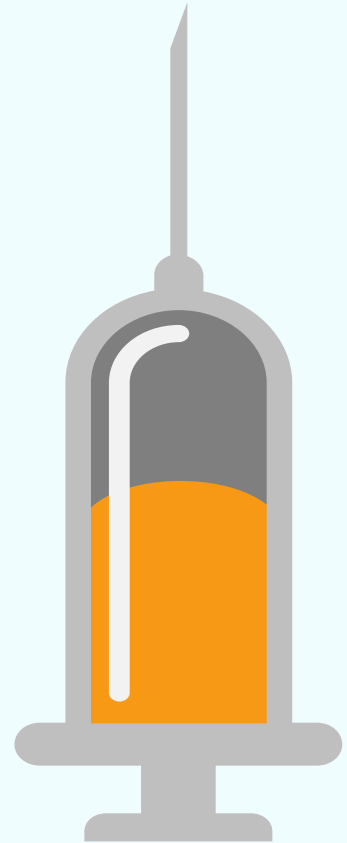


Image Credit: University of Washington Newsroom

Appendix:1

Mental health is a relative state that determines how well we cope with life's challenges. Good mental health enables us navigate daily life effectively, while poor mental health hinders our ability to function.

It exists on a spectrum, with disability and untreated illness on one end and recovery and complete wellness on the other. Most people fall within the middle range of this spectrum.

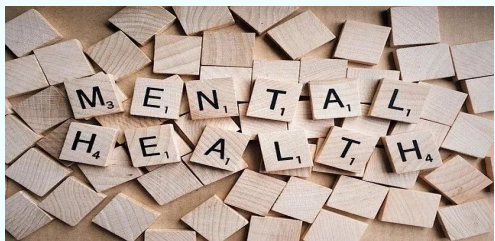




Appendix:2

Mental Health Foundation Nigeria, is an NGO and social enterprise focused on mental health. They aim to promote wellness through mental health policy reforms, advocacy, research, training, rehabilitation and care. Their key partners include government bodies, mental health institutions, research centres and international associations.

Their vision is to create a society in Nigeria that eliminates the stigma and discrimination surrounding mental health, where people can enjoy positive relationships, productivity and justice through mental healthcare, advocacy and policy reform.



Photo

Credit:<https://porpulace.com.ng>

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