



u p l f t

the problem

mental illness is a dire problem on campus and colleges simply can't keep up



85%

of **students feel overwhelmed** at some point in a period of two months

Anxiety and Depression Association of America

1 in 4

students are **diagnosed** or treated for a mental health **disorder** in the prior year

Harvard Medical School

1700:1

the mean **student to counseling staff ratio** on college campuses

American Psychology Association



the concept



in life, we all need a **lift** sometimes

the concept



uplift offers a variety of **first-line remedies** to help students care for their mental health

our solution dispenses curated **feel-good products** and carves out a **dedicated space** in any college environment for people to experience methodical, flexible **mental relief and restoration**

the remedies

a variety of therapeutic **products...**



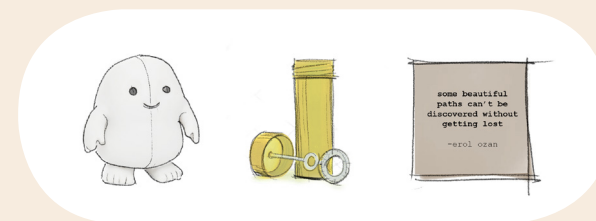
curated into a **care kit** especially for you

feeling anxious?



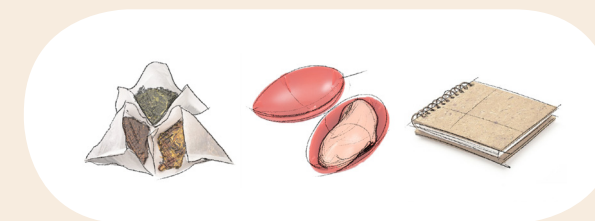
- **fidget toy** to relieve the nerves
- relaxing **lavender essential oil**
- calming **sounds**
- guided **breathing exercises**

depressed?



- friendly **stuffed creature**
- playful **bubbles!**
- **words** of encouragement

stressed & frustrated?



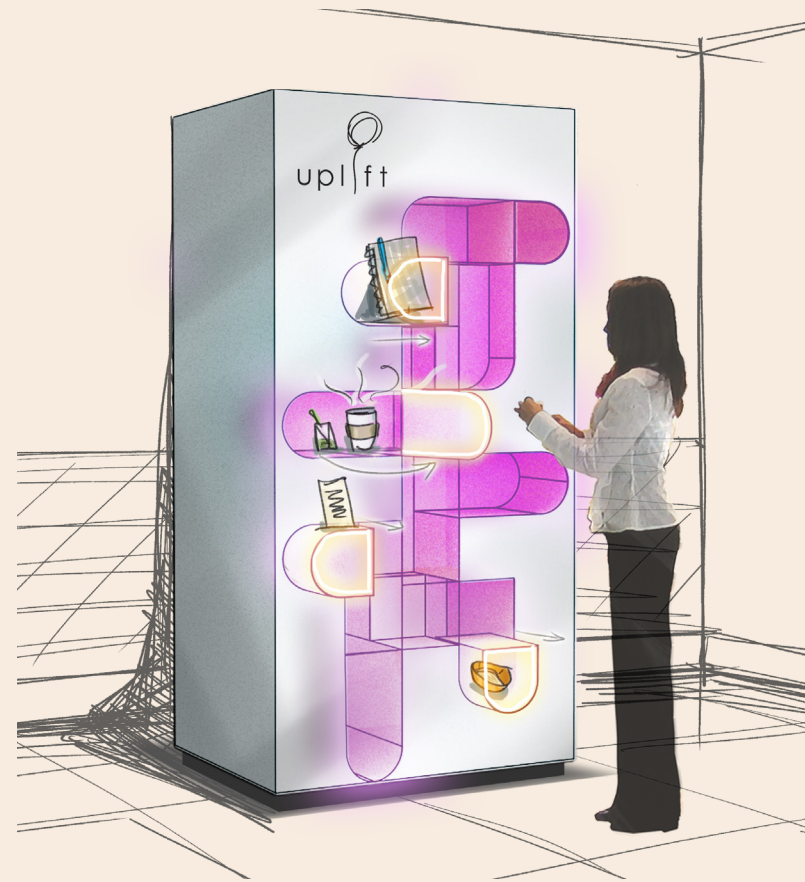
- relaxing **chamomile tea**
- **silly putty** to tear and smush
- **small sketchpad**
- **self-reflection** exercises

the experience

dispensary

provides all of the things one will need for their self-care

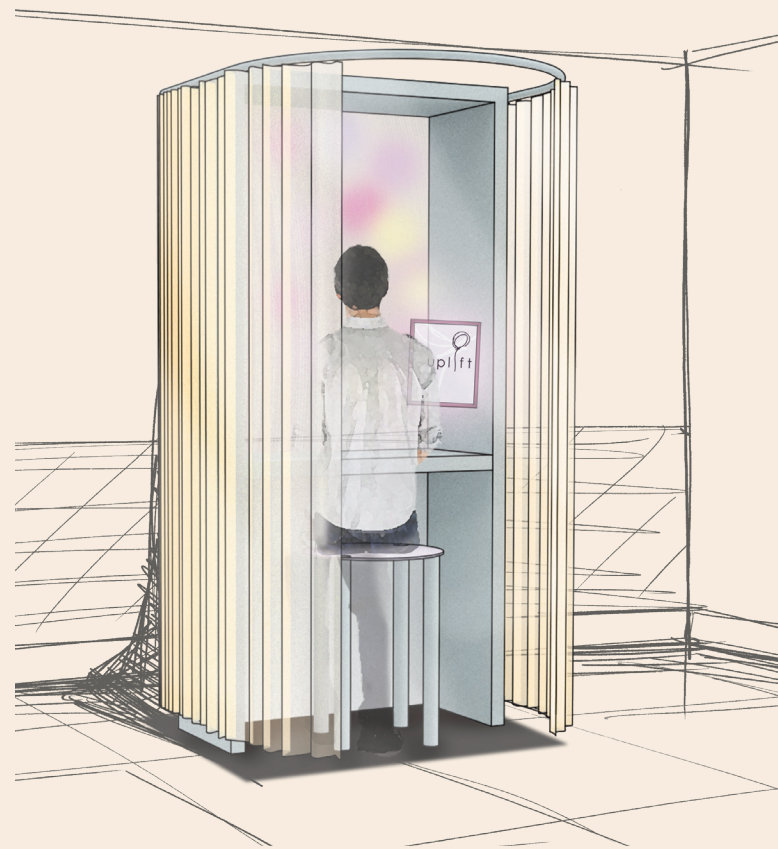
users discover each part of their care kit by opening highlighted cubbies and drawers in a surprising, delightful interaction



booth

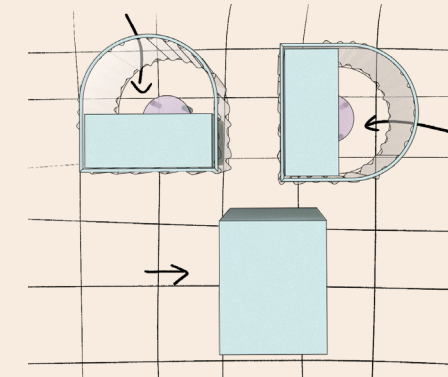
cozy hideaways where people can focus on their uplifting experience

here, users can sit down, draw the curtain, and use the space to employ their remedies and practice their mind exercises



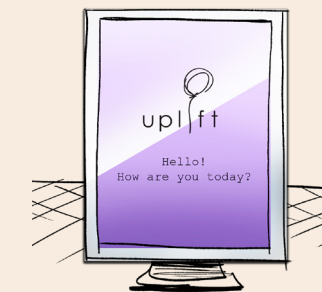
clusters

multiple booths can be placed together to increase capacity, as well as foster community

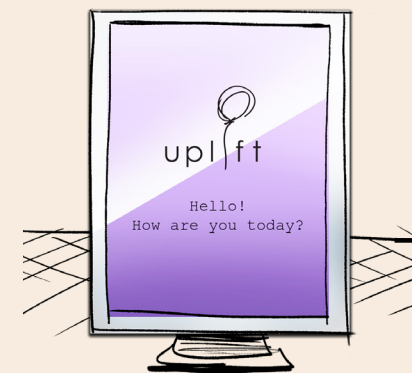
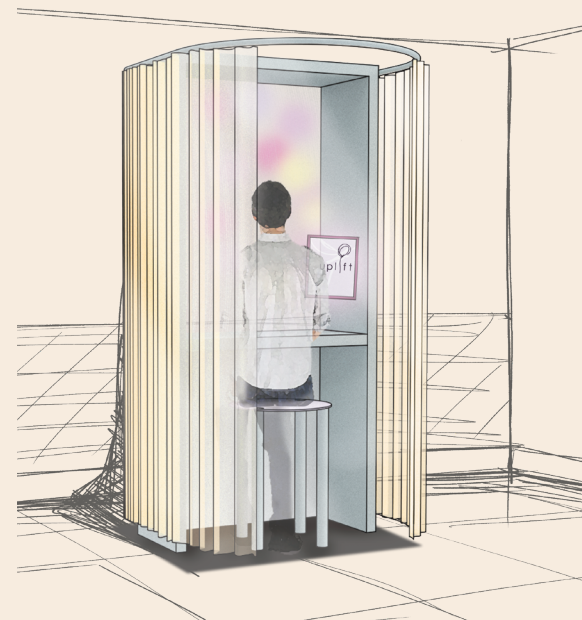


interface

a tablet in each booth is used to understand needs and curate kits. it also plays information and media to enhance the experience.



interactions



HI !

users log in using their campus card
- this ensures privacy & accountability
- important data can be collected

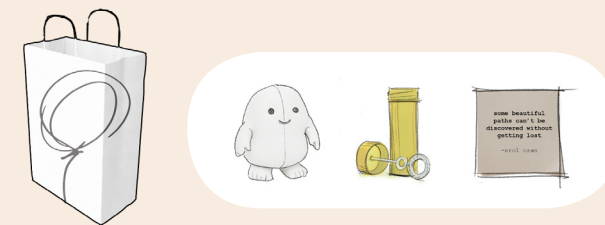
**HOW
ARE
YOU?**

users answer a series of physical and mental descriptor based questions about their stress and anxiety levels

- how does your breathing feel?
slow normal fast ragged
- do you feel overwhelmed?
not at all slightly yes, a bit extremely
- etc.

**HERE
YOU
GO!**

the system then recommends a kit of products and exercises depending on the user's symptoms

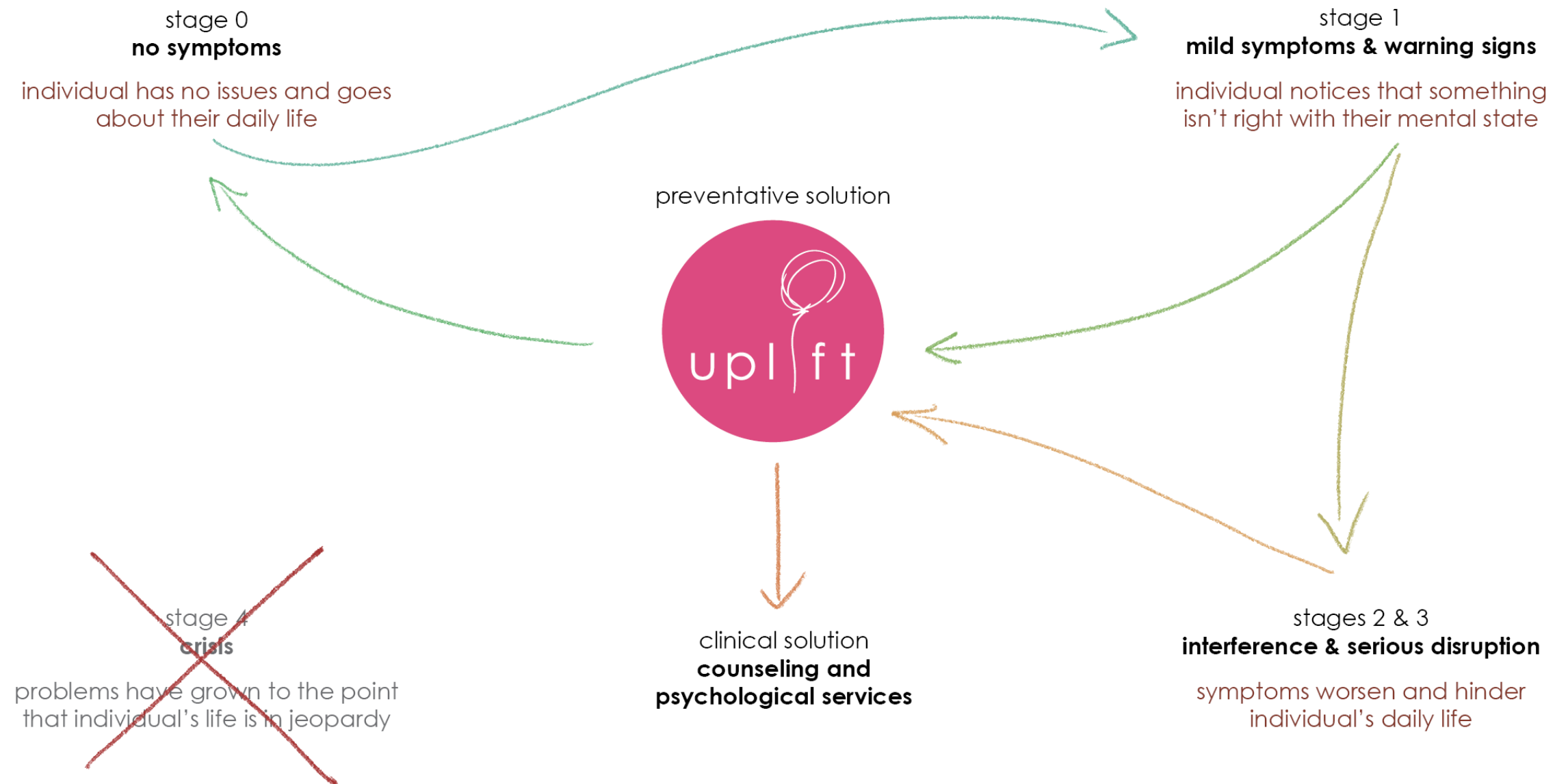


**YOU
ARE
BACK!**

to prevent abuse and to get help for those needing more urgent assistance, the interface delivers these messages:
- after 2 visits in 1 day
 seems like you're having a tough day. would you like to talk to a friend?
- after 3 visits in 1 day
 if you need it, here's some information about mental health services

why choose uplift?

early intervention **prevents crises,**
relieves pressure on health & social services,
and fosters a **happier, healthier community**



scalable concept

uplift isn't just for colleges!
find us helping people out in...

workplaces



hospitals



airports





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