

Mental health is dire problem on school campuses, and colleges simply cannot keep up. 1 in 4 students diagnosed for a mental health disorder every year but college counseling services are falling behind the increasing demand. A new solution is desperately needed to ease the crisis and make mental health an openly acknowledged problem that is more manageable.

Uplift aims to do just that by directly providing first-line remedies and solutions to students. Our solution dispenses curated products designed to target a spectrum of stress, anxiety and depression symptoms. Uplift carves out a dedicated space on campus for students to take time out of their schedules and experience meditative and therapeutic self-care right on campus anytime, anywhere.

The therapeutic products include scientifically proven consumables or items, that engage the senses. Smell through essential oils, taste through dopamine-inducing eatables, sight through bright and soothing color and touch through softness or acupressure... These solutions are curated into self-care kits and paired with meditative or breathing exercises based on a questionnaire of symptoms that the user inputs.

This input of data is processed by an interface housed in an experience booth, a secluded hideaway that users can use to experience their kits. This booth is paired with an interactive dispensary that is designed to add elements of surprise and delight to the process. If in case the interface detects a user experiencing more acute symptoms it will prompt other measures such as consulting a friend or connecting to a therapist.

The solution would help in two primary ways; prevent students that are experiencing exacerbating symptoms due to stress falling into crisis and serve a wider audience by providing a dedicated space for self-care.

The concept would be promoted through a partnership with concerned institutions; instead of supporting an already weakening system of therapy clinics on campus, colleges can invest in Uplift to provide a first-line of defense against deteriorating mental health conditions. The anticipated impact will therefore be immense, providing a baseline from which mental health in general can be addressed.

Uplift can also not only be used for colleges! We see our idea as highly scalable, offices, airports and hospitals alike would be able to use our product to provide similar services to their users, employees or patients alike.