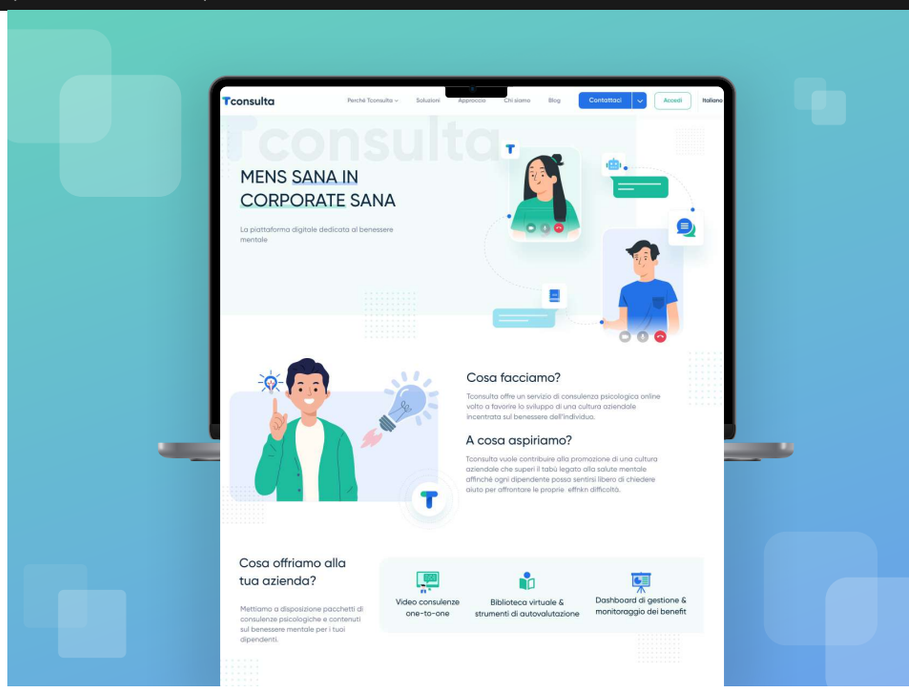
Rotate your phone for a better experience/view

GRID DESIGN
by squareboat



Tconsulta

Tconsulta

The digital platform dedicated to the mental wellbeing of employees, providing online psychological video consultations.

Work we did.

- ADMIN PANEL
- RESPONSIVE WEBSITE
- BRANDING

Tools we used.

- ADOBE XD
- ADOBE ILLUSTRATOR
- FIGMA

Overview.

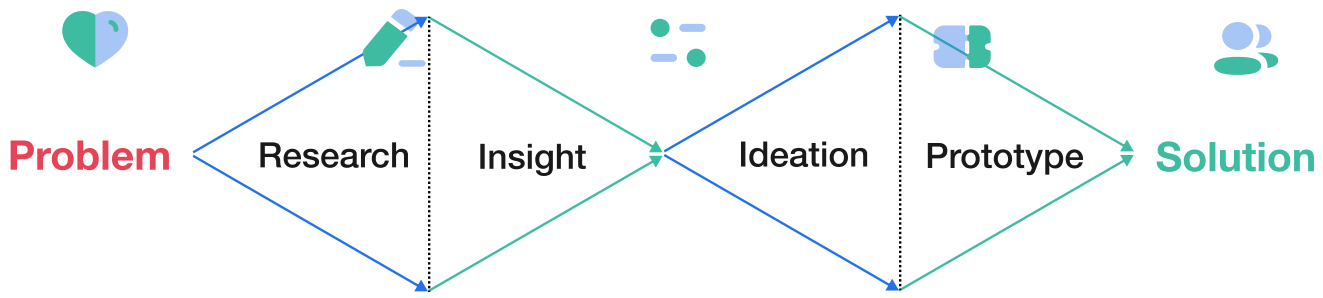
The goal is to overcome once and for all the taboo linked to mental health by transforming the current global challenge into an opportunity to bring people's mental wellbeing at the forefront of our agendas, starting from our workplace.

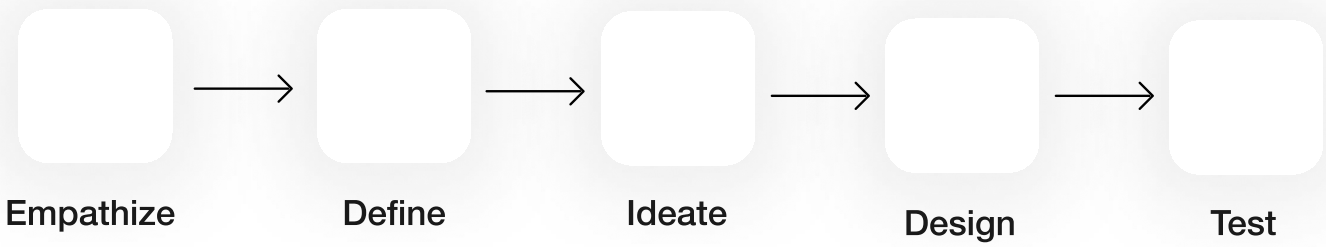
THE OPPORTUNITY.

Improve the **mental well being** of the user and reduce the presence of stress.

DESIGN RESEARCH

Design process to ensure that decisions were supported through user research and feedback





We conducted one-on-one **interviews with stakeholders** about a specific topic or issue

- Why this project?
- Competitors
- Business Worries

- Connecting users online for consultation
- Helping users to go stress - free

Business Goals

- Online consultation for employees
- Resource material for stress free user

- Connecting users online for consultation
- Helping users to go stress - free

Target Audience

- People with mental stress
- People having corporate stress

- Gaining trust among users
- Collabration with companies

How to be unique

- Connecting users online with pyschologists
- Articles and blogs on stress free environment.

Qualitative research was conducted to understand why and how decisions were taken

To make a useful product in mental health management, I first needed to understand how people manage their mental well-being at the moment. So I started my interview by asking people questions such as 'How do you lift your mood?'and 'How do you manage your health?'. I then dug into emotional awareness and management and also asked about their journaling and reflection habit.

What are users feeling currently?

01 Users lack time and motivation and are swamped in work

02 Due to the work from home scenario it is difficult to maintain work life balance

03 Maintaining/building habit is difficult as there is no motivation

04 Social distancing and isolation is causing overthinking and raising anxiety levels

05 Troubled sleep due to high stress and anxiety

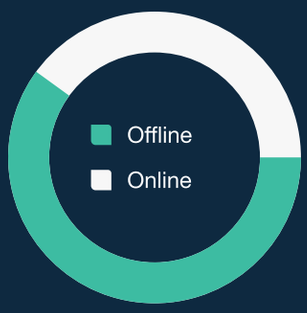
06 Zoom fatigue is resulting in burnouts

07 Low productivity and lack of life satisfaction is causing high functioning anxiety and depression

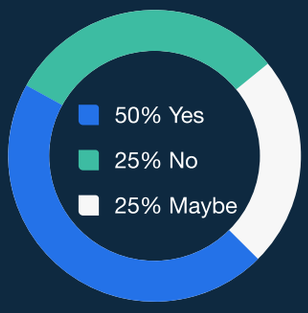
Quantitative research was conducted to assess data and generalize findings to a larger population

01 Mode of therapy?

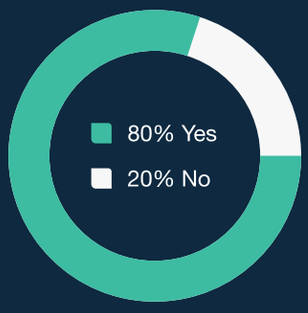
02 Had a therapy?



03 Browse Articles/ Blogs?



04 Used mental health platform?



User Insights are one-to-one conversations about a specific topic or issue

"It is hard to find trustworthy content for mental health topics"

"I really want to take care of my mental health and wellbeing"

"I don't want to feel forced to do something everyday"

User personas were created to empathize with the end users

Cristina Paschina
#workaholic #extrovert # techwork

"I am a Customer Care Specialist with 4 years of experience working remotely for a cosmetic brand. I have a hectic work schedule, in my free time I like to post reels on Instagram, listen to music. As my work load is more on the weekends especially, I like to meditate to destress myself but I am looking for a source so that I can practice guided meditation or mindfulness."

Age : 22
Marital Status : Single
Job : Customer Care Specialist
Location : Italy, Europe

Smartphone 70% **Desktop 30%**

Frustations

- Therapy apps are very expensive
- Don't feel comfortable sharing about my mental health state
- Tired of looking at multiple platforms for solutions
- Doesn't have time to rectify my anxiety

Goals & Needs

- To make mental health services accessible for the people who are unable to get it
- To handle anxiety and stress through self care
- Want to handle work stress better

Motivation

- Be more productive at work
- Maintain healthy body and mind
- Take time for herself

The behavioral and emotional tendencies of the users were captured through an **empathy map**

Think & Feel

- Should I leave my job, will it make me feel better.
- I should control my emotions
- People will judge me on basis of my performance
- Should I ask for help to Identify my concerns?
- Privacy is important, It's my concern
- What if people call me mad?

Say & Do

- I try to complete my work on time
- I'm always stressed
- Difficult to track of time while scrolling
- I panic a lot due to anxiety
- Finding distractions intead of dealing my emotions
- I try to ignore how I feel sometimes

Hear

- Chill, it's not only you. Keep it simple
- Talks bad about people going through MH issues

See

- Mental Health improvement tips
- MH is stigmatised

I also feel the same way, it's worse

People with mental health issues are unpredictable

People who visit a therapist are crazy

Motivational essay and speech

People with MH issues are judged

No shame in consulting therapist

MH is a new normal

Worried family and friends

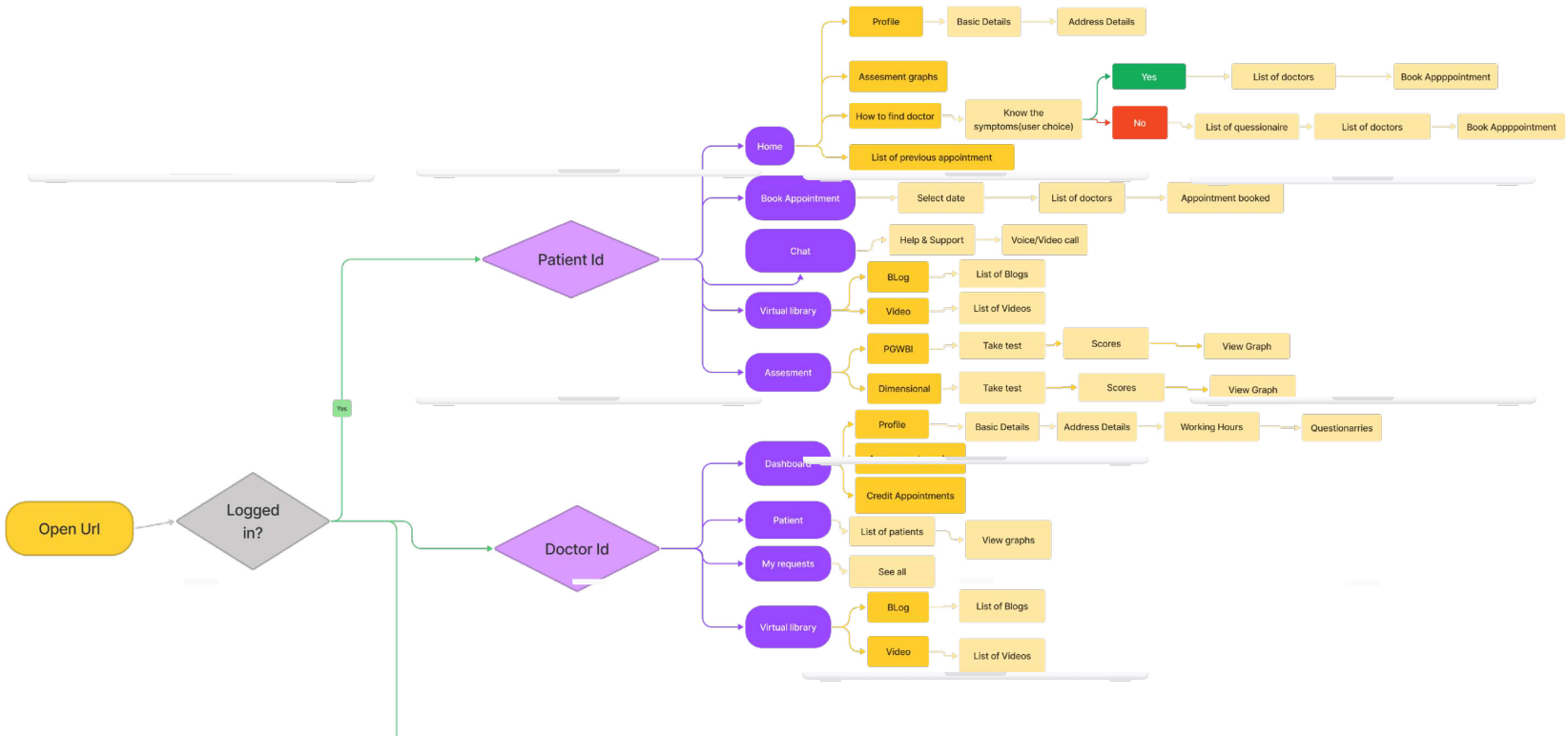
Pain

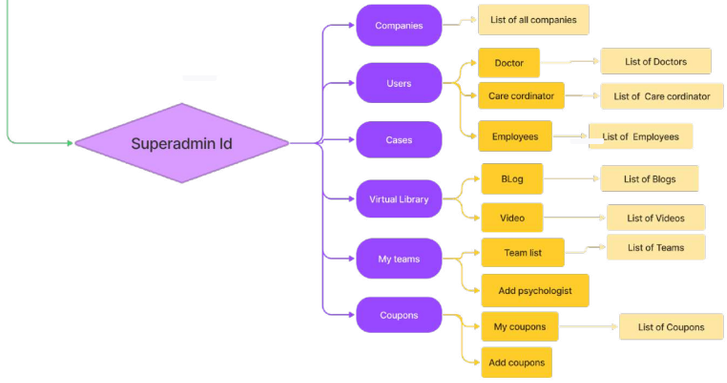
- Sleep issues due to anxiety and stress
- Inappropriate emotional failures
- Disappointments and Failure
- Afraid of being alone

Gain

- Better manage and sense of control over my own life
- Happiness and satisfaction
- Emotional Maturity
- Sense of validation

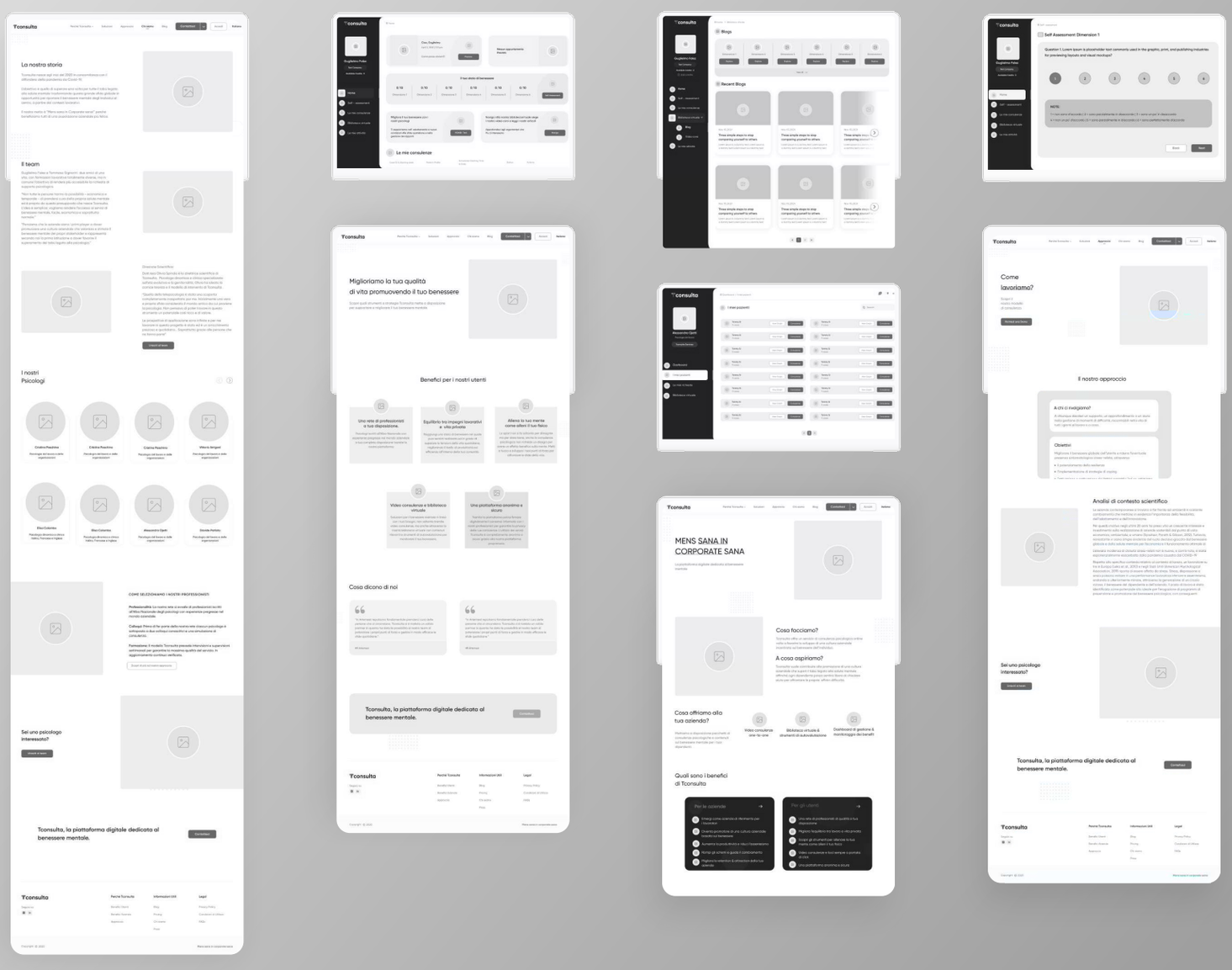
We created **an information architecture** to build the content structure and facilitate seamless navigation





WIREFRAMES

Wireframes were created to obtain a general idea of the complete user flow



DESIGN SYSTEM

Typography and colors used

Gilroy

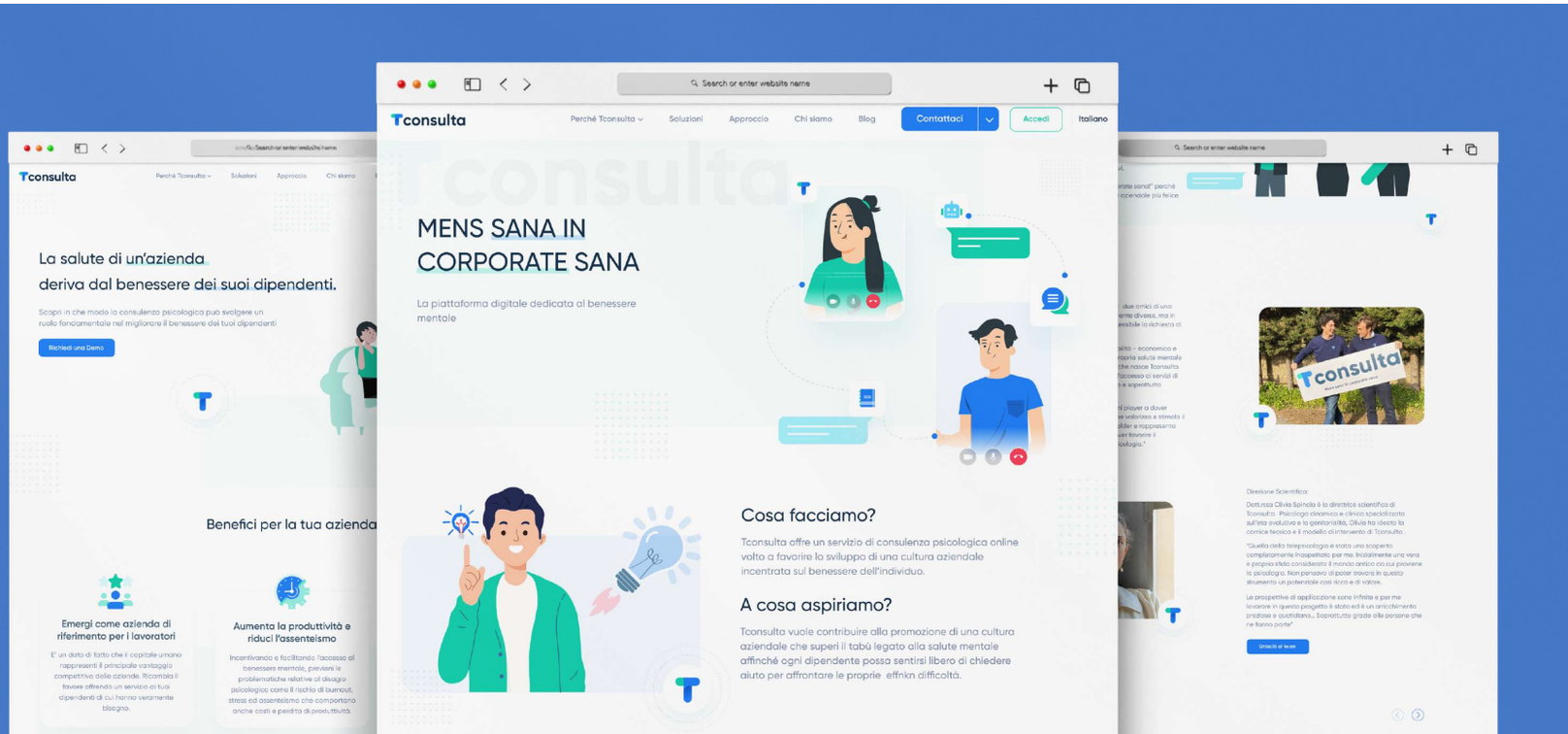
Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj Kk Ll
Mm Nn Oo Pp Qq Rr Ss Tt Uu Vv
Ww Xx Yy Zz

0123456789

Regular Medium **Semibold** **Bold**

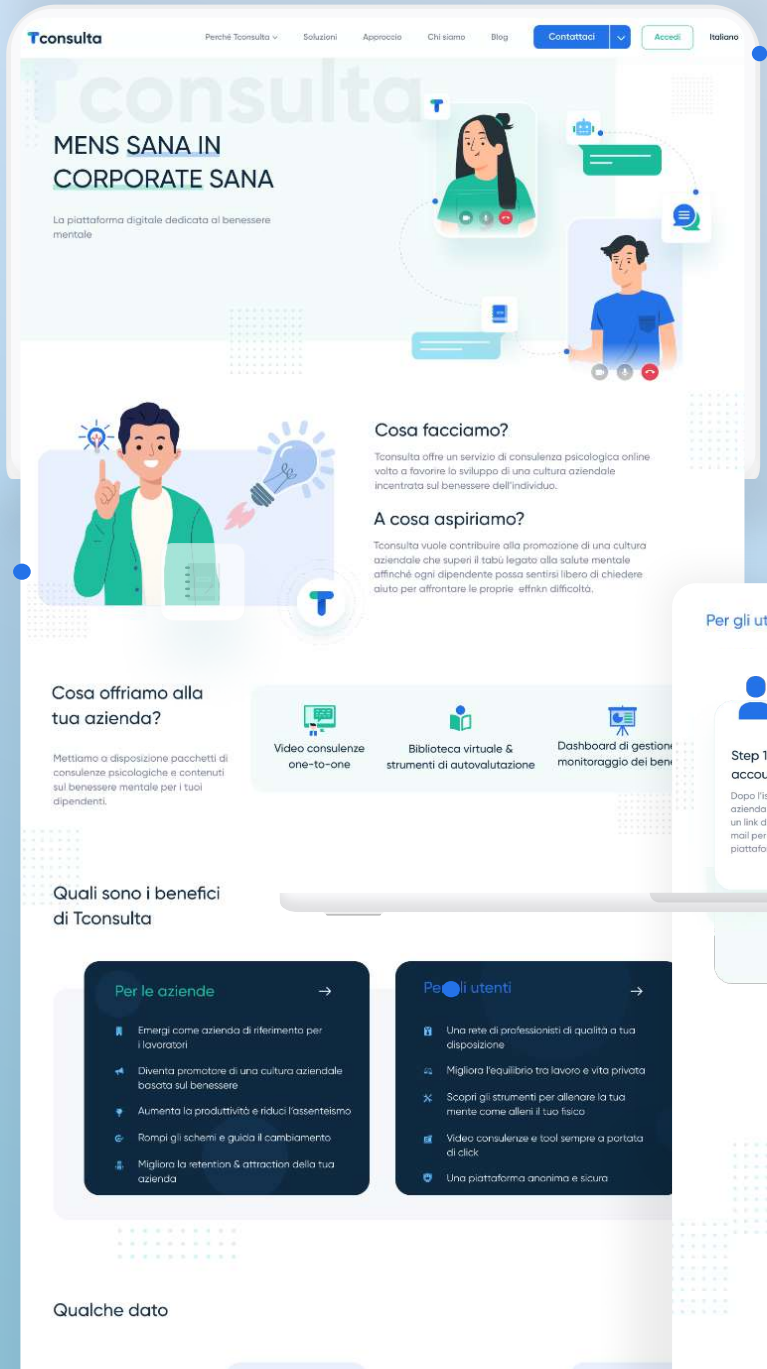
#1DBC9C	#2472E8	#FFFFFF
#E7F8F5	D	#E0E0E0
#0E2940	#E74356	#A6B0BC

UI SCREENS

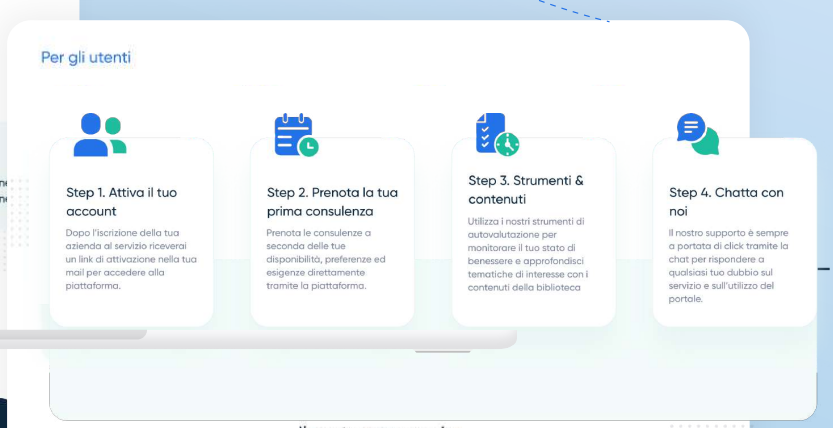


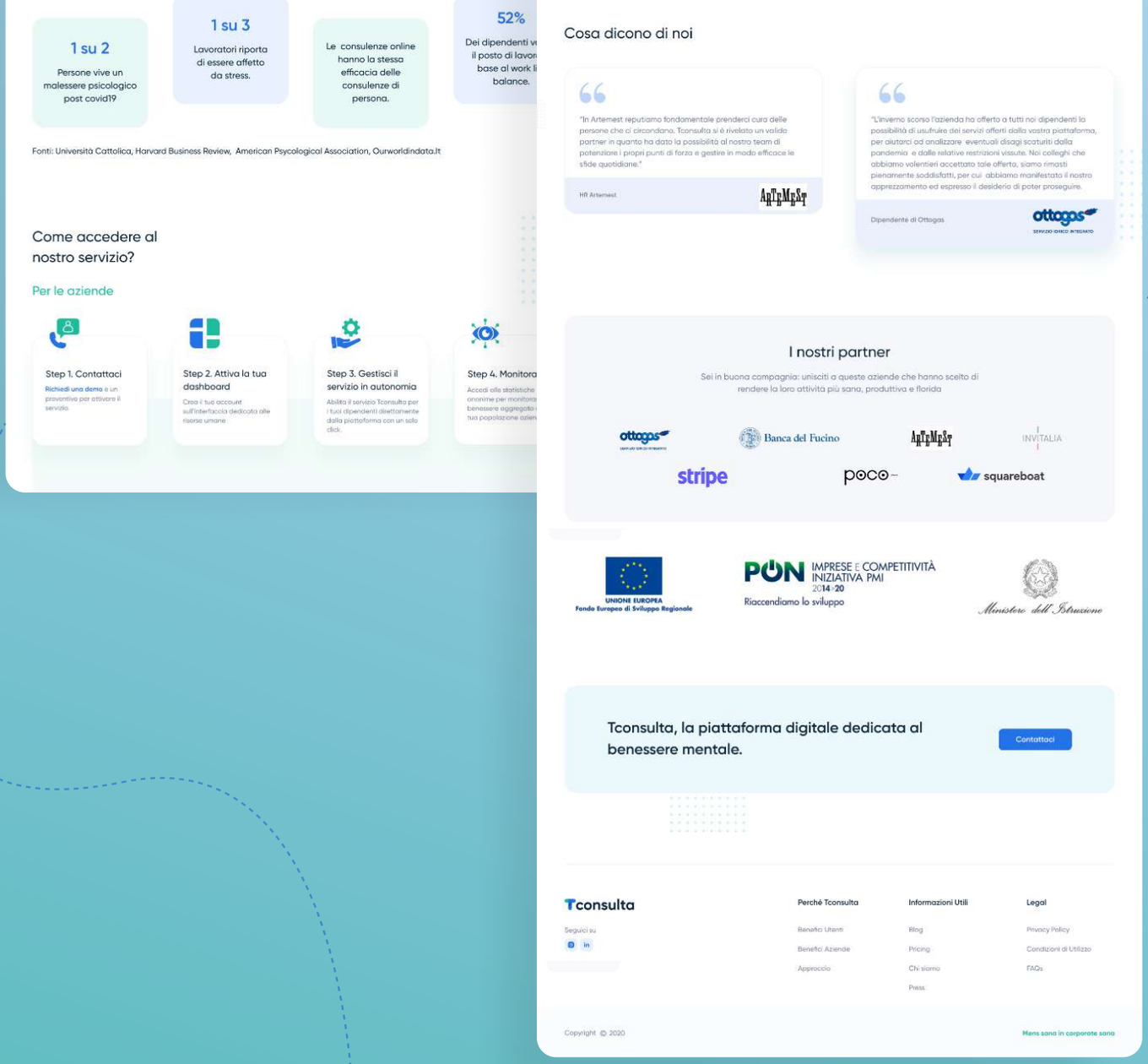
The la g page introduces the users to a vast variety of options offered

The page is made intuitive to bring out an immersive experience where the users can know everything about the product. This builds trust and credibility.



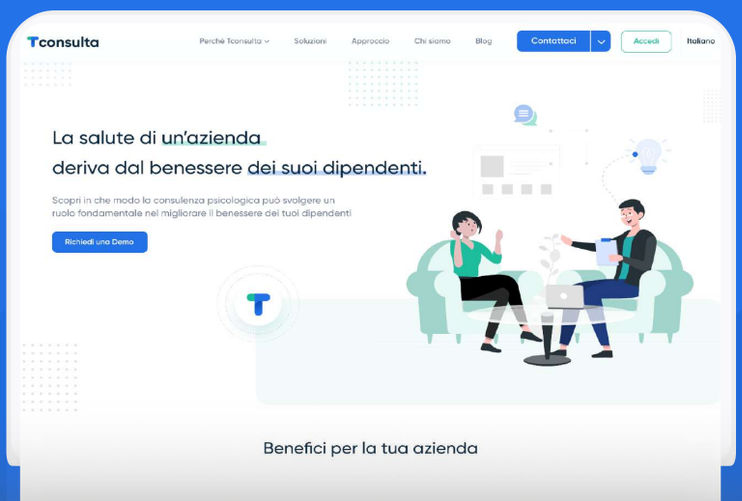
This section is for users that will help them to follow the process in steps one by one.

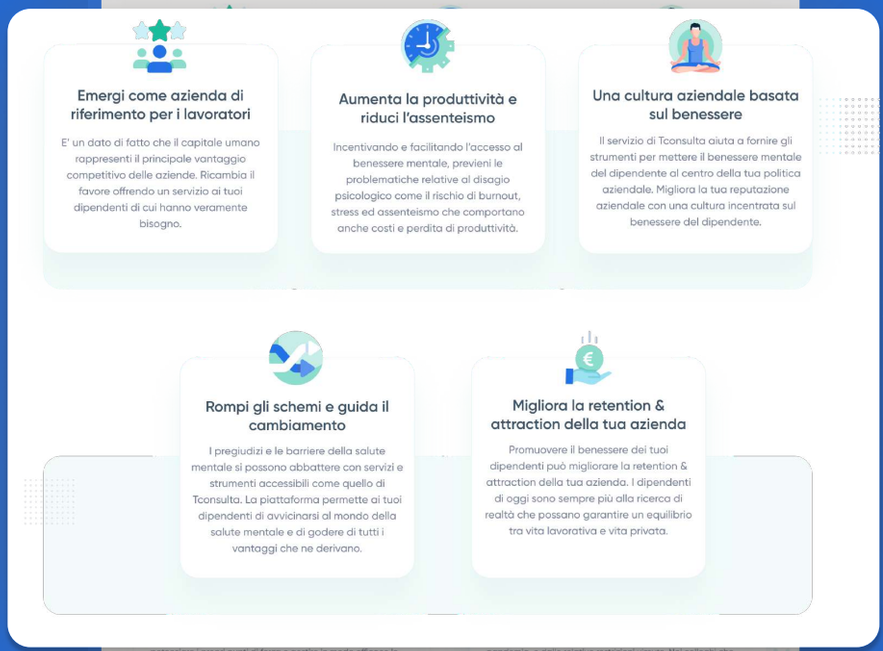




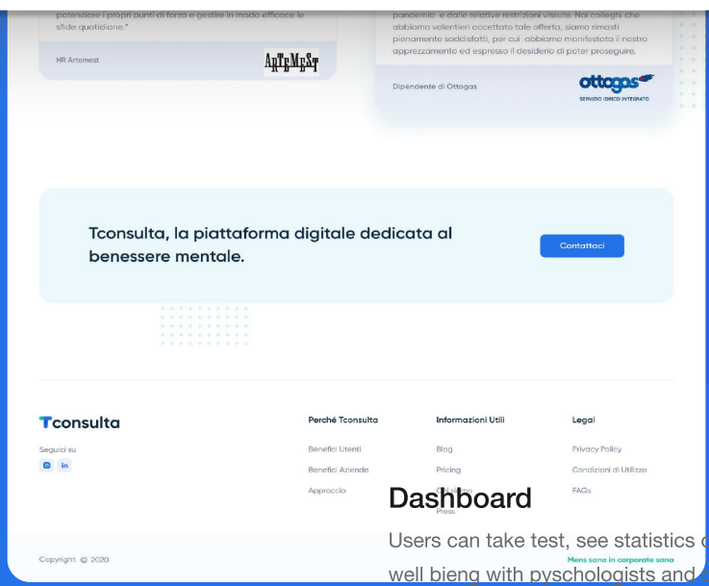
The benefit page introduces the users to avail all the benefits offered

The page is related to company benefits that offers benefit such as increasing productivity, mental awareness, lead the change and maintain company's retention.





This section is for users that will help them to look the benefits they have and how they can avail that.



Dashboard

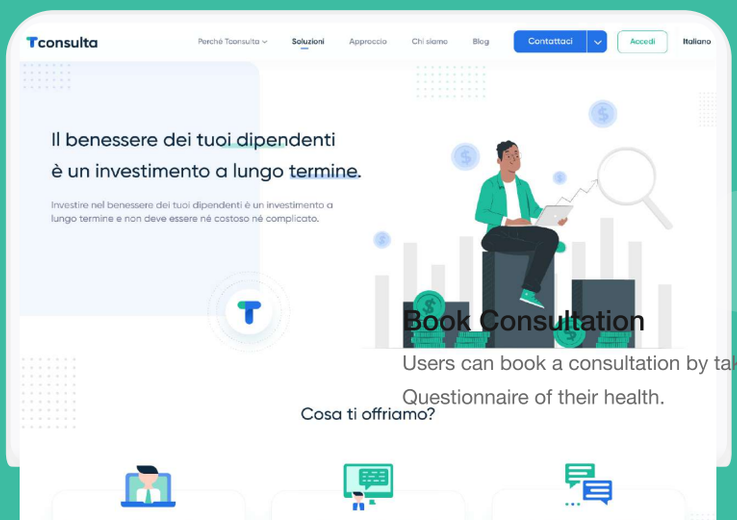
Users can take test, see statistics of the test, maintain well bieng with pyschologists and can see the consultations history

The **pricing page** introduces the plans for the users

Consultations

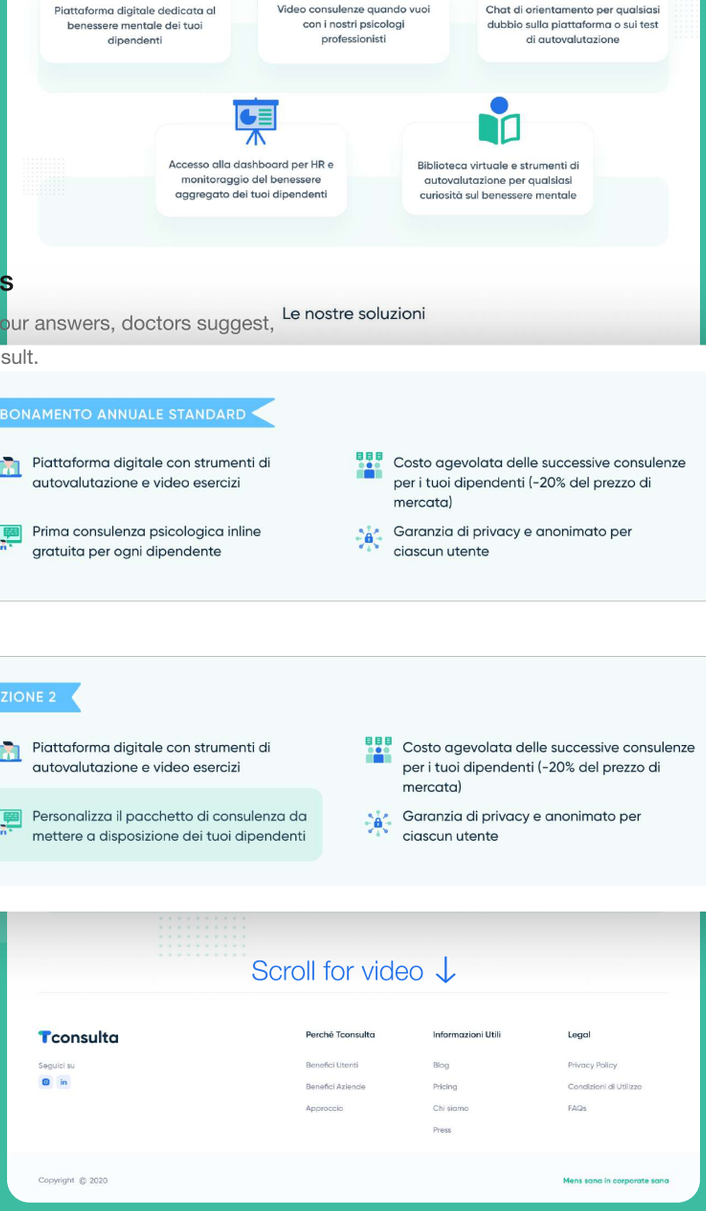
The page explains investing in the wellbeing of your employees is a long-term investment and it is not so expensive.

You can book your consultations here and can see the consultation history.



Book Consultation

Users can book a consultation by taking Questionnaire of their health.



Find Doctors

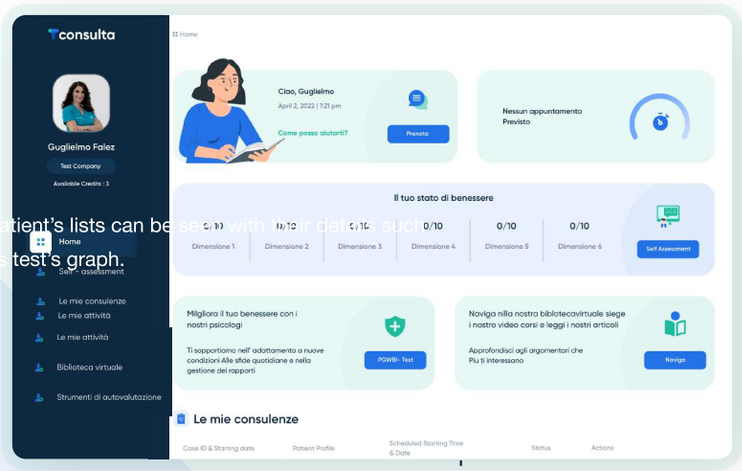
On the basis of your answers, doctors suggest, now you can consult.

This section helps to know the standard plans and other plans for the product.

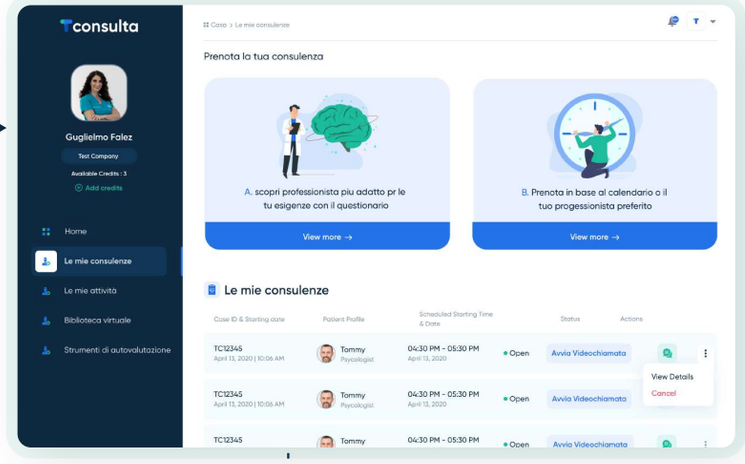
The patient portal introduces the users book online consultation

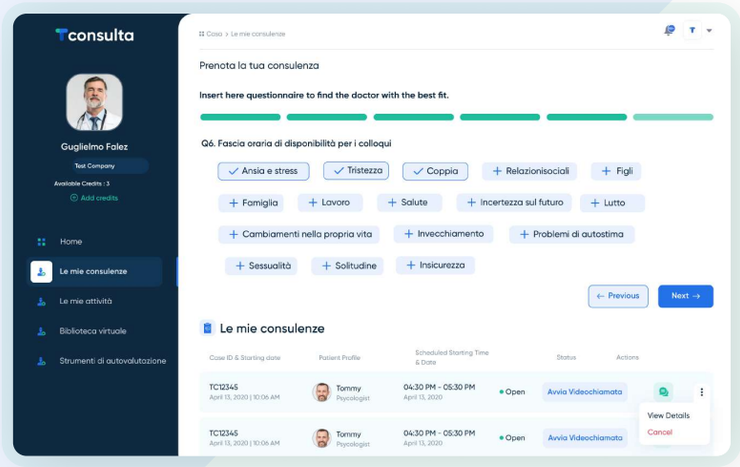
Users can choose from a variety of services provided by vendors registered on the platform. Once they pick a service they'd want, they can also connect with vendors.

Patients can access their test results, schedule tests, and check their consultation history all online.



Patient's lists can be seen with their details such as test's graph.


consulta
Guglielmo Falez
Test Company
Available Credits : 3
Add credits
Home
Le mie consulenze
Le mie attività
Biblioteca virtuale
Strumenti di autovalutazione
Prenota la tua consulenza
A. scopri professionista piu adatto pr le tu esigenze con il questionario
View more →
B. Prenota in base al calendario o il tuo progessionista preferito
View more →
Le mie consulenze
Case ID & Starting date
Pasient Profile
Scheduled Starting Time & Date
Status
Actions
TC12345
April 13, 2020 | 10:06 AM
Tommy
Psycologist
04:30 PM - 05:30 PM
April 13, 2020
Open
Avvia Videochiamata
View Details
Cancel


consulta
Guglielmo Falez
Test Company
Available Credits : 3
Add credits
Home
Le mie consulenze
Le mie attività
Biblioteca virtuale
Strumenti di autovalutazione
Prenota la tua consulenza
Insert here questionnaire to find the doctor with the best fit.
Q6. Fascia oraria di disponibilità per i colloqui
Ansia e stress
Tristezza
Coppia
Relazionisociali
Figli
Famiglia
Lavoro
Salute
Incertezza sul futuro
Lutto
Cambiamenti nella propria vita
Invecchiamento
Problemi di autostima
Sessualità
Solitudine
Insicurezza
Previous
Next
Le mie consulenze
Case ID & Starting date
Pasient Profile
Scheduled Starting Time & Date
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Psycologist
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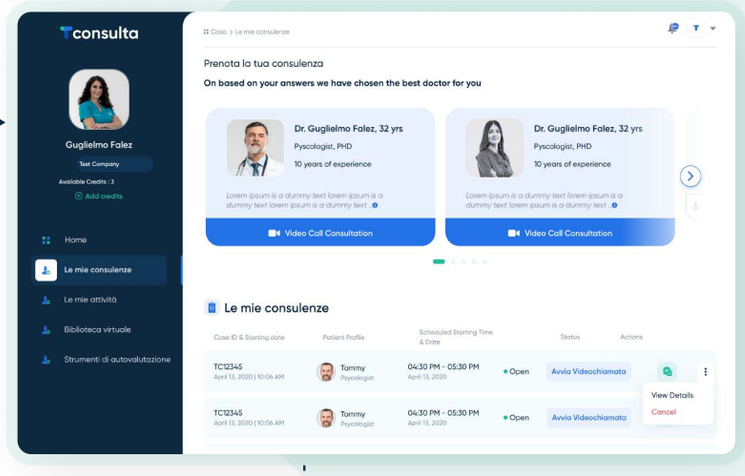
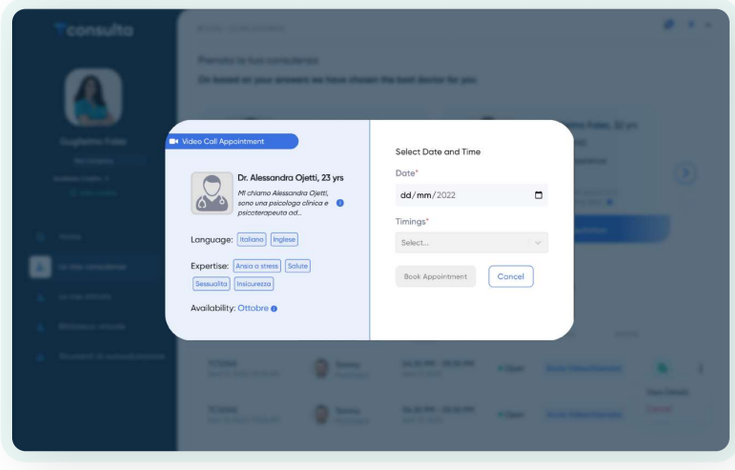
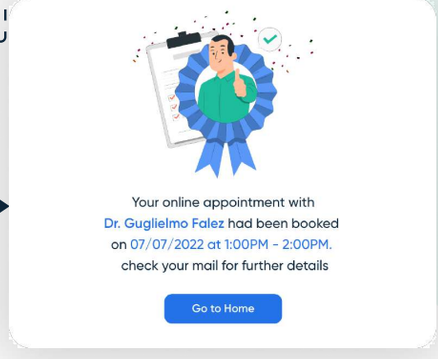
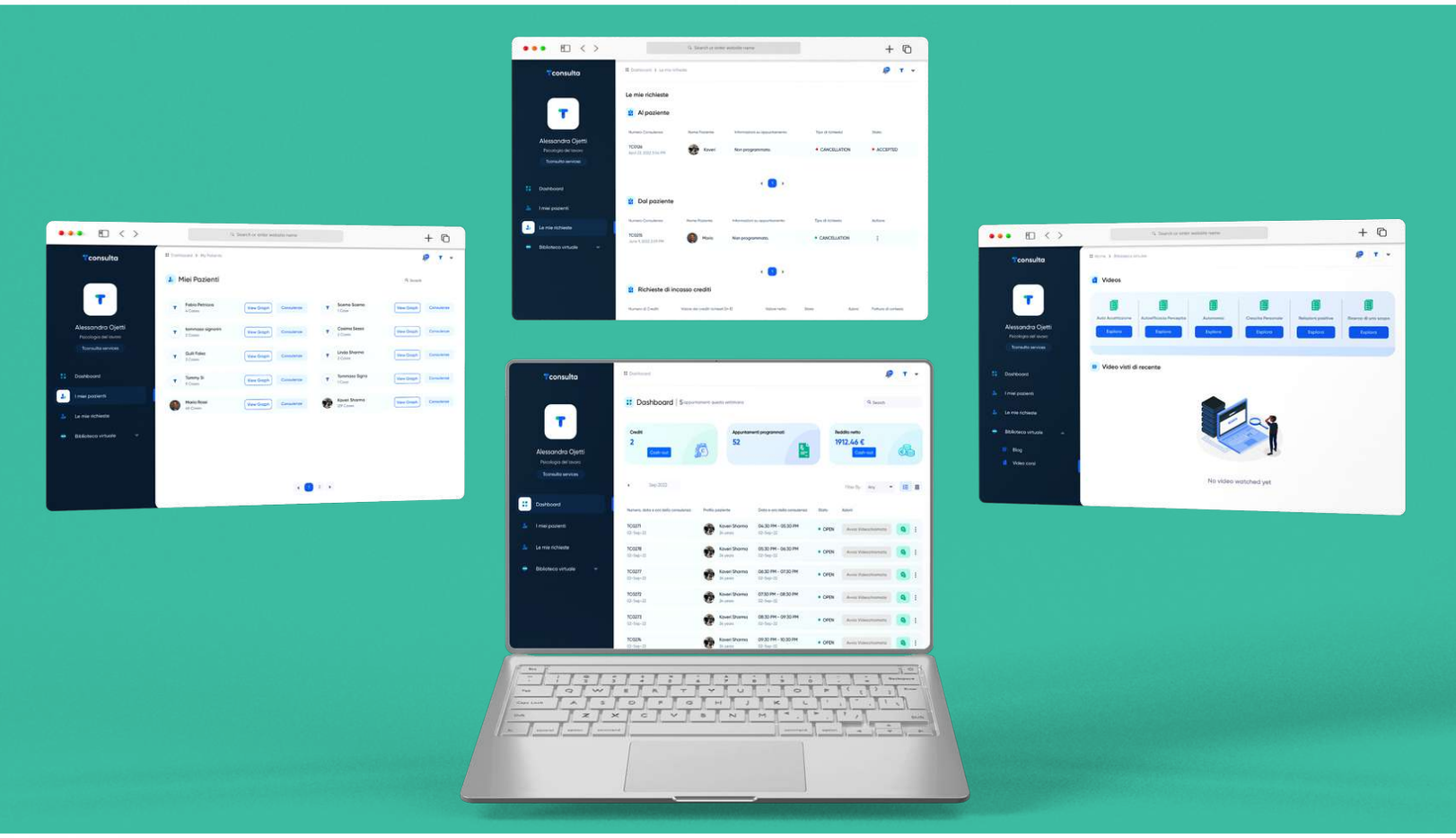

consulta
Guglielmo Falez
Test Company
Available Credits : 3
Add credits
Home
Le mie consulenze
Le mie attività
Biblioteca virtuale
Strumenti di autovalutazione
Prenota la tua consulenza
On based on your answers we have chosen the best doctor for you
Dr. Guglielmo Falez, 32 yrs
Pyscologist, PHD
10 years of experience
Video Call Consultation
Dr. Guglielmo Falez, 32 yrs
Pyscologist, PHD
10 years of experience
Video Call Consultation
Le mie consulenze
Case ID & Starting date
Pasient Profile
Scheduled Starting Time & Date
Status
Actions
TC12345
April 13, 2020 | 10:06 AM
Tommy
Psycologist
04:30 PM - 05:30 PM
April 13, 2020
Open
Avvia Videochiamata
View Details
Cancel


Video Call Appointment
Dr. Alessandra Ojetti, 23 yrs
Mi chiamo Alessandra Ojetti, sono una psicologa clinica e psicoterapeuta ad...
Language: Italiano Inglese
Expertise: Ansia o stress Salute Sessualità Insicurezza
Availability: Ottobre
Select Date and Time
Date*
dd/mm/2022
Timings*
Select...
Book Appointment
Cancel


Your online appointment with
Dr. Guglielmo Falez had been booked
on 07/07/2022 at 1:00PM - 2:00PM.
check your mail for further details
Go to Home

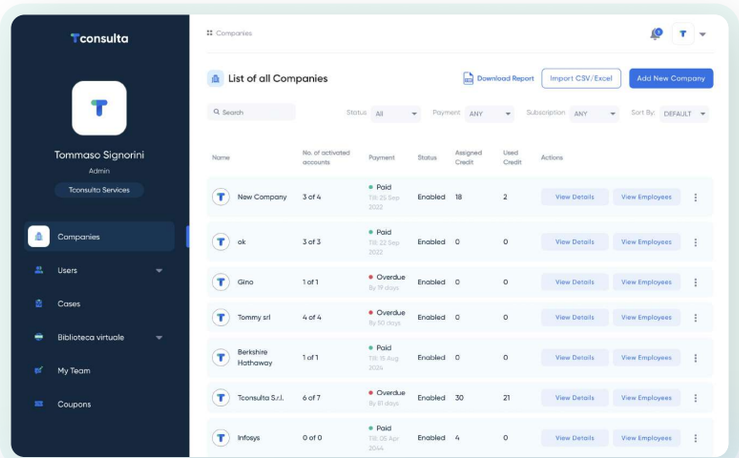
The **doctor portal** introduces the cumulative data for doctors

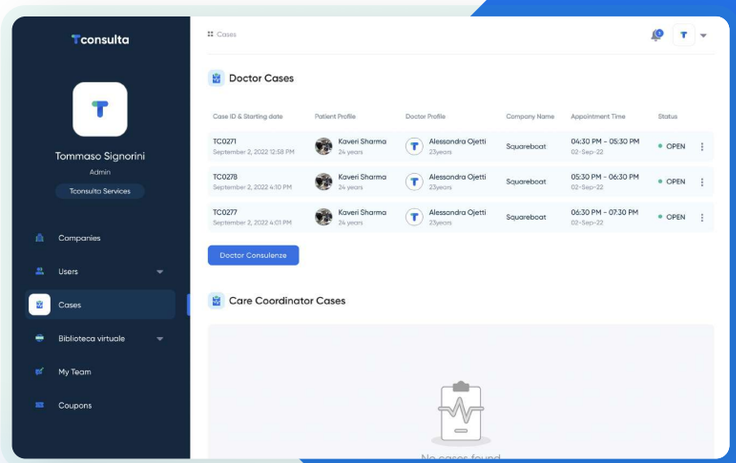
Doctors can view their patient lists, cases, requests, blogs, libraries, and videos on the doctor portal.

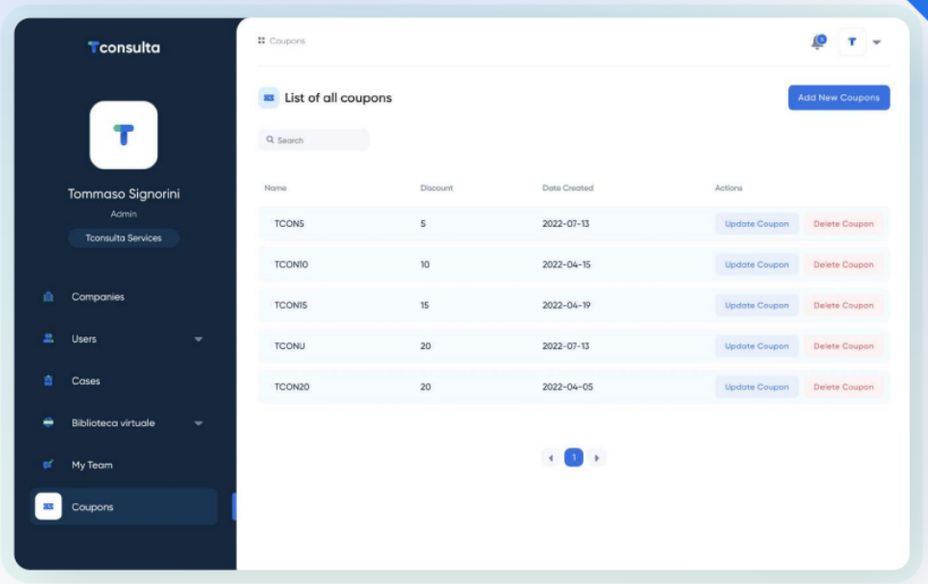


The **super admin portal** has the list of the companies, users, cases to name a few

The portal serves as the primary super admin portal for all user and company data, patient case records, resources, blogs, and team members.







squareboat

We at Squareboat build beautiful, scalable and feature-rich web and mobile applications that solve real customer problems.

Contact Us

Plot Number 115, Sector 44, Gurugram, Haryana 122002

hi@squareboat.com 011 411 70317 squareboat.com

Follow us on

GRID DESIGN by squareboat

We are creative hooomans who are obsessed with crafting seamless digital experiences that affect the lives of our users whilst sipping a lotttt of coffee!

Contact Us

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