Mental Health App Planner

Issue my app is addressing:
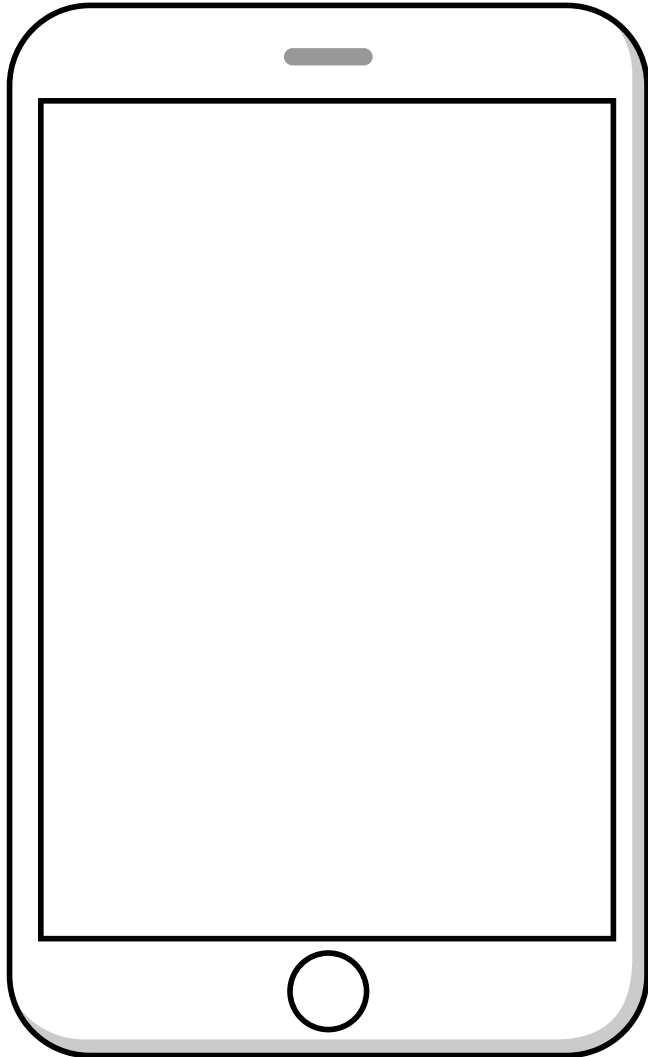
Target audience for my app:

Possible approaches my app has to address the issue:

Potential names for the app:

Mental Health App Planner

App mockup and mood board

Images/description of app function and inspiration for the visual design of my app: