Shining Me

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This abstract highlights the development of an innovative app designed to reduce the phobia surrounding mental health. With a growing number of people suffering from mental health issues and increasing suicide rates, the app aims to promote the importance of mental health awareness and provide a practical solution. The app uses a sophisticated tracking system that enables users to input their feelings and receive tailored feedback. In addition to offering self-care tips, the app also provides access to mental health professionals, with every aspect of the app developed with the guidance of experts to ensure accuracy. The app also allows users to connect with authorized professionals, make appointments, and send reports and messages, with the ultimate goal of advancing the mental health industry in the country.

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