Whitney just started a new job, but she is still a full time student at University. This is also her freshman year so she wants to get involved on campus and explore her new surroundings. In doing so, she's completely filled her plate. She feels overwhelmed and needs to take a step back. She opens a mental health app someone recommended to her. The first thing she has to do when she opens the app is give some personal information: name, age, gender, work/school life, what type of problems she is dealing with right now, etc. Once she gets to the text box to explain how she feels, everything just pours out. She didn't realize she had so much weighing on her.

After filling out this "get to know me", she decides to explore the app. There are so many options to choose from. The first thing that catches her attention is an article on self-care. Whitney doesn't have much time left before she has to go to class, but she reads what she can and uses the bookmark feature to mark her stopping place. The information she read so far in the article was pretty useful and she thinks about it while she is on the way to class. Towards the end of class Whitney gets a notification from the app reminding her she still has that article to finish.

Whitney finally gets back to her apartment and can sit and explore the app more. She finds her bookmark and is able to finish the article from earlier. Whitney never really took the chance to sit back and realize how important it was to take care of herself while taking on so many responsibilities. The app's algorithm takes into account that Whitney read an article on self-care and suggests similar articles. This reading gives Whitney more insight on how she can take better care of her mental health. Little things like taking walks, watching her favorite movie, or even taking a day trip really makes a positive difference in her mood.

Whitney has another busy day ahead of her tomorrow and starts to feel overwhelmed again. She utilizes the app's calendar feature by listing all she has to do tomorrow. Completing the list and checking off boxes helps Whitney feel accomplished and even motivates her to keep going. Eventually, Whitney starts to see little improvements in her daily life. Her mood has improved and she feels more motivated and level-headed. Regular reminders and meditation tips from the app help her incorporate these practices into her life and make them become habits on their own.

Midterms are coming up and Whitney is feeling overwhelmed all over again. She feels as if she is regressing and it is taking a toll on her mentally. She starts to feel alone and decides to go back to the app. She updates her account profile about how she feels as if she is regressing. The app's algorithm is able to suggest articles that address depressive episodes and regression. The app also introduces a live-therapy option so she can speak to a licensed therapist. She is also able to utilize the 'group' feature where users can all interact. It's a community for all app users to communicate and relate to reassure them they are not alone in their struggles. There is even a group meditation option! The app continues to send daily reminders, motivational quotes, and suggests videos and podcasts that best relate to Whitney's personal problems.

Whitney notices the improvements in her mental state over time. It didn't happen overnight, but the app made her realize it is all a process and everyone is different in dealing with their problems. She notices a close friend of hers is dealing with similar problems, only he does not have an outlet to deal with them. She takes advantage of the app's "invite" feature to help him out.