

The Stress Help Button

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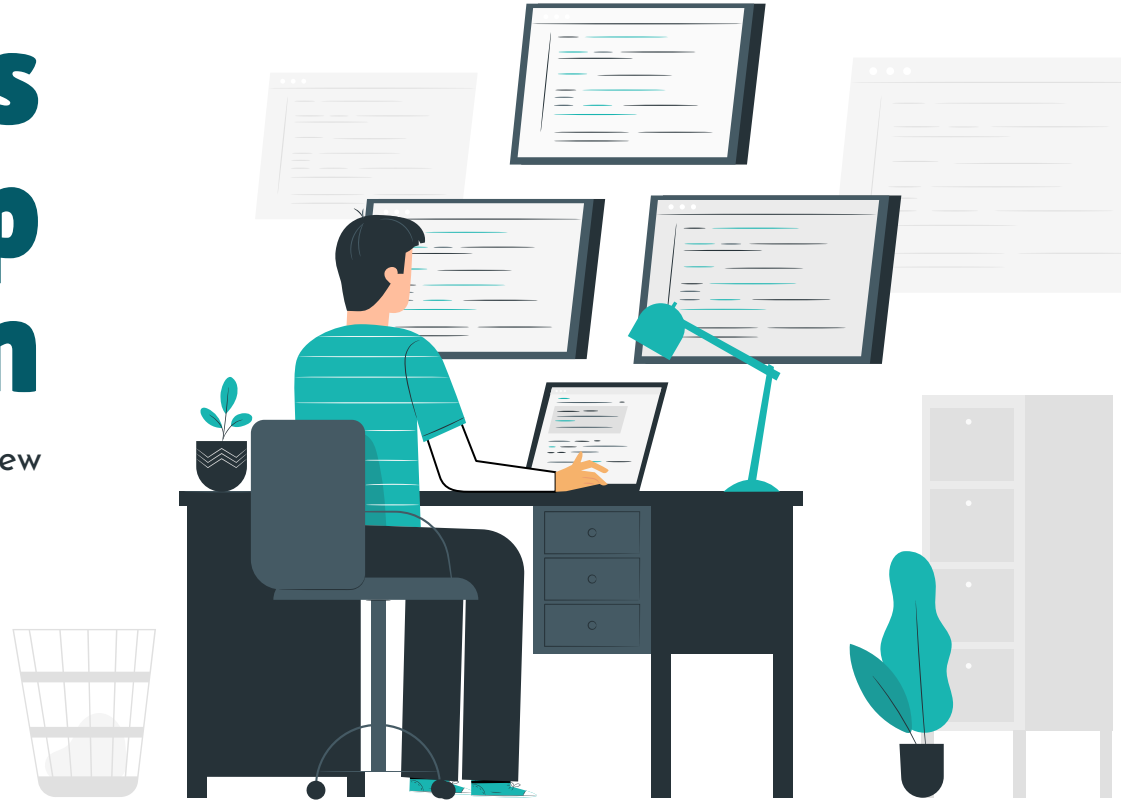


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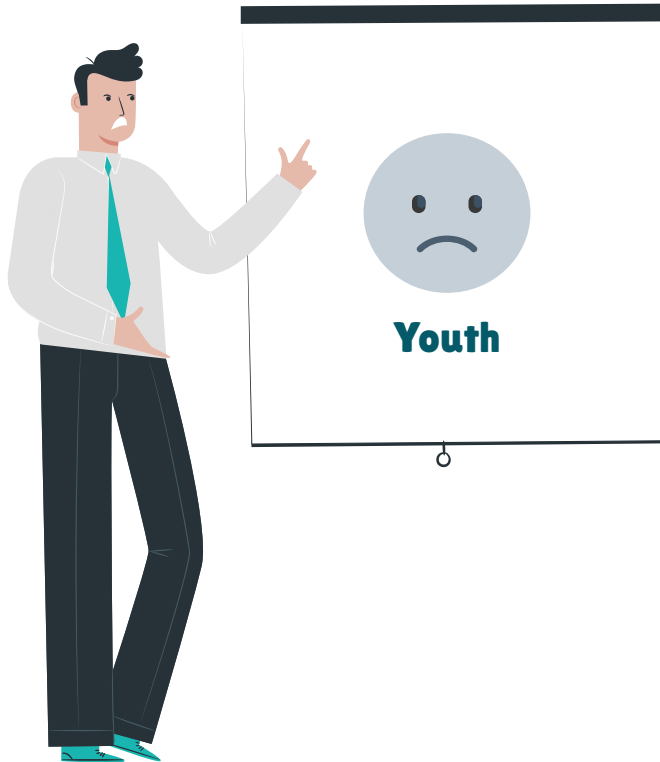
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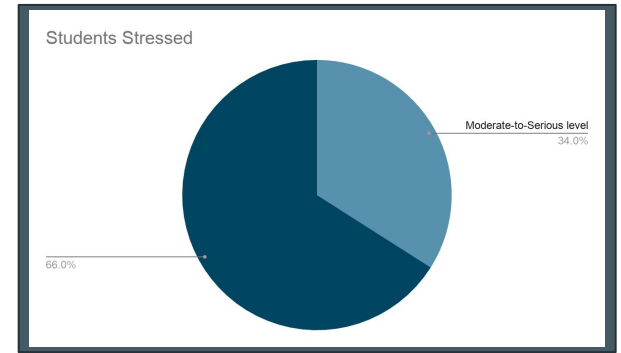
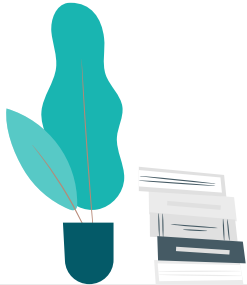


OUR PROBLEM

Youth need healthy ways to deal with large workloads. There are not enough resources in schools or enough education about what students can do when feeling overwhelmed.

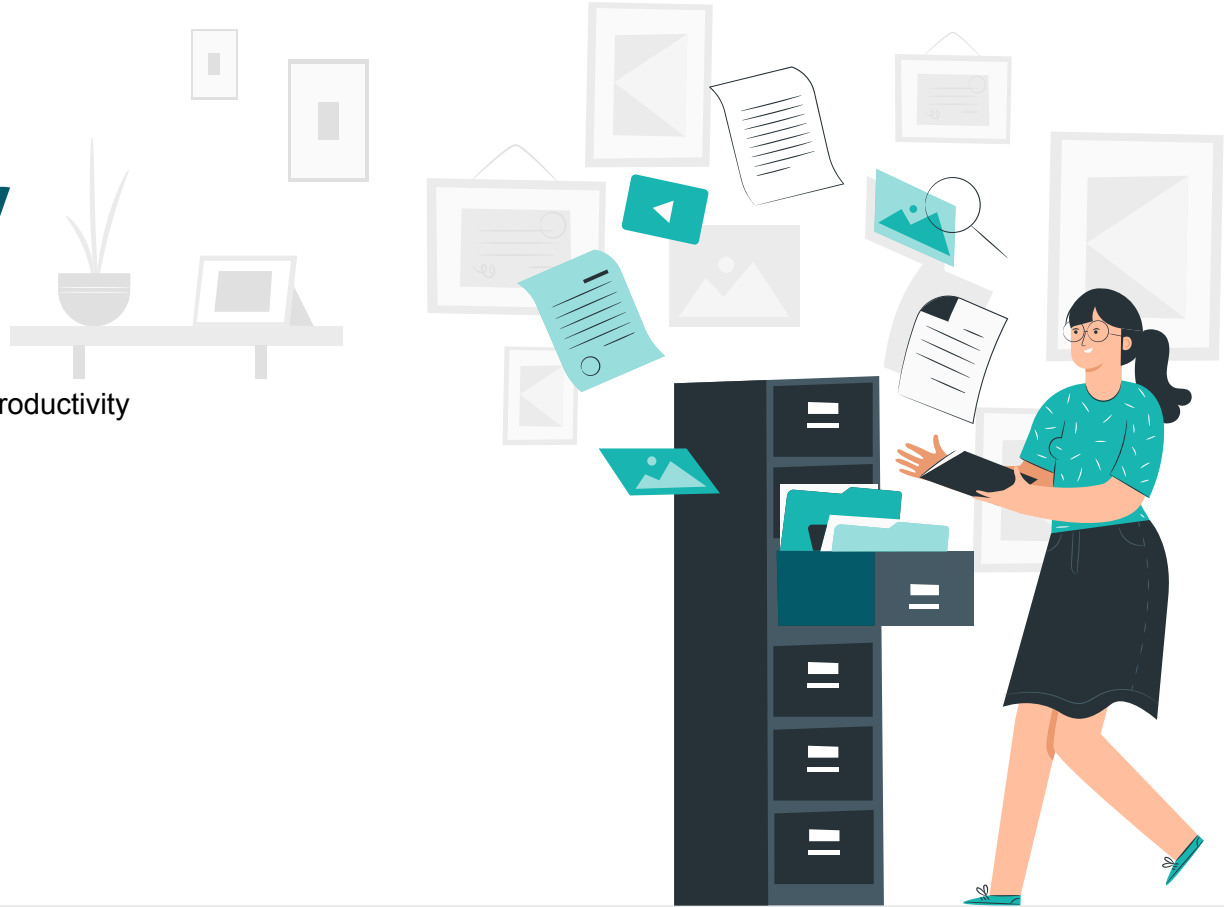
What we know:

1. **34%** of Ontario high-school students indicate a moderate-to-serious level of psychological distress (Boak et al, 2016)
2. Young people aged **15 to 24** are more likely to experience mental illness than any other age group (Pearson & Janz & Ali, 2013)
3. Only **1 out of every 5** children who need mental health services in this country receives counselling or treatment (CBC Radio, 2019)



Opportunity

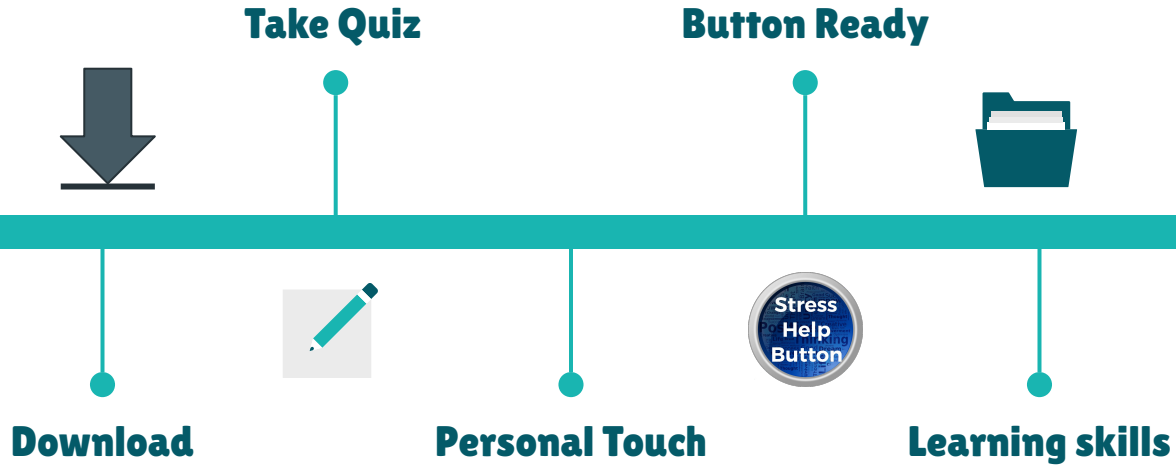
- Stress from outside sources
- Given tools youth will maintain productivity
- Dispel stigmas
- Currently limited resources



Spreading awareness:

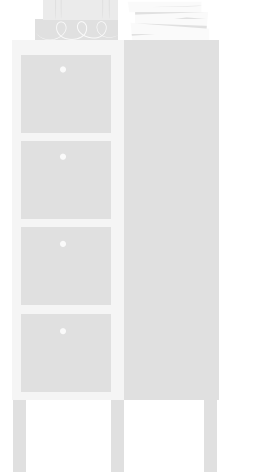
- Social media
- Community engagements
- Educational platforms

The Stress Help Button



If We Solve This...

- There would be an increase in school performance
- Provide health benefits
- It will improve students overall life

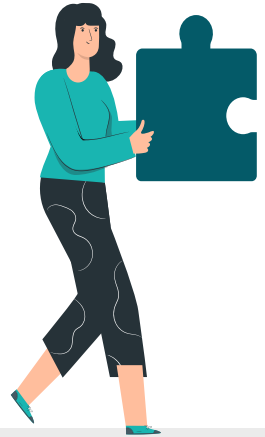




We need your help



- We Need:
- Mental Health Experts
 - App Developers
 - Investors



In Conclusion



Problem

Not enough resources for youth to deal with stress productively



Stats

Statistics show that youth mental health is a growing problem



Opportunity

To help the youth grow and adapt



Solution

The Stress Help Button could be a solution



If We solve this

The youth going forward will have a better life



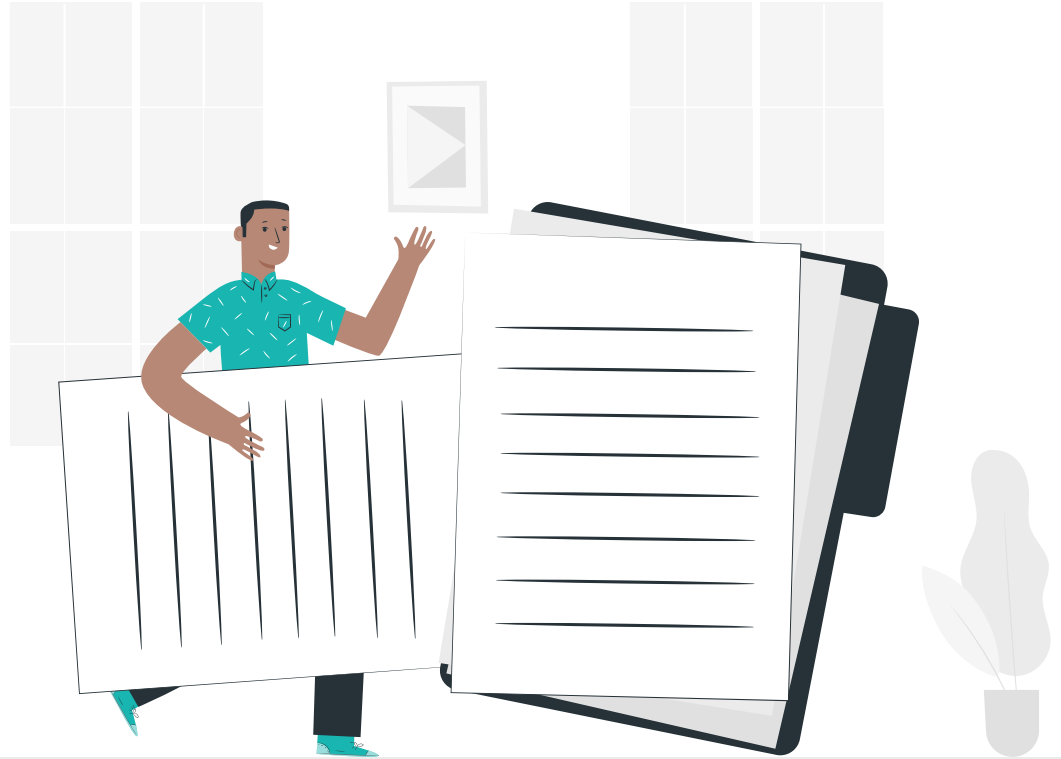
Supporting itself

It will support itself going forward

Please consider joining the cause and helping us achieve our goal.

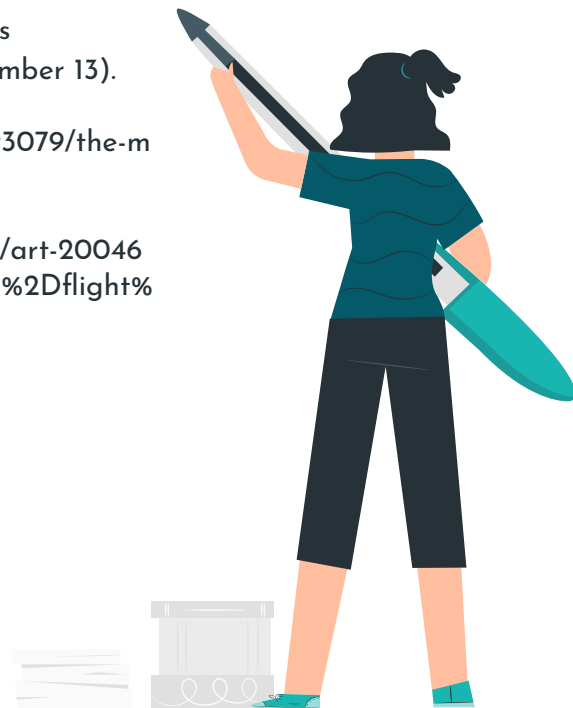
THANKS

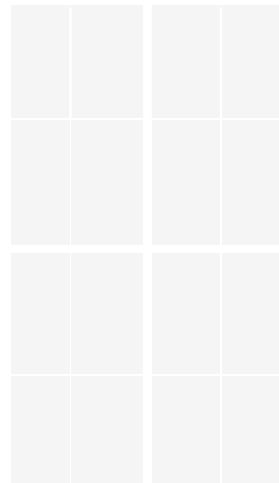
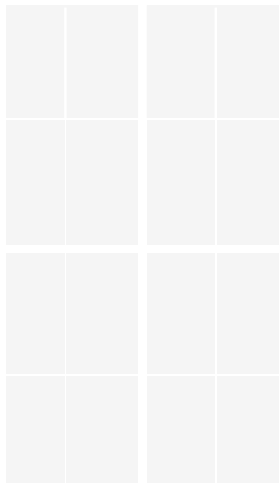
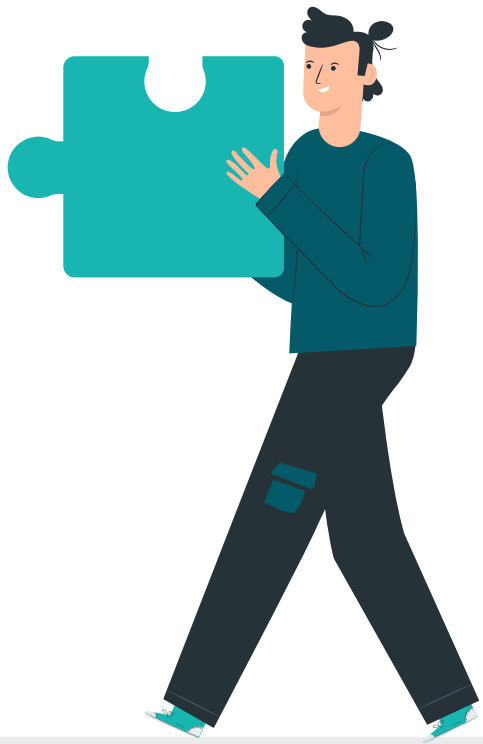
Do you have any questions?



RESOURCES

- Mental illness and addiction: Facts and statistics. (n.d.). from <https://www.camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics>
- The mental health crisis among young CANADIANS | CBC Radio. (2019, December 13). from <https://www.cbc.ca/radio/sunday/the-sunday-edition-for-december-15-2019-1.5393079/the-mental-health-crisis-among-young-canadians-1.5393085>
- Chronic stress puts your health at risk. (2019, March 19). from <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20046037#:~:text=Cortisol%2C%20the%20primary%20stress%20hormone,fight%2Dor%2Dflight%20situation.>
- Pietrangelo, A. (2020, March 29). The effects of stress on your body. from <https://www.healthline.com/health/stress/effects-on-body#1>





Mercury is the closest planet to the Sun and the smallest one in our Solar System—it's only a bit larger than our Moon. The planet's name has nothing to do with the liquid metal, since it was named after the Roman messenger god

FUTURE



MAJOR REQUIREMENTS

01



Venus

Venus has a beautiful name, but it's terribly hot

02



Mars

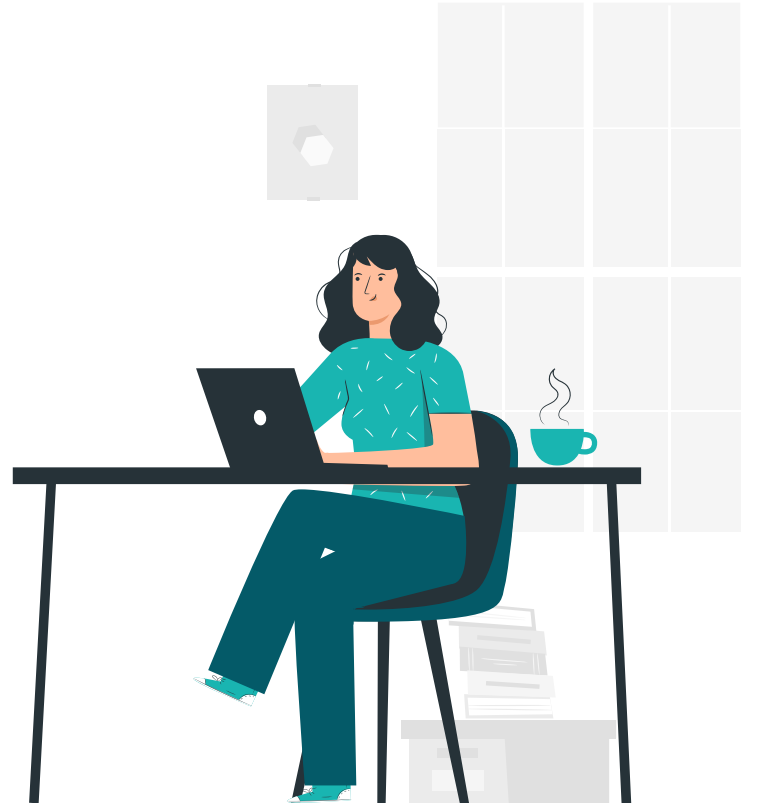
Despite being red, Mars is actually a cold place

03



Saturn

Saturn is composed mostly of hydrogen and helium



BUDGET

30%



Venus

Venus has a beautiful name, but it's terribly hot

10%



Mars

Despite being red, Mars is actually a cold place

40%



Mercury

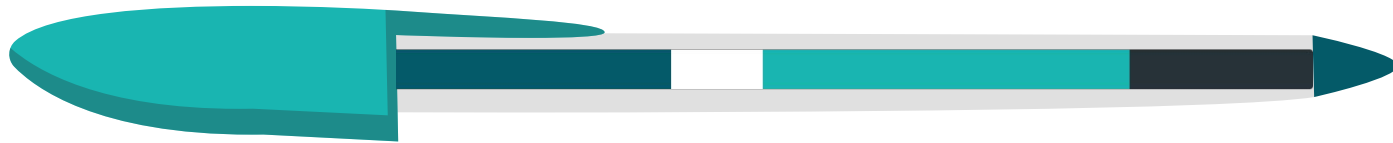
Mercury is the smallest planet in our Solar System

20%



Saturn

Saturn is composed mostly of hydrogen and helium



€6,000,000

If you want to modify this graph, click on it, follow the link, change the data and replace it

PROJECT GOALS

Mars

If you want to change the size of the graphs,

27%

Venus

and then drag the orange handles

70%

Mercury

select the blue part of the circle

52%



PREDICTED RESULTS



\$5M

Mars is a cold place

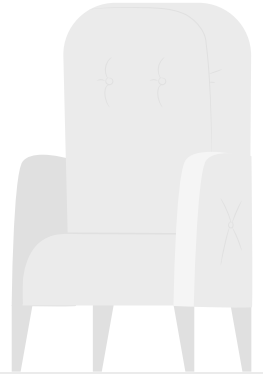
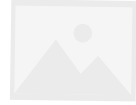
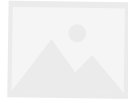
100

Venus has a beautiful name

150

Saturn is the ringed planet

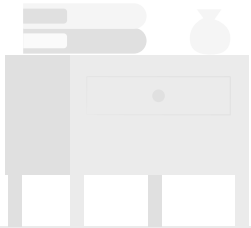
To modify this graph, click on it,
follow the link, change de data
and replace it



SNEAK PEEK

Mercury is the closest planet to the Sun and the smallest one in the Solar System—it's only a bit larger than our Moon. The planet's name has nothing to do with the liquid metal, since it was named after the Roman messenger god, Mercury

**A PICTURE
ALWAYS
REINFORCES
THE CONCEPT**





**A PICTURE
IS WORTH A
THOUSAND
WORDS**

PROJECT STAGES



01. Venus

Venus has a beautiful name, but it's terribly hot

03. Saturn

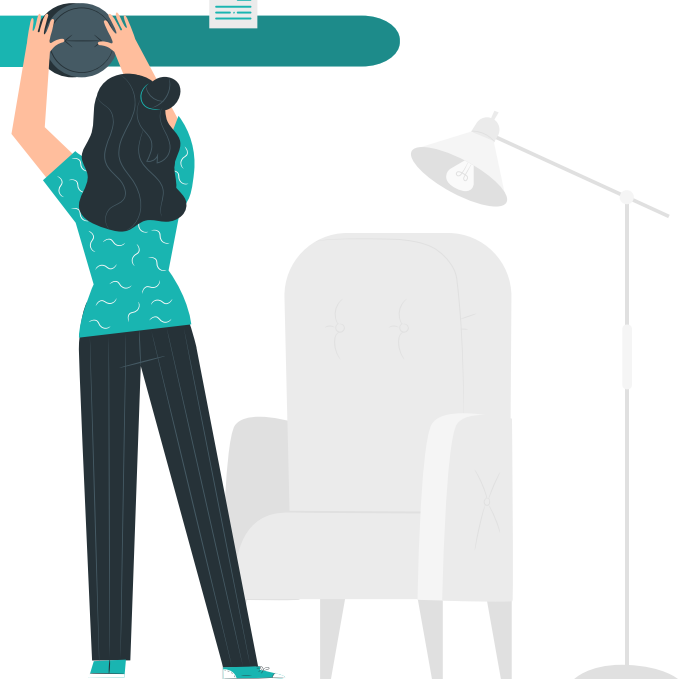
Saturn is composed of hydrogen and helium

02. Mars

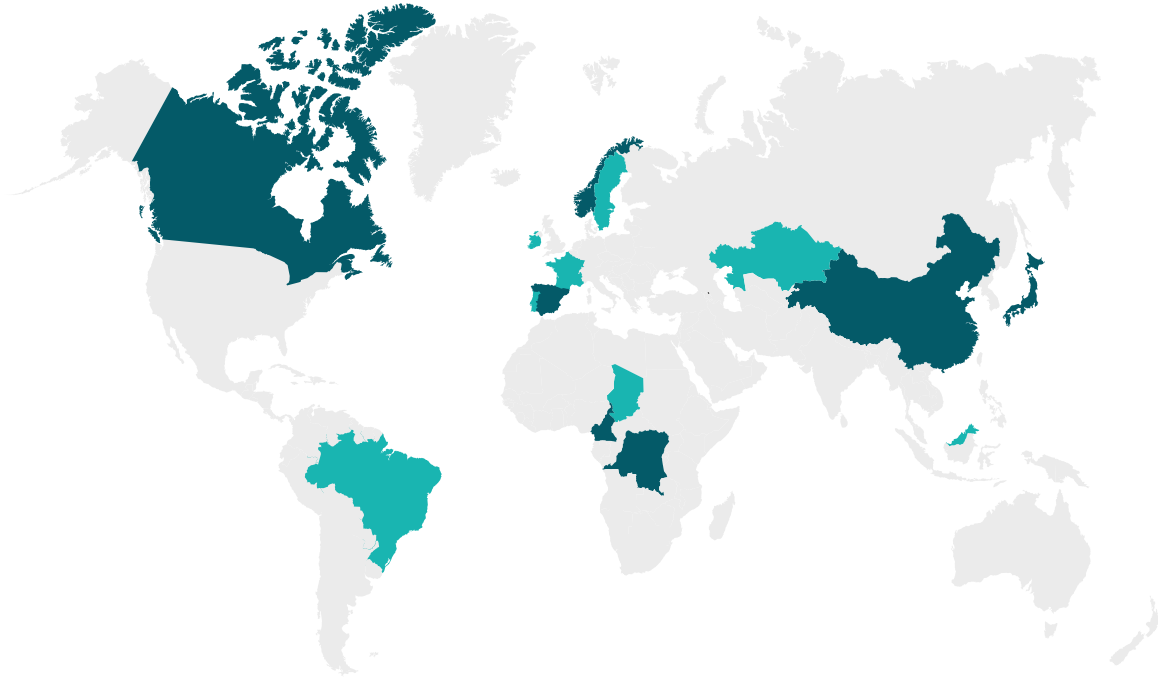
Despite being red, Mars is actually a cold place

04. Mercury

Mercury is the closest planet to the Sun



PROJECT STAGES



Mercury

Mercury is the closest planet to the Sun



Neptune

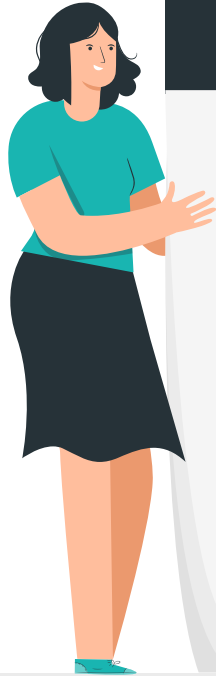
It's the farthest planet from the Sun



Saturn

It's composed of hydrogen and helium

TIMELINE



	S	M	T	W	T	F	S
Start					X		
			★				
	X						X
					X	End	





OUR PARTNERS



Venus

Venus is the second planet from the Sun



Neptune

Neptune is the farthest planet from the Sun



Saturn

Saturn is composed of hydrogen and helium

OUR TEAM



John Doe

You can replace the image on the screen with your own



Jenna Doe

You can replace the image on the screen with your own



Thomas Doe

You can replace the image on the screen with your own

ALTERNATIVE RESOURCES

