



# Brighter Days

## User Requirements

### Target Users

- Children struggling with depression
- Kids with long-term illnesses (e.g., cancer)
- Ages where gamified support is effective

### User Needs

- Easy access to emotional support
- Safe, judgment-free space
- Fun ways to build healthy habits
- Creative outlets like drawing and journaling

### Challenges Faced

- Limited access to mental health care
- Stigma around expressing emotions
- Lack of child-friendly wellness tools
- Self-care feels overwhelming

## PROBLEM



Many children, especially those undergoing long-term challenges such as cancer treatment, lack access to child-friendly mental health support.

## SOLUTION



An engaging, accessible platform promoting emotional well-being through habit-building and self-expression tailored to children's unique needs.

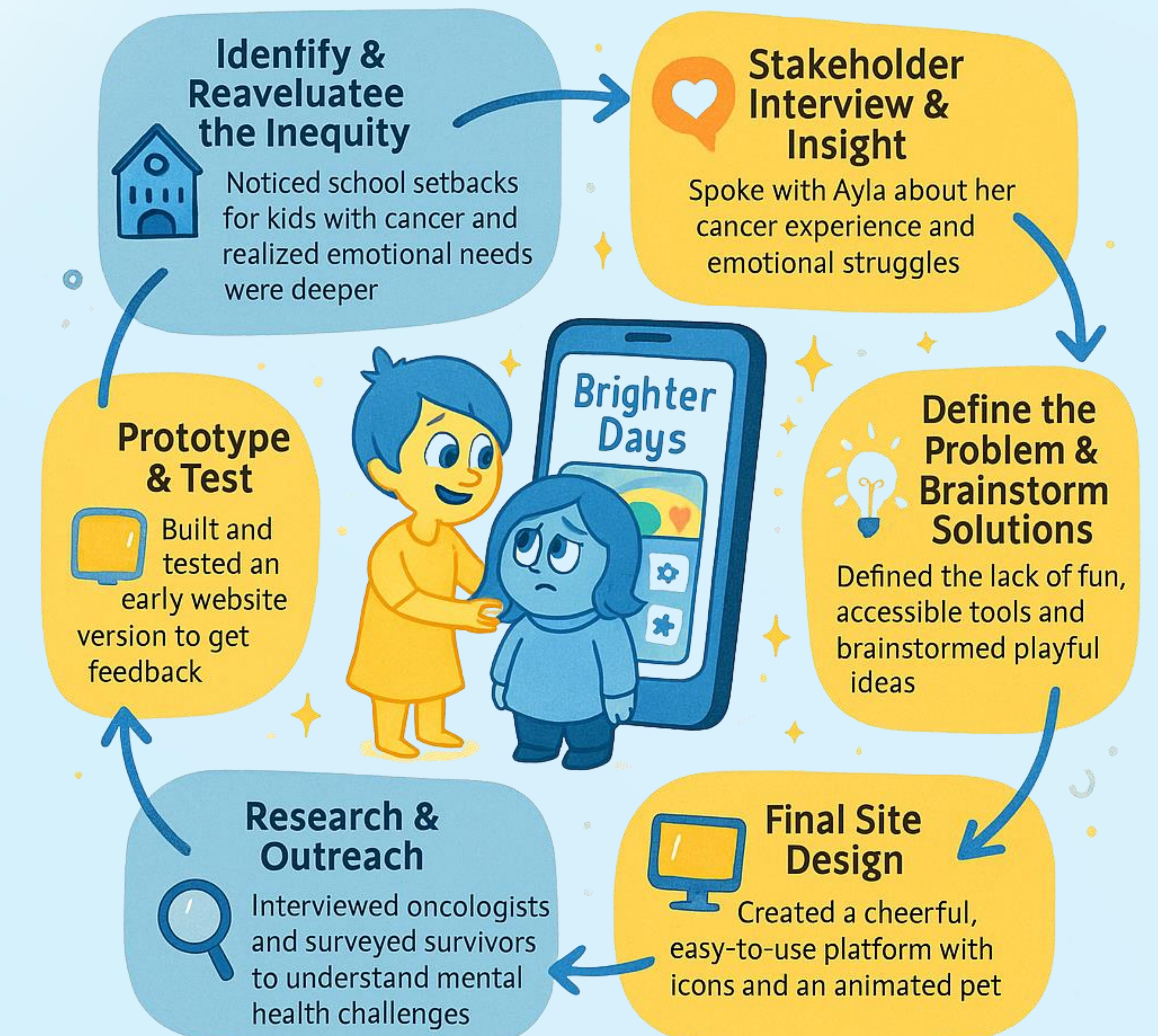
## Prototype



Brighter Days is an HTML-based interactive website created to support children facing mental health challenges, especially those recovering from serious illnesses like cancer.

- It features daily goal tracking where users complete tasks like talking to a friend, exercising, or journaling to grow a virtual pet, encouraging consistency and emotional resilience.
- The site includes a built-in sandbox for drawing and writing, allowing kids to express their feelings in a safe, creative way.
- Designed with simplicity, accessibility, and engagement in mind, Brighter Days provides a stigma-free digital space for children who may not have access to traditional mental health support.

## Design Process



## Results and Conclusions

Our results for this project are a fully functional website to aid hospital patients with their mental health. This will ensure that users do not feel alone in their battle with their illness. While creating this project, we learned that many patients fighting an illness also fight mental battles. Often times, there are not resources to combat these mental battles, resulting in depression or other mental health issues.

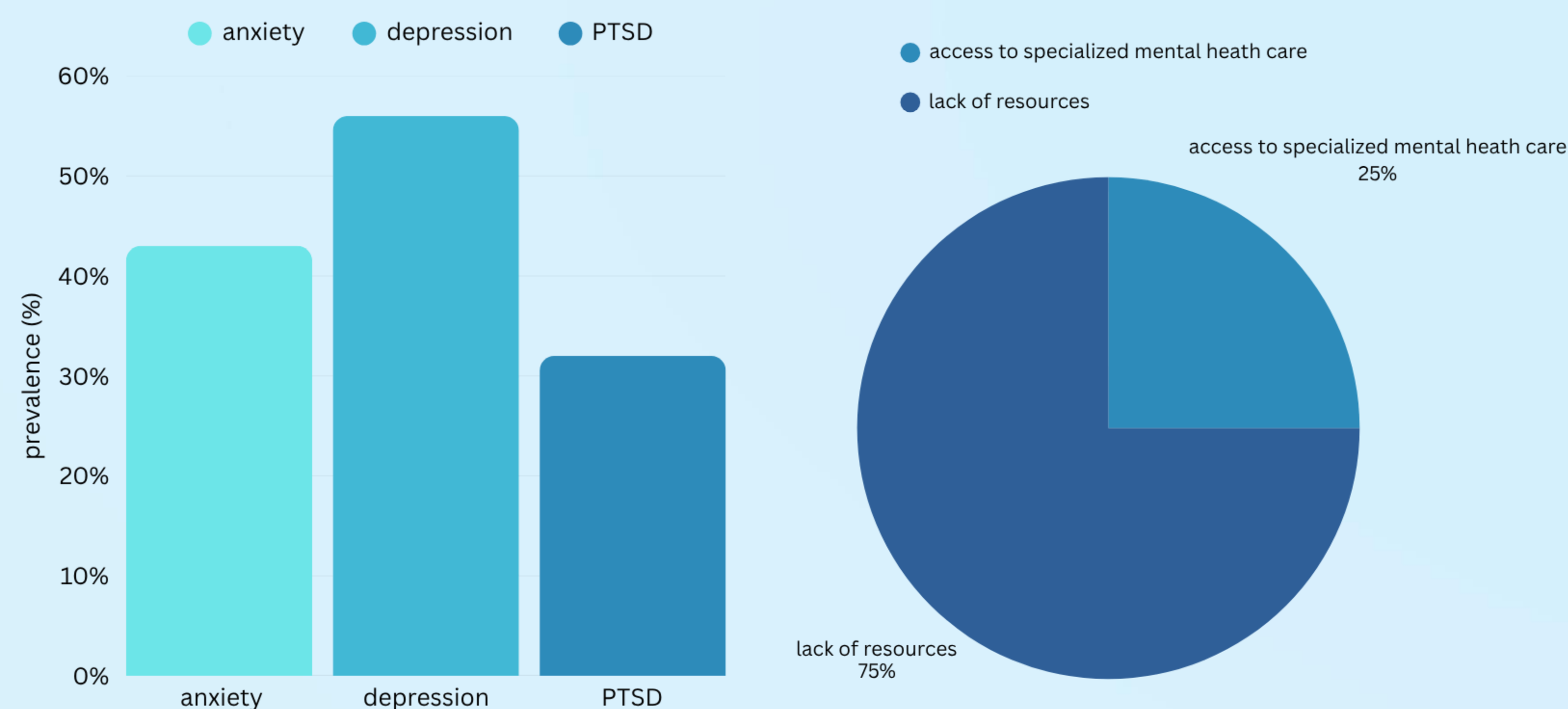
## Learn more!



## Citations

Ayla Hadzic. Interview. Jan 18 2025. Childhood cancer patient  
Dr. Angulo. Interview. April 2 2025. Pediatric Oncologist  
Panchal, N., Kamal, R., Garfield, R., May 26, P. C. P., & 2021. (2021, May 26). *Mental Health and Substance Use Considerations Among Children During the COVID-19 Pandemic - Issue Brief*. KFF. <https://www.kff.org/report-section/mental-health-and-substance-use-considerations-among-children-during-the-covid-19-pandemic-issue-brief/>

## Visual Data



## Mental Health Struggles Among Pediatric Cancer Patients

This graph shows that over half of children with cancer experience depression (56.5%) and nearly half struggle with anxiety (43.5%). PTSD also affects a significant portion at 32.6%, highlighting the traumatic impact of a cancer diagnosis. These numbers reflect the urgent need for emotional and psychological support alongside medical treatment.

## Access to Mental Health Resources for Children with Cancer

The second graph illustrates a major gap in mental health care access, with only 30% of pediatric cancer patients receiving specialized support. In contrast, 70% report a lack of adequate mental health resources or support. This imbalance shows that while mental health struggles are common, the systems in place to help are not meeting the demand.

## Primary

- Raise Awareness of Pediatric Mental Health Struggles:
- Clearly present data on how children with cancer are significantly more likely to experience depression, anxiety, and PTSD, especially during and after treatment.
- Highlight the Lack of Accessible Mental Health Resources:
- Show that despite high mental health risks, the majority of children with cancer do not have access to the emotional support and care they need.
- Introduce the Brighter Days Solution:
- Promote your interactive website/app as a safe, engaging space where kids can complete mood-boosting activities, express themselves, and build emotional resilience during difficult times.

## Objectives

## Secondary

- Inspire Empathy and Action Among Viewers:
- Encourage students, educators, and stakeholders to care about the emotional well-being of children with cancer and support solutions like Brighter Days.
- Showcase Real Research and Visual Data:
- Use clear bar graphs, stats, and visuals to help viewers understand the mental health challenges and resource gap in a quick, impactful way.
- Promote Future Development and Community Use:
- Suggest that Brighter Days has potential to grow—adding more activities, user communication, and expanding reach to kids in schools, hospitals, and online.

## Next Steps

- Users can communicate with each other
- Personalized mood goals
- Daily reminders and motivational notifications
- Translate the site into different languages

## User Feedback

- Users can communicate with each other
- Personalized mood goals
- Daily reminders and motivational notifications
- Translate the site into different languages