

Mental Health Wellness “MOOD_FIT”

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Abstract: *This project is aimed at creating 'Mood_Fit', an app that focuses on the betterment of mental health well-being in its users. It will include features like personalized relaxation music, health-based recommendations, and emergency contact options. Using Flutter and building within Android Studio, this project will create an accessible tool that innovates and helps someone maintain mental wellness. Mood_Fit is the latest and most innovative mobile application designed to respond to the growing demand for a relationship with the fundamental facilitation of mental health and well-being using technology. It aims to develop an end-user-oriented tool that will have the capability to influence the control of its end users' mental health through relaxation methods, integrative health suggestions, and access to other features, such as emergency support. Some functionality like instrumental music, which has no voice to soothe the user's mind, and bespoke strategies to motivate users to increase wellbeing, and contacts for emergencies such as ambulance, police, and women's helpline would be integrated within the application. Recommended freeware for Project development*

Keywords: Flutter, Android Studio, mobile application, bespoke strategies, freeware

