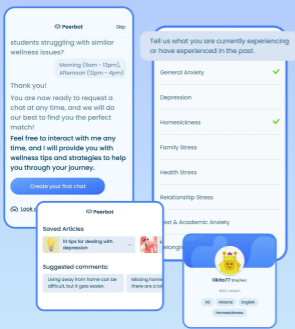


IOS Application That Helps To Connect With Your Community



Nominee Of The Webby Awards 2022



The Problem

Your brain (and even your body) can get a lot out of talking through problems. In fact, **research from U.C.L.A** suggests that putting your feelings into words can diminish the response of the **amygdala**, a part of the brain responsible (among other things) for emotional responses, including fear, anxiety, and aggression. This is why, as time goes on, you can overcome stress by talking about your experiences with peers.

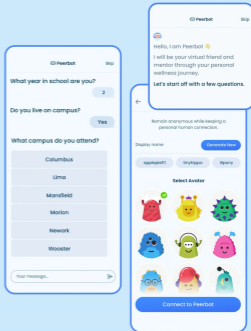
For example, if you are homesick while at school, your daily life can be emotionally overwhelming. However, as you spend more time at your campus and talk through your issues with peers and friends, these feelings of anxiety and fear of being away from home can start to subside.

Solution

Peerzle is a community for casual conversations about everyday struggles and is not a solution to severe mental health issues or disorders. If you or someone you know is experiencing a mental health emergency, contact emergency services (911).

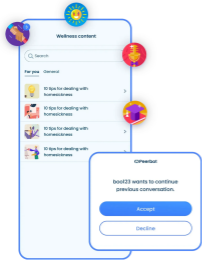
Safety Features:

- Keyword monitoring for concerning/emergency/toxic behavior
- Automated concerning language responses with direct links to emergency resources
- Suggested responses written by a licensed mental health specialist
- Conversation facilitators written by a licensed counselor
- User reporting for concerning or toxic behavior
- Breaches of policy shared with university



Profile Features:

- Remain anonymous while keeping a personal human connection by choosing an avatar and a community-friendly username from countless options.
- Edit your preferences in your settings if you prefer to talk to someone of the same gender, language, and more.
- Turn on/off if you want to be available to help others dealing with similar struggles.



Impact

Use Peerzle however you'd like. If you are having a difficult day and want to talk about it, request a chat. If you enjoy the euphoric feeling of helping others, turn on your notifications and join a conversation whenever you receive a match. However, you don't have to do both.

College can be tough, but you are not alone. Peerzle allows you to work together with your peers to promote a culture of wellness on your campus while breaking down the stigmas and barriers that block people from seeking help.

