



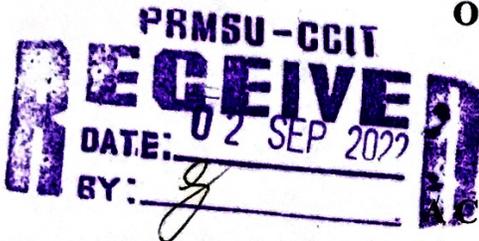
YOU MATTER THERAPY SOLUTIONS

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Oreta, Irael P.



Capstone Project

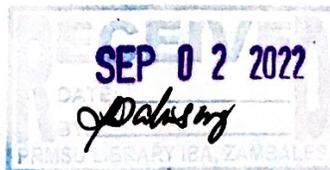
In partial Fulfillment of the Requirements

for the degree of Bachelor of Science in Information Technology

College of Communication and Information Technology

President Ramon Magsaysay State University

Iba, Zambales



February, 2022



COLLEGE OF COMMUNICATION AND INFORMATION TECHNOLOGY



Republic of the Philippines
President Ramon Magsaysay State University
College of Communication and Information Technology
Iba, Zambales



APPROVAL SHEET

This, study entitled **YOU MATTER THERAPY SOLUTIONS** prepared and submitted by Joyce April P. Oliva, Reya Jois O. Ramos, Irael P. Oreta, Jarrod C. Rafanan in partial fulfillment of the requirements for the degree of **BACHELOR OF SCIENCE IN INFORMATION TECHNOLOGY** are hereby recommended for oral examination.

NEMIA M. GALANG, Ph.D
Adviser

Approved by the Panel of the Oral Examiners on February , 2022 with a grade of _____.

GEOFFREY SEPILLO, Ed.D
Chairman

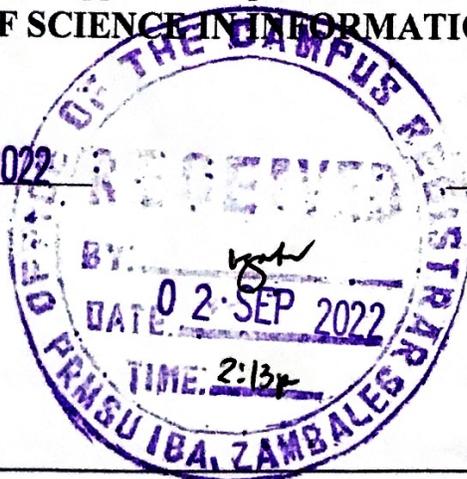
ARNOLD LIMBAG
Member

WALTER G. LARA, MSCS
Member

Accepted and approved in partial fulfillment of the requirements for the degree of **BACHELOR OF SCIENCE IN INFORMATION TECHNOLOGY.**

03 AUG 2022

Date Signed



MENCHIE A. DELA CRUZ, Ph.D
Dean, CCIT



EXECUTIVE SUMMARY

The world is now fighting and dealing with the COVID-19 Pandemic, and most of us are having to adjust to a new normal because not everyone has the same mental capability. The COVID-19 pandemic had a significant impact on our life, researchers can no longer do what researchers used to do. Many of us are challenged with difficulties that may be stressful, upsetting, and trigger strong emotions in adults and youth. Most of us are now suffering from anxiety and sadness, which can lead to suicidal thoughts and suicide. People can cope with emotional experiences far better when they have access to technology.

As a result, the You Matter Therapy Solutions is essential for those suffering from anxiety and other mental health concerns as an outcome of the COVID-19 pandemic. This web system is all about assisting those who suffer from anxiety and other mental health concerns, since it contains motivational thoughts, instruction on what to do, mental exercises, and the ability for people to discuss their concerns with their selected therapist. Researchers empower those who are coping with mental health issues to increase awareness, eliminate stigma, discrimination, assist people in taking care of their lives, well-being, and personal growth. To offer accessible and convenient consultation so that anyone who is having difficulty may seek assistance at any time and from any location. Researchers also wanted to advocate for a broader range of opportunities for persons with mental health concerns to recover in their own homes and communities.