

THE MENTAL JUSTICE PROGRAM

the key to a healthy internet experience

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What about turning perspectives around? For a possible future solution to mental health issues induced by social media, this project points out the absurdity of the status quo: Why should we adapt functioning digital structures and systems to the human mind, when the issue could also be solved by adapting the latter? A provoking thought experiment.

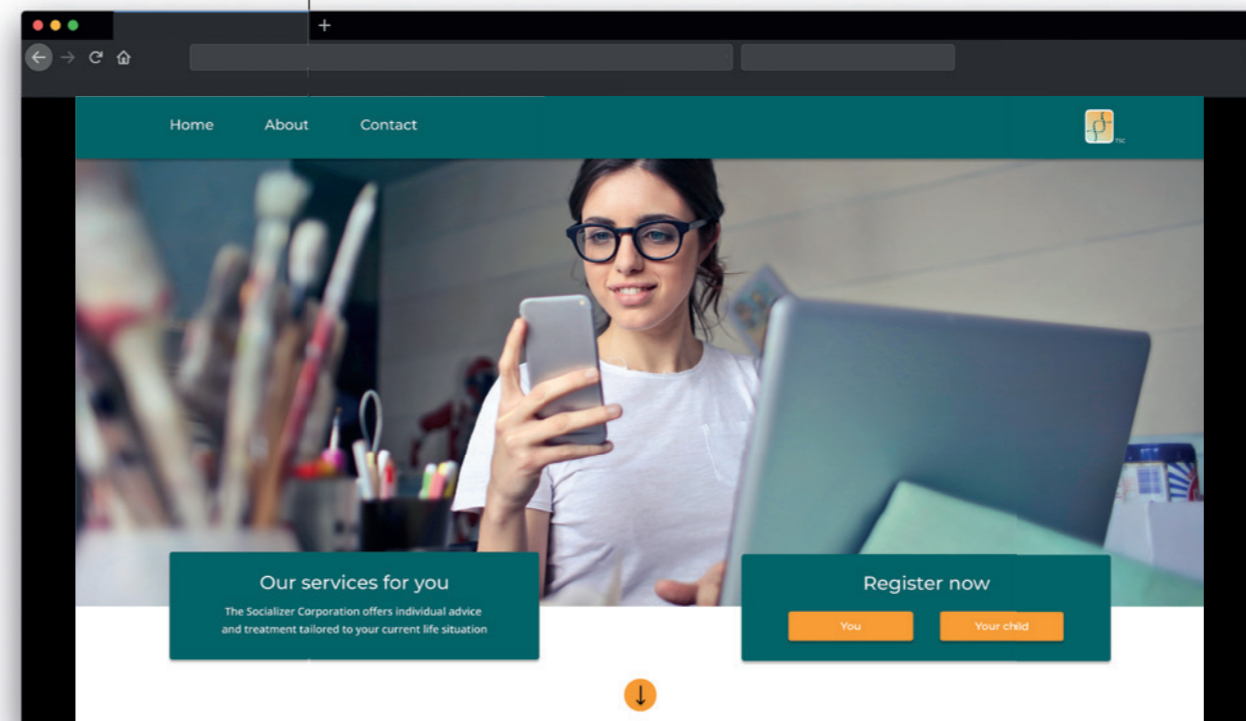
INTRODUCE YOUR PRODUCT/SERVICE: WHAT IS IT AND HOW DOES IT WORK?

In this project, we are referring to the newly declared universal human right of protection in digital environments by IODR – a fictional organization inspired by the WHO. We conceived the Socializer Corporation – an international nonprofit organization introducing the mental justice program. The latter aims at generating equal conditions for every human being using the internet. Both the private- and work-life is tightly intertwined with activities on the internet. Everyday users face dangers that come along with the digital world. That's why we developed a customizable solution to prevent people from suffering from psychological damages that are highly likely to occur due to their internet behavior and social media consumption.

The mental justice program offers individual advice and treatment tailored to everyone's individual current life situation. Every human being, even an unborn child, gets a free DNA test, which detects the specific challenges for each individual in the digitalized world. The test also helps detecting psychological difficulties that individuals are highly likely to develop in the digital world. Based on the analysis a personalized preventive medication creates a safe and unlimited digital experience for everyone.

Everybody receives a depot injection with the perfect matching medication to soften and cure psychological irritations due to extensive internet use. The depot releases the exact doses of needed medication every day. This treatment will be repeated every 2 years. The medication is a mix of vitamins, hormones, antidepressants, probiotics and other useful supplements, which support you to be the best version of yourself.

With Socializer's program, psychological treatment and rehabilitation become redundant. Moreover, the medication allows all individuals to become highly productive and efficient and makes it possible to consume as much social media as one wishes. Concurrently, the mental justice program removes all taboos around mental health.



That is how everyone is equally able to use the internet without psychological harm. Your children can grow up in a healthy and happy digital environment. Our mission is to help people understand, protect and sustain their mental health. Prevention is at the heart of what we do, because the best way to deal with an illness is to prevent it from happening in the first place.

tation of the program allows a complete eradication of these negative impacts on the human's psyche.

With the personalized preventive medication, the mental justice program addresses the issue of unwanted consequences of internet usage. Presumably, this leads to the societal goal: equality. Instead of supporting everyone to gain necessary digital competencies, the mental justice program equips everyone with the same digital compatibility.

Another issue that is dealt with is the tabooed subject of mental sicknesses and disorders generally. The program seeks to dissolve the shame and condemnation that still is present around the topic. Nobody needs to be ashamed about their mental struggles anymore. This is because in the society where the mental justice program has been applied it is well-known that almost every human being needs treatment to be able to navigate through the digitalized world.

DESCRIBE WHY YOU CHOSE THE SPECIFIC VISUAL APPEARANCE OF THE PRODUCT/SERVICE. WHAT ARE YOU INTENDING TO TRIGGER WITH THE DESIGN?

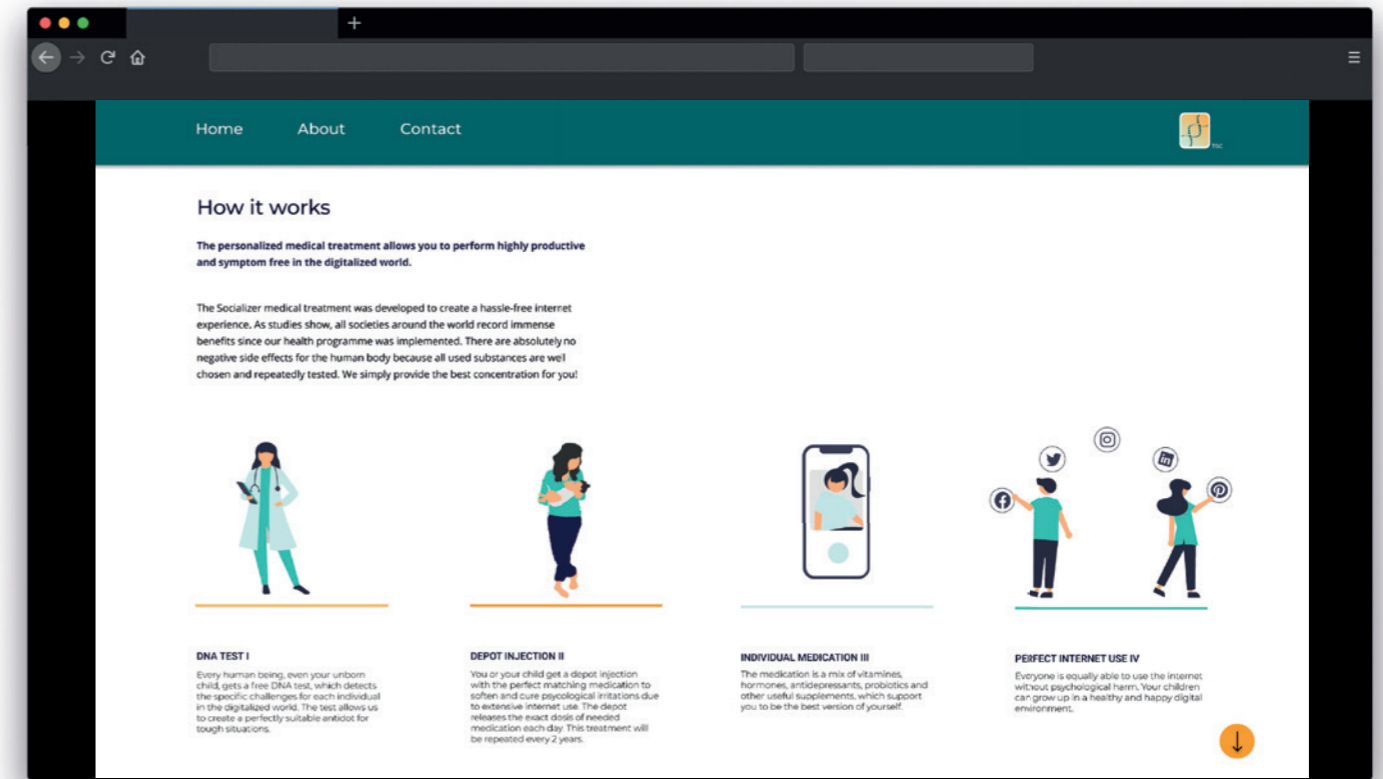
Three factors played an important role in the visual appearance of our website. We have generally opted for a minimalist and clean design of our website that should still appear friendly and trustworthy. One factor is the choice of color. The green hues are supposed to be reminiscent of the medical sector and emanate seriousness. The warm yellow tones are

There is a combination of overlapping societal topics that we are addressing. The main topic is the immense impact that the growing usage of the internet and social media has on the human psyche. This comprises two components.

First, people spend a continuously increasing amount of time on their digital devices and consume a steadily expanding amount of content. Be it on newsfeeds, streaming platforms, social media feeds or the journey of a scientific research. Apart from the latter and a small share of reasonable information and media consumption, the time spent on the internet doesn't really add value nor does it make the consumer happy. Actually, more often than not the opposite is the case.

Second, excessive social media and internet consumption can cause a variety of more or less severe health issues - both physical and psychological. With our program we mainly address the psychological consequences like depressions, concentration disorders and anxiety. The implemen-

WHICH SOCIETAL TOPICS ARE YOU ADDRESSING WITH YOUR PRODUCT/SERVICE?



supposed to convey positive feelings and emotions. The second factor is the choice of vector illustrations that represent an easy and understandable use of our service. As the third and final factor of our visual appearance, the selected photos play an important role. We made a conscious decision to depict happy people with their smartphones. We aimed at showing that personal well-being is in the foreground, and our service can help users to have a happier life.

AFTER PRESENTING YOUR PRODUCT/SERVICE TO THE OTHER PARTICIPANTS, WHAT ARE YOUR MAIN TAKEAWAYS FROM THE REACTIONS AND THE DISCUSSION?

The feedback from the other participants was mostly positive and constructive. Discussions after the presentation evolved especially around our decision to conceive a medical service intervening in

psychological health. A main motivation for our project choice was the perception that health related topics which manipulate the human body are broadly seen critically. Moreover, psychological illness related to the digitalized world is an increasing problem many people are facing. This perception was agreed to by other participants.

A lot of attention received the aspect that in our scenario humans are adapted to technology. Current discussions on regulations of the digital realm to protect mental health of the citizens affect data and specific behavior on the web. Our idea to change the human itself and make her or him more resistant to the digital realm appeared very thought provoking. The scenario was perceived as a dystopian future. At the same time, it was regarded as a good idea to draw attention to the psychological hazards of the digital environment and the need for changes.