PROFESSIONAL INDIGENOUS COUNSELORS

With Mavruuq, the user has opportunities to consult with professional, Indigenous counselors who can offer appropriate actions and methods to guide the user through the healing process while supplying information on healthcare providers. The fact that both user and counselor are Indigenous is important because it creates a safe and trustworthy space for users to feel comfortable, no chance of stereotypes or intimidation. Over time, the app will give positive feedback and reassurance that motivates the user to keep up with the progress made.

BACKGROUND INFORMATION

According to CDC, suicide rates are highest among Indigenous youth. There are various influences behind this alarming disparity, such as healthcare availability and economic status. Mavruuq is a free mental health app for Indigenous youth only, offering the support and resources needed for the user to flourish. This culturally designed app creates a community to reduce the feeling of isolation while giving healthy reminders that can help users connect to their culture. Mavruuq is an Inuit word, the English translation being, “to heal.”

CULTURAL SUGGESTIONS

Healthy, Indigenous specific, reminders will show up on the user’s device, encouraging them to possibly learn a new word in their Native language, go out for a nature walk, listen to a story from an elder, etc. These reminders are designed to help the user reconnect to their culture, which can be very therapeutic during a time of struggle.

CHAT FEATURE

The chat feature allows users to build communities, this can be useful if one lives in a remote area, such as a village or reservation, or finds themselves isolated and alone in a city. Users can chat with each other about their situations, or possibly provide support to other youth who may find themselves struggling. There is also an emergency chat feature that alarms counselors if a user is suicidal in that moment, regardless of the time, so help can be provided immediately.

TESTIMONIALS

Testimonials, from Indigenous people who have overcome struggles that may be similar to those of the user, can bring a sense of “If they can do it, so can I!” that Indigenous youth need to see. Testimonials are more than just a story; they are an example to look up to, they are an inspiration. Testimonials help Indigenous youth realize that there are ways to overcome the hardships they have experienced.

TRUST & SAFETY

Trust and safety is our main concern. With Mavruuq, personal and sensitive user data is always disclosed. We value your trust in providing us personal information and allowing us to help you, thus we are striving to use commercially acceptable means of protecting that. But remember that no method of transmission over the internet is 100% secure and reliable. What you send to other users cannot be guaranteed discrete.

JOIN THE FIGHT TO COMBAT SUICIDE IN INDIGENOUS YOUTH NOW.
DONATE OR SIGN UP!

MAVRUUQ
A MENTAL HEALTH APP DESIGNED BY INDIGENOUS YOUTH, FOR INDIGENOUS YOUTH