

High School Student Builds Mobile Mental Well-being App.

Mexican student Manuel Zarroca started developing [Nomadful](#) about a year ago, a mental well-being app with a simple focus, but a transcendental mission: to make mental health accessible to anyone holding a phone in their hands.

[Personal anecdote]: I'm a teenager, and as such I think people my age in general often go through stuff. I wish I had some kind of mental health friend to talk to when I first came out to others, when I had arguments at school with my mates, or when I was just feeling lonely and blue. Plus, I think we should all agree that mental health is vital regardless of age.

With prices for health services skyrocketing it's becoming increasingly difficult for people to afford a psychologist visit, so humans end up relying on mental health and meditation apps. However, around 50% of the world's population can't afford to pay for these apps either.

So here's where Nomadful steps in. It's an app aiming to solve the social injustice behind access to mental health services. The app offers users powerful features like breathing sessions, soundscapes, mood logging and a journal. All of these features are made available to users completely free of charge, and the app will start monetising with native advertisements using a feed that contains guides on meditation, health and even tourism, as well as recipes and workouts.

All content in the app was generated in-house by Manuel, from guides to sounds, with the help of professional collaborators including psychologists working at his school, who have made suggestions and helped shape some of the app's most important features, like the Help Portal, a feature that will come handy for users seeking mental help in over 40 major regions, as it displays useful contact information from both NGOs and government departments offering free mental health counseling in each region. All of the services offered in the portal were carefully reviewed to guarantee that they can help users out.

Moreover, Nomadful is setting a new standard for accessibility, as it is available in more than 20 languages and it is the first mental health app to include minorities such as Yucatec Maya, Maori, Welsh and Northern Sami, together with an intuitive and user-friendly interface. Manuel's project is also committed to reducing its environmental impact by using a dark colour palette to save battery. The app is currently available on iOS devices, and an Android version will be rolling out soon.

Mental health is already a fundamental human right, but we shouldn't be charged for it. For the first time in a while, we're given the opportunity to take our right back, not only in an accessible but entirely free way, just as the future of health should be.