

# buddy

Visit us at  
**buddy-7d855.web.app**

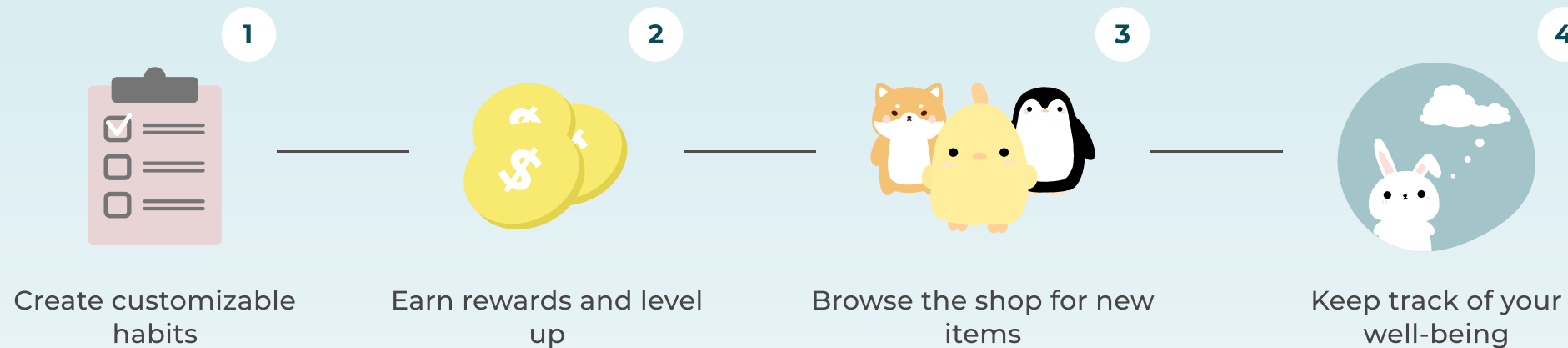
A gamified approach to habit building.

## A rising concern.

Mental health problems are **prevalent** among college students and can **have significant implications** for academic success, productivity, substance use, and social relationships.

## Presenting buddy.

A **platform** to help college students more easily achieve a routine of **healthier habits** and in turn, improve their overall **health, wellbeing, and quality of life\***.



\*buddy is not meant to be a replacement for diagnosis or treatment but rather a voluntary, hopefully beneficial platform to develop habits.