

ABSTRACT

Depression is a mental illness that cannot be underestimated, which usually affects adolescents and adults aged around 18-30 years. Depression is usually marked by sadness, loss of passion in life, feeling hopeless. At present there are many places that can help people with depression. One example is the Psychology Service and Innovation of Padjadjaran University, located on Jl. Ir. H. Juanda, Bandung. Unfortunately, there are still many people with depression who do not seek professional treatment, as Dr. Eka Viora, SpKj as Chairperson of the Indonesian Association of Mental Medicine Specialists (PSDKJI), that around 15.6 million Indonesians are depressed and only around 8 seek professional treatment. This is caused by the existence of negative stigma from the community towards people who consult with psychologists. But with the rapid development of technology now, an application for online consultation can be designed to be able to help people with depression who want to consult with professional psychologists. The expected outcome of this research is to create an application that can later help for Psychology Services and Innovations Padjadjaran University and facilitate the Bandung community who want to consult with professionals.

Keywords: Depression, Mental Health, Mobile Application, Psychology