**Abstract**

InstaHelp is a website that acts as a platform for helping people who require counseling. Any certified mental health counselor can register themselves with this platform and put themselves in the website as a provider of mental health counseling as a service. The Main objective of this website is to provide end to end communication between a patient and their medical counselor. User can choose stay anonymous if they desire to and schedule a meeting from anywhere. As it is a website-based platform, user can avail the services from any device which has web-support and from any location. User can register themselves and search the market place for a medical counselor, they can search for the appropriate counselor based on their problems and avail the services from counselors that are specialized in the particular field of expertise in which they are facing their problem. Field such as types of addictions, bi-polar disorders, marital counseling and such. They can read the reviews/ratings, charges and decide from which counselor they should seek help. If they find a counselor they like, they can book an appointment with the medical doctor. The user can leave a review after the counseling for other users. If the user is not comfortable in showing their face, they can also opt-in for text or voice call method of communication. Afterall the ultimate objective of this website is to provide certified mental health counseling to people who seek help while wanting to be in their safe comfort zone. The website’s front-end will be developed with React framework using JS ES6, Babel and many other frameworks such as bootstrap. The back-end of the server will be developed using Node.js with Express as the library for providing RESTful API. The website will use MongoDB which is a NOSQL type of database.

**Introduction**

Mental health is one of the most prominent yet neglected issues that is faced by people around the world. According to mental health statistic for England, a research study by House of Commons Library states an estimation that 1 in 6 adults have experienced a ‘common mental disorder’ like depression or anxiety in the past week. It also states that 1 in 8 children from age 5 to 19 are estimated to have at least one mental health problem. This is just one study that provides a miniscule information on a very vast problem that society is facing right now. On top of this, we are facing a pandemic which is causing an economic crisis in every country. Most of the individuals that face mental disorder, strays away from the society. Most often never getting a chance to get back and normalize. It ultimately leads to bad health, homelessness, violence/crime, poverty, addiction, substance abuse and many more such problems.

The biggest issue regarding mental health right now is not that it happens to many people, rather it is due not being identified as a mental disorder so that it can be viewed as a problem. If it is not seen as a problem, no-one tries to correct the issue until it is too late to be corrected. All of this happens because of the stigma that is attached to mental disorder. According to a study by department of psychiatry of Leipzig University, there is proof of a particular stigma attached to seeking help for mental problems. Which further leads the victims of mental disorder to never seek help. The paper also suggests that de-stigmatization of this particular problem will result in more people attempting to seek help for themselves. This is what we hope to achieve by building this platform. We want to address the issue that is neglected because it is considered as weakness to show that a person requires help. We want to directly reach these people, who are unable to reach out for help. We believe that it is possible to solve this problem in a unique way instead of tradition method of counseling. If we get rid of the discomfort or the association of weakness with mental disorder by completely removing the step of getting out of comfort zone and going to a medical institution, more and more people will realize that they are facing a problem which requires a help of a professional and there is nothing wrong with seeking help. This is what we hope to achieve, where a patient can stay completely anonymous if they desire to do so, and get help from professional doctors from their homes. Our platform will act as tool for facilitating the communication between such people in need and the ones who can provide help.

**Technologies used.**

* Node.js with Express library to provide a RESTful API.
* Using MongoDB as a database for the application. The NoSQL based storage is flexible and the flexibility it allows to change the storage structure of the documents is very well suited for the project in development. MongoDB will not be directly used inside Node.js, instead mongoose library will be used for cleaner and readable code.
* The website will use React.js to develop its front end.
* Many other libraries such socket.io and more will be used for adding functionalities into the website once the basic structure is built.