Department of Artificial Intelligence and Data Science
Academic Year: 2024 – 2025 (Odd Semester)

Year   **: II**
Semester   **: III**
Section   **: A**
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Mental Health Care System

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Problem Identification

Working individuals often face challenges in accessing mental health care due to inflexible schedules and limited workplace support. Societal stigma further prevents people from addressing personal issues openly, reducing their likelihood of seeking help.

Objectives for Improving the Mental Health Care System

1. Enhance Accessibility

   Develop flexible mental health care services that accommodate working individuals' schedules and provide workplace support mechanisms.

2. Reduce Stigma

   Promote awareness campaigns and education to normalize conversations around mental health and encourage individuals to seek help for personal issues.

3. Increase Resources

   Expand the availability of trained mental health professionals and infrastructure to meet the growing demand for mental health services.

4. Integrate Care Systems

   Foster collaboration between mental and physical health care providers to deliver a comprehensive, holistic approach to well-being.

BrainStorming

KEYWORDS

Patient Support Module

- Counseling
- Therapy Sessions
- Mood Tracking
- Emotional Support
- Crisis Helpline

Community Engagement Module

- Peer Support
- Group Therapy
- Support Forums

Assessment & Monitoring Module

- Cognitive Assessment
- Progress Reports
- Mental Health Metrics

Awareness & Education Module

- Mental Health Tips
- Mindfulness Training
- Stress Management
- Educational Resources

Mind Map

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Primary Health Care

We conducted surveys and interviews with both patients and therapists to understand their needs and challenges in mental health care.

Key findings included :

Patients : There is a high demand for affordable, private, and accessible care. Many patients seek platforms that can provide secure and flexible therapy options.

Therapists : There is a need for tools that effectively support remote therapy, especially in terms of scheduling, secure communication, and patient tracking.

Common Gap: Both groups highlighted the lack of interactive and engaging platforms tailored to user needs, making therapy less effective and harder to access.

- We reviewed the top digital mental health tools to identify strengths and gaps.

Gaps Identified

High subscription costs make these services inaccessible to many users.

Limited personalization of services, which doesn't cater to individual mental health needs.

Low user engagement and retention, with many platforms failing to keep users committed to their mental health journeys.

Conclusion : There is a clear opportunity to **integrate technology** in a way that can reduce costs, offer more personalized care, and improve

engagement, ultimately expanding access to effective mental health support.

Proposed Work

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COLLEGE OF TECHNOLOGY
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Affiliated to Anna University Chennai, Approved by AICTE New Delhi,
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Incubating Minds
Catalyzing Careers

▸ **Develop Flexible Service Models**

▸ Implement telehealth platforms to provide counseling and therapy services outside traditional working hours.

▸ Introduce mobile mental health clinics to reach underserved populations, including rural and remote areas.

▸ **Launch Awareness and Stigma Reduction Campaigns**

▸ Design workplace mental health programs to educate employees and normalize seeking help.

▸ Partner with influencers and organizations to create widespread social media campaigns that promote mental health literacy.

▸ **Expand Training and Resource Development**

▸ Establish scholarship programs and funding initiatives to encourage more individuals to pursue careers in mental health.

▸ Create continuing education programs for professionals to ensure up-to-date skills and practices.

▸ **Promote Integrated Care Models**

▸ Develop collaborative programs where mental and physical health professionals work together to deliver holistic care.

▸ Use digital health platforms to track both mental and physical health metrics for seamless patient monitoring.

▸ **Strengthen Workplace Mental Health Support**

▸ Advocate for the inclusion of mental health days in leave policies and provide confidential access to in-house or partnered counselors.

List of Modules

1. LOGIN / REGISTER

2. PROFILE MANAGEMENT

3. SESSION BOOKING

4. QUESTIONNAIRE

1) Login /Register :

Purpose : Secure User Authentication

Features :

▸ Simple registration process with essential details

▸ Secure login using encrypted credentials

Benefits :

▸ Ensures user privacy with secure data storage

▸ East access for users, promoting engagement

2) Profile Management

Purpose : Centralized user data for personal care

Features :

▸ Edit and update personal information

▸ Manage care plans and activity history

Benefits :

▸ Offers personalized recommendations

▸ Enhances user experience through tailored care options

3) Session Booking:

Purpose : Simplify therapy session scheduling

Features :

‣ Calendar view for available slots

‣ Automated reminders for upcoming sessions

Benefits :

‣ Saves time for users and therapists

‣ Ensures timely care and improved adherence to therapy

4) Questionnaire:

Purpose : Assess user mental health status.

Features :

‣ Interactive and easy-to-use questionnaire
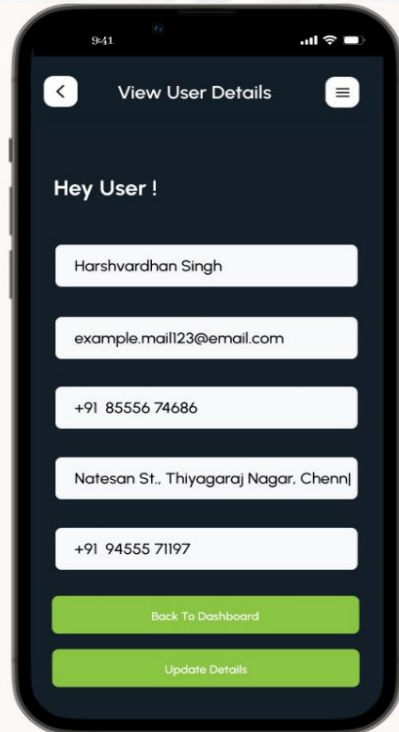
‣ Customizable questions for targeted insights

Benefits :

‣ Helps identify mental health conditions early

‣ Provides therapists with actionable insights for better care

Results
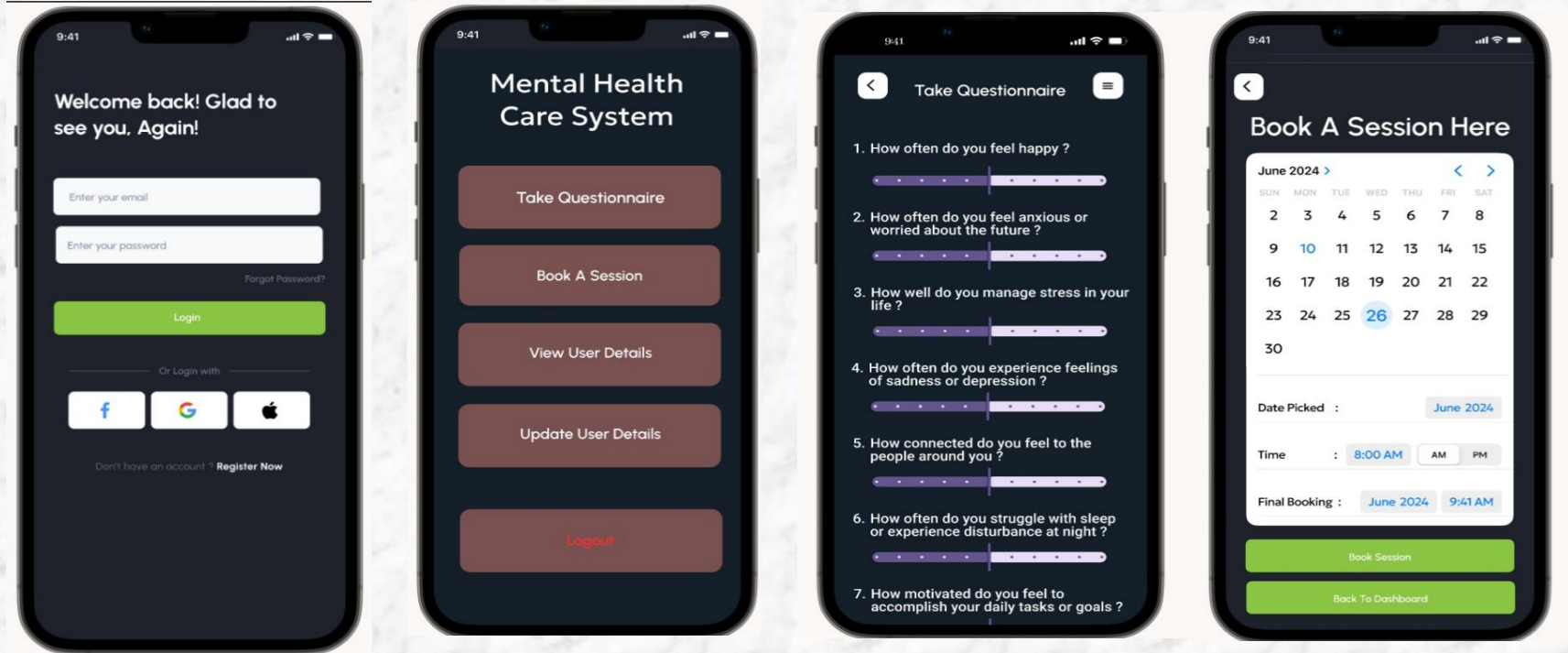
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Results
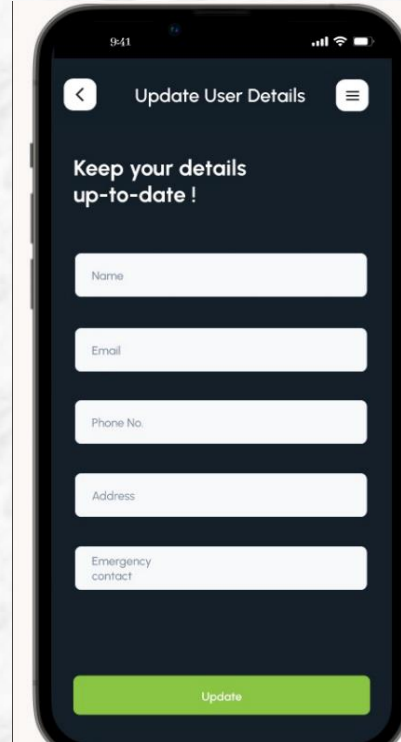
Conclusion

➢ In conclusion, addressing the challenges in the mental health care system requires a multifaceted approach that prioritizes accessibility, reduces stigma, expands resources, and integrates care. By creating flexible and supportive environments for working individuals and fostering open conversations about personal issues, society can better meet the mental health needs of its population. Investing in trained professionals and adopting a holistic approach to care will ensure a more inclusive, effective, and sustainable mental health care system for all.

Thank You

ANY QUERIES???