MentalMate

AI APP

AND-102 POD 4
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Overview

MentalMate offers customized insights and recommendations to empower you with a complete understanding of your mental health, aiding you in managing and improving your well-being.

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Prevalence of Any Mental Illness (AMI) – 2021!
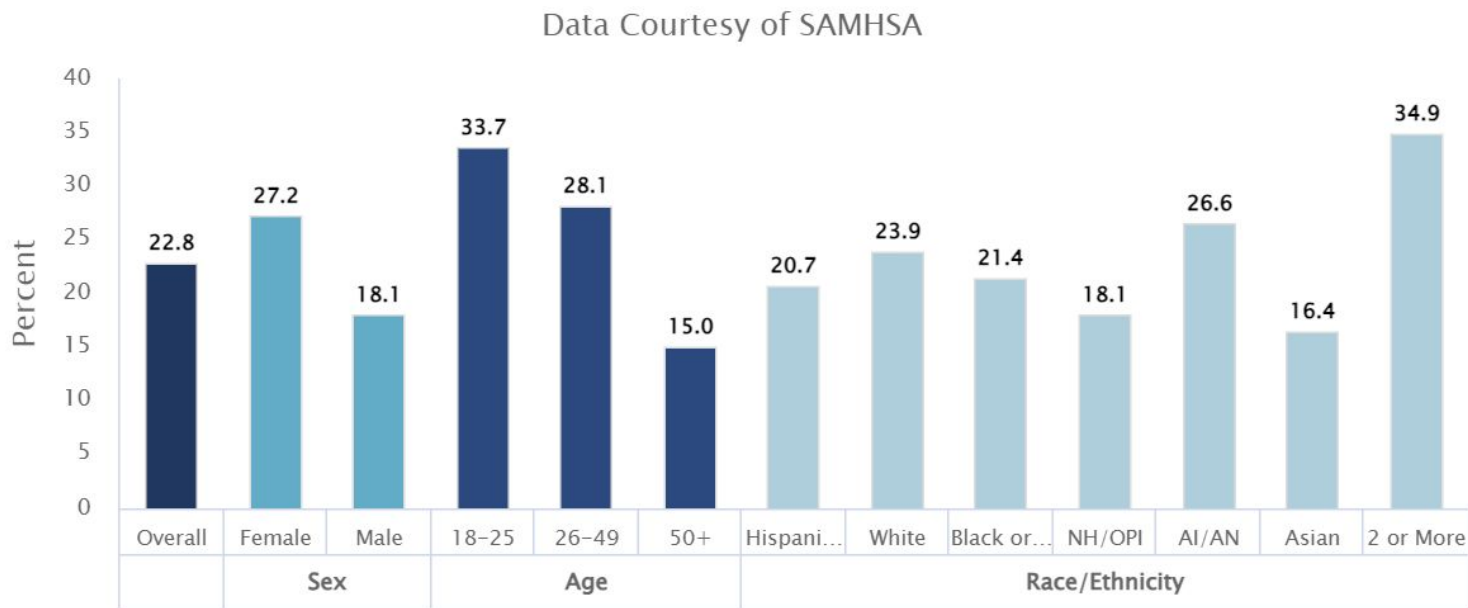
Data Courtesy of SAMHSA

|	Sex		Age			Race/Ethnicity						
Overall	Female	Male	18–25	26–49	50+	Hispani...	White	Black or...	NH/OPI	AI/AN	Asian	2 or More
22.8	27.2	18.1	33.7	28.1	15.0	20.7	23.9	21.4	18.1	26.6	16.4	34.9

Our story & Prevalence of Any Mental Illness

- With 22.8% of U.S. adults, approximately 57.8 million, diagnosed with Any Mental Illness (AMI) in 2021, MentalMate addresses a critical and widespread need for accessible mental health support.

- The prevalence of AMI was significantly higher among young adults and varies across gender and racial demographics, demonstrating the diverse and extensive market for personalized mental health services tailored to individual lifestyles and challenges.
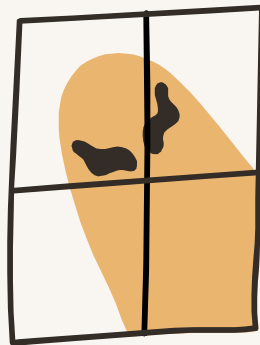
Personalizing Mental Health Support

Story

- Inspired by a recognized need for accessible, personalized mental health tools.
- Founded on a commitment to mental health advocacy and leveraging technology for wellbeing

Goal

- To provide AI-powered, tailored mental health support that evolves with user feedback.
- Aims to improve mental health outcomes by integrating behavioral data and user interactions.

Habit and Scope

MentalMate delivers daily, customized mental health tips based on your unique behaviors and preferences. This tailored approach boosts engagement and supports sustained mental wellness.

Personalizing Mental Health Support

Target Market

- Primarily aimed at individuals seeking tools for mental health improvement.
- Suitable for a diverse demographic: students, professionals, and general wellness seekers.

Potential User Base

- Increasing social health acceptance of mental health discussions broadens the user base
- Ideal for tech savvy individuals who value mental wellness and innovation

02

Features of
the App

Features

Required Features:

- User Login
- User Profile
- AI-driven Insights.

Optional Features:

- Health Sensor Integration
- Curated Resources
- Emotional Intelligence Building
- Support Network
- Community Forums
- Notifications

AI FOR Mental Health

03

APP UI

APP pages - MentalMate

Menu

Sign up

User Login

Profile

Create an Account

Username

Password

Sign Up

Already have an account? **Login**

MentalMate

Username

Password

Log in

Register

Name	John Doe
Age	32
Sex	Male
Mental Health Concerns	Stress, Anxiety
Goals and Preferences	Control Breathing etc

Save

Profile

14:00

MentalMate

Profile

AI Insights

Resources

Health Sensors

Emotional Intelligence

Support Network

APP pages -

MentalMate

AI Insights

AI Insights Chatbot

Resources

Mental Health Insights

Based on your recent activities and responses, here are some personalized mental health recommendations:

- Practice deep breathing exercises for 5 minutes each day to reduce stress and anxiety.
- Engage in physical exercise for at least 30 minutes, three times a week to boost mood and energy levels.
- Set aside dedicated time each day for self-care activities that you enjoy, such as reading or listening to music.

More Recommendations

2:55

MeantalMate AI Insights

Question
Response

Enter your query

Resources

Article: Managing Stress
Learn effective techniques to manage stress and improve your well-being.

Exercise: Deep Breathing
Practice deep breathing exercises to reduce stress and promote relaxation.

Guided Meditation
Follow guided meditation sessions to find inner peace and calm your mind.

Mindfulness Tips
Discover practical tips for incorporating mindfulness into your daily life.

APP pages -
MentalMate

Health Sensors

Health Sensors

Apple Watch
Connect your Apple Watch to sync health data.

Samsung Watch
Connect your Samsung Watch to sync health data.

Fitness Tracker
Connect your fitness tracker to sync activity data.

Smart Ring
Connect your smart ring to track sleep and activity.

Emotional Intelligence

Emotional Intelligence

Self-Awareness
Understand your emotions, strengths, and weaknesses.

Self-Regulation
Manage your emotions and behaviors effectively.

Empathy
Understand and share the feelings of others.

Social Skills
Improve your communication and social interactions.

Support Network

Support Network

Anxiety Support Group
Join our weekly meetings

Join Now

Mental Health Helpline
24/7 support available
Call: 1-800-123-4567

Find a Therapist
Connect with licensed professionals

Search

04

DEMO

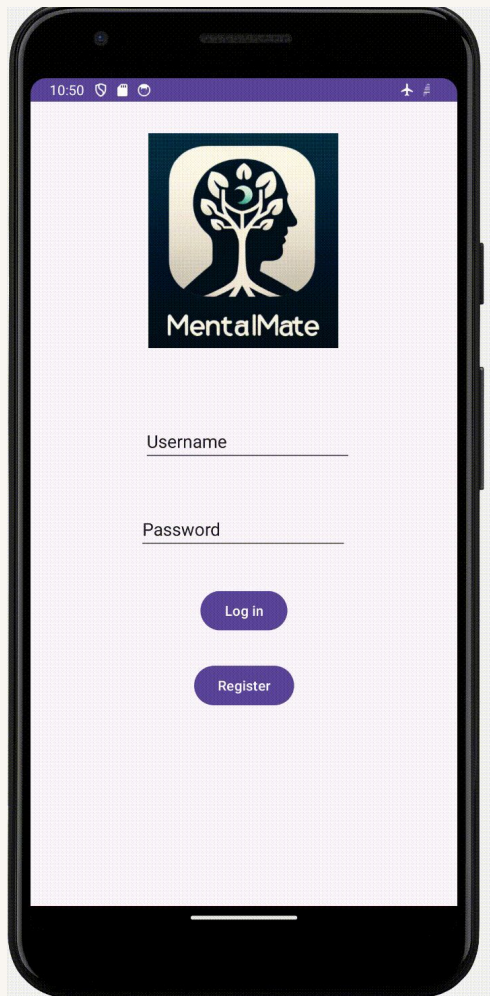# Thanks!