



ADVIKA- A MENTAL HEALTH WEBSITE

(Let's talk about it)

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A pandemic is not just a medical phenomenon; it affects individuals and society and causes disruption, anxiety, stress, stigma, and xenophobia. The behavior of an individual as a unit of society or a community has marked effects on the dynamics of a pandemic that involves the level of severity, degree of flow, and after effects. Isolation, social distancing, and closure of educational institutes, workplaces, and entertainment venues consigned people to stay in their homes to help break the chain of transmission. However, the restrictive measures undoubtedly have affected the social and mental health of individuals from across the board.

Awareness of mental illness and the need for treatment has been growing in recent years. This is in large part due to campaigns designed to raise awareness of depression, addiction, bipolar disorder, and suicide, as well as more celebrities being open about their own mental health struggles. Despite this progress, many people who need help for a mental health issue don't seek it. A study by the World Health Organization, or WHO, found that between 30 and 80 percent of people with mental health issues don't seek treatment. This includes 50 percent of people with bipolar disorder, 55 percent of people with panic disorder, 56 percent of people with major depression, and a stunning 78 percent of people with alcohol use disorder. Due to the taboo associated with mental health treatment, people don't talk about it to anyone or don't take any treatment. Also, these treatments are not cheap, so there are many factors due to which mental health is ignored a lot of times. With mental health issues being more visible than ever and care being more available, why do relatively few people seek help?

1. Stigma
2. They don't think they need it
3. Scared of treatment
4. Lack of awareness
5. Expensive Treatment



After analysing all the current problems in the society, we thought of creating a mental health website called Advika-Let's talk about it. It is an all in one online platform for all your needs related to mental health. We feel there is no such platform currently available that can fulfill the needs of different users and is also user friendly at the same time. The website not only acts as an online help for people but also as a friend with whom they can share how they feel, making it easier for them to confess and feel better about themselves and be more productive and energetic in life.

Our website Advika is not just a website but a whole package having various attractive features that not only help the user to work on their mental health but also helps in raising awareness and also lending a helping hand to those in need. People who are not doing well mentally need resources(meditation, blogs), want to talk to someone or maybe just need some guidance from experts or even track your days for how you have been doing, this all can be done in one place.

Advika will have the following features that will try to solve the current problems in the society regarding mental health and would also try to make the people aware about mental health:-

1. Chatbot:- The user can interact with the chatbot and not be scared to talk to a bot and feel better.
2. Resources: The website will also have videos and blogs on mental health, users can refer to them or read them to collect information on mental health.
3. Planner/Tracker: The user can record on the website how their day went and can refer to them later on to check for any pattern of any mental illness.
4. Psychologist/Specialists: The user can also find information about psychologists/Specialists on our website.