

A Healthy Mind Is Not Tomorrow But Today

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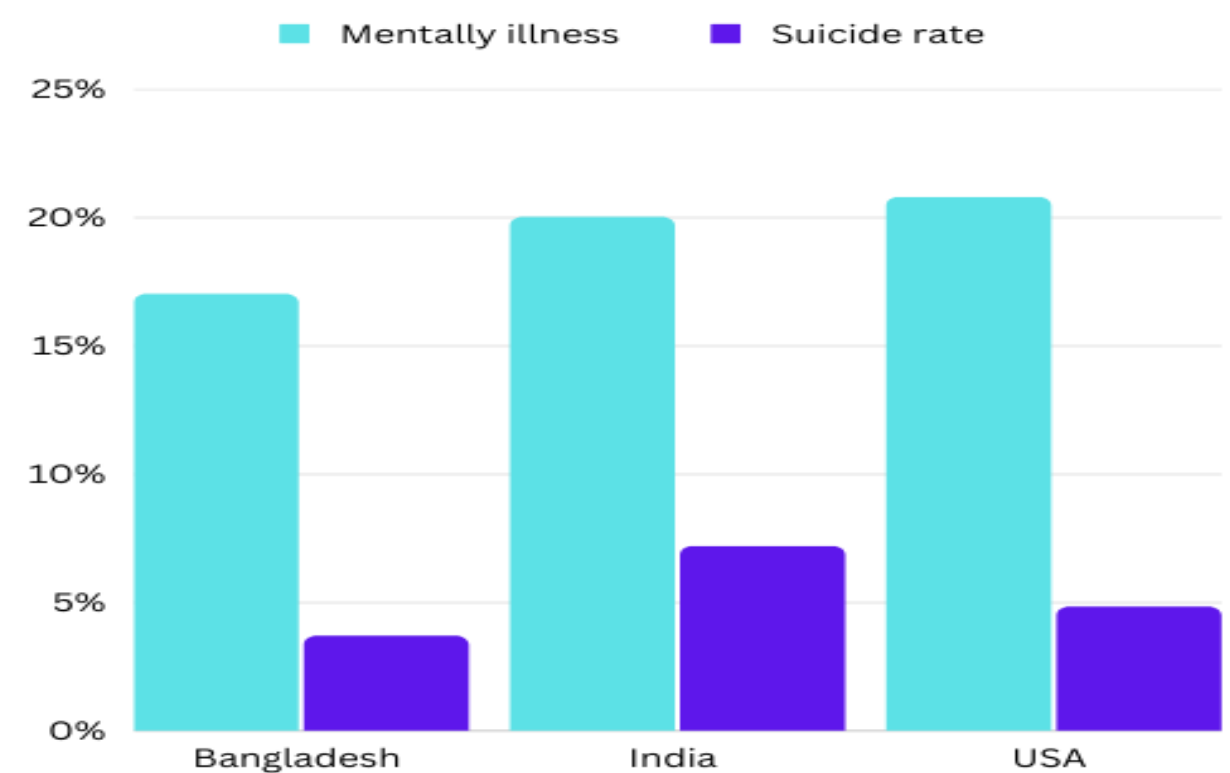
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An App To Fight Mental Illness?

Yes, an app, a small icon built to protect the complete harmony of body, mind and spirit.

What Would Be The Goal?

- To motivate thousands of minds.
- To practice on self-love and self-compassion.
- To prevent suicidal tendencies.
- Find ways to manage stress, anxiety or depression.
- To stay focused on self-achievement and success.



Nowadays mental health is becoming an alarming issue. To help mentally disturbed people, an app is introduced to provide these people mind care they need to lead a healthy life.

START

**ASKING PSYCHOLOGICAL
QUISTIONS**

**MEASURING THE LEVEL OF
MENTAL DISTRESS**

**PRESCRIBING THE REQUIRED
TREATMENT.**



Features :

- Privacy
- Free of cost
- Reliable
- Easy to use
- No age limits

How Does This Work?

At first, we will include an algorithm that can detect patient's mental distress level. If one registers he has to answer some given questions that would explain his problems. Then the app would identify the cause and give proper instructions to overcome mental illness.

Conclusion & Implications:

Mental health is essential to achieve a healthy life. Our body and mind are not separate. People hesitate to share about their mental anxiety, stress which lead to depression and then to suicide. By using this app, we can keep a healthy body and mind. So there's no denying that this app will be the first aid to our mental frustration. It will help us to find our mental peace and happiness, we all deserve.