

## Abstract

The project **Emo** is a mental health management application designed to encourage users to prioritize their mental well-being through gamification techniques and AI-driven insights. The initial phase of the project has been successfully implemented with core features such as mood tracking, daily tasks, and support group participation. An ML-based mood analysis model provides personalized feedback, while streak tracking and reward systems are used to motivate users to maintain healthy routines. The platform also includes basic administrative functionalities such as user management, payment integration, and notifications to ensure a seamless user experience.

The next phase of **Emo** will introduce advanced features aimed at enhancing engagement and providing deeper insights into user mental health. These enhancements include ML-based mood analysis through image classification, gamification elements like leaderboards, and LLM-powered mental health chat AI for personalized emotional support. Additional features will include therapist appointment scheduling, social sharing functionalities, and progress report generation. Paid therapy services and detailed analytics will be introduced to help users track their mental health journey more effectively. By integrating cutting-edge AI technology and user-friendly design principles, **Emo** aims to become a comprehensive solution for proactive mental health management.

### Features:

- ML-based mood analysis through image classification
- Gamification elements (leaderboards, enhanced rewards, Streaks)
- LLM-powered mental health chat AI
- Therapist appointment scheduling
- Paid therapy services
- Social sharing and engagement
- Progress report generation

### User-Specific Features:

#### For Regular Users:

- Mood tracking and daily tasks
- Streak tracking and rewards
- Social sharing and engagement
- LLM-powered mental health chat AI

#### For Therapists:

- User progress monitoring
- Therapist appointment scheduling
- Paid therapy services
- Performance analytics and reporting

- Session notes and recommendations

**For Admins:**

- Platform management
- User and therapist management
- Report generation