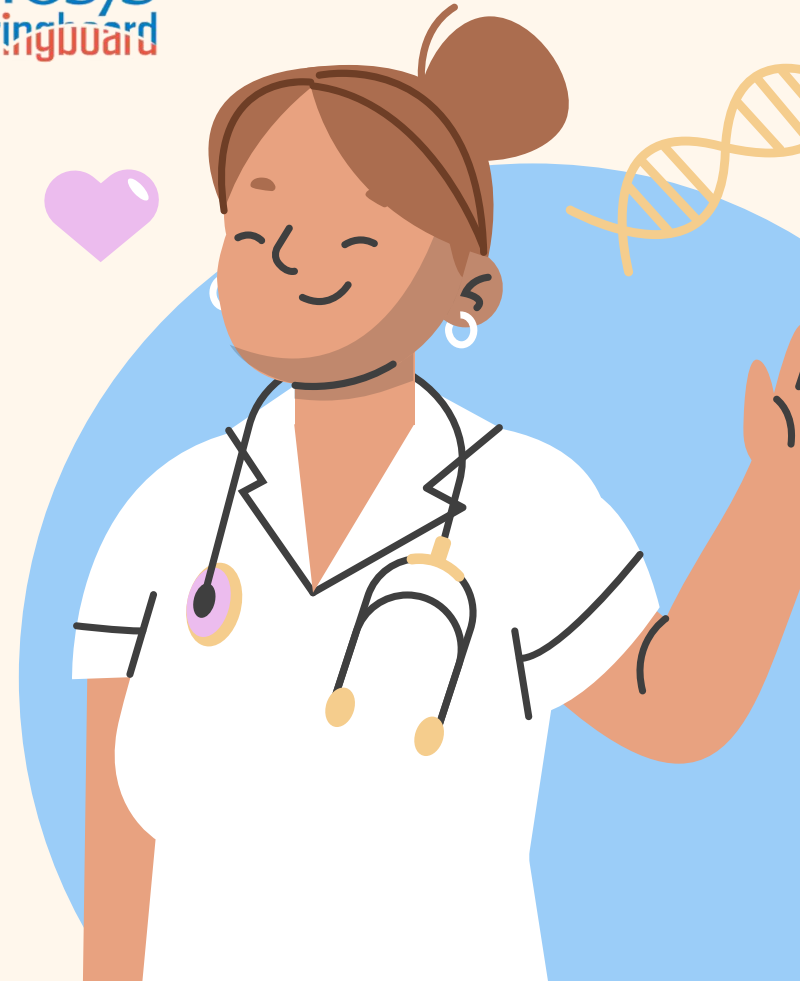


# MindCare

Empowering Your Mind, Elevating your  
Life-Where Wellbeing Begins.

**Team Members:**

Ananya Sharma  
Syed Kaif Ahmed  
Suyash Shinde

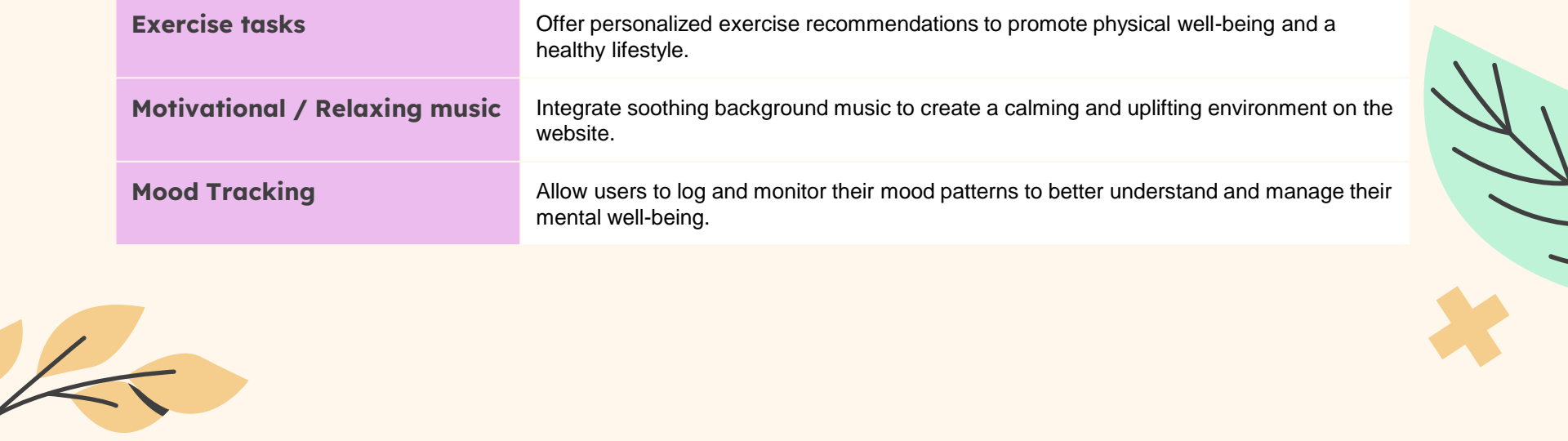




# Features of the Project

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<b>Daily tasks</b>	Enable users to create, manage, and track daily tasks for improved productivity and organization.
<b>Motivational Thoughts</b>	Provide users with daily inspirational quotes or messages to boost morale and positivity.
<b>Exercise tasks</b>	Offer personalized exercise recommendations to promote physical well-being and a healthy lifestyle.
<b>Motivational / Relaxing music</b>	Integrate soothing background music to create a calming and uplifting environment on the website.
<b>Mood Tracking</b>	Allow users to log and monitor their mood patterns to better understand and manage their mental well-being.





# Technology Stack

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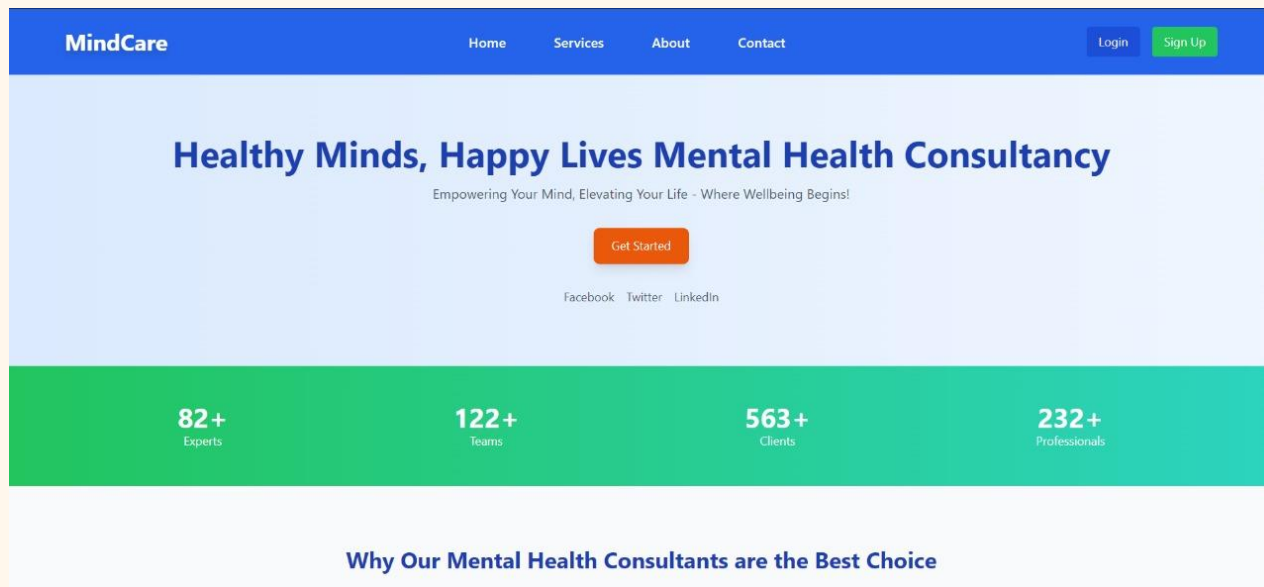
Frontend	Backend	Database
React.JS	SpringBoot	Mongodb
Tailwind CSS		
Typescript		

# User Modules

---



# Home Page





# User Registration Page

## User Signup

First Name

Last Name

Email

Phone Number

Password

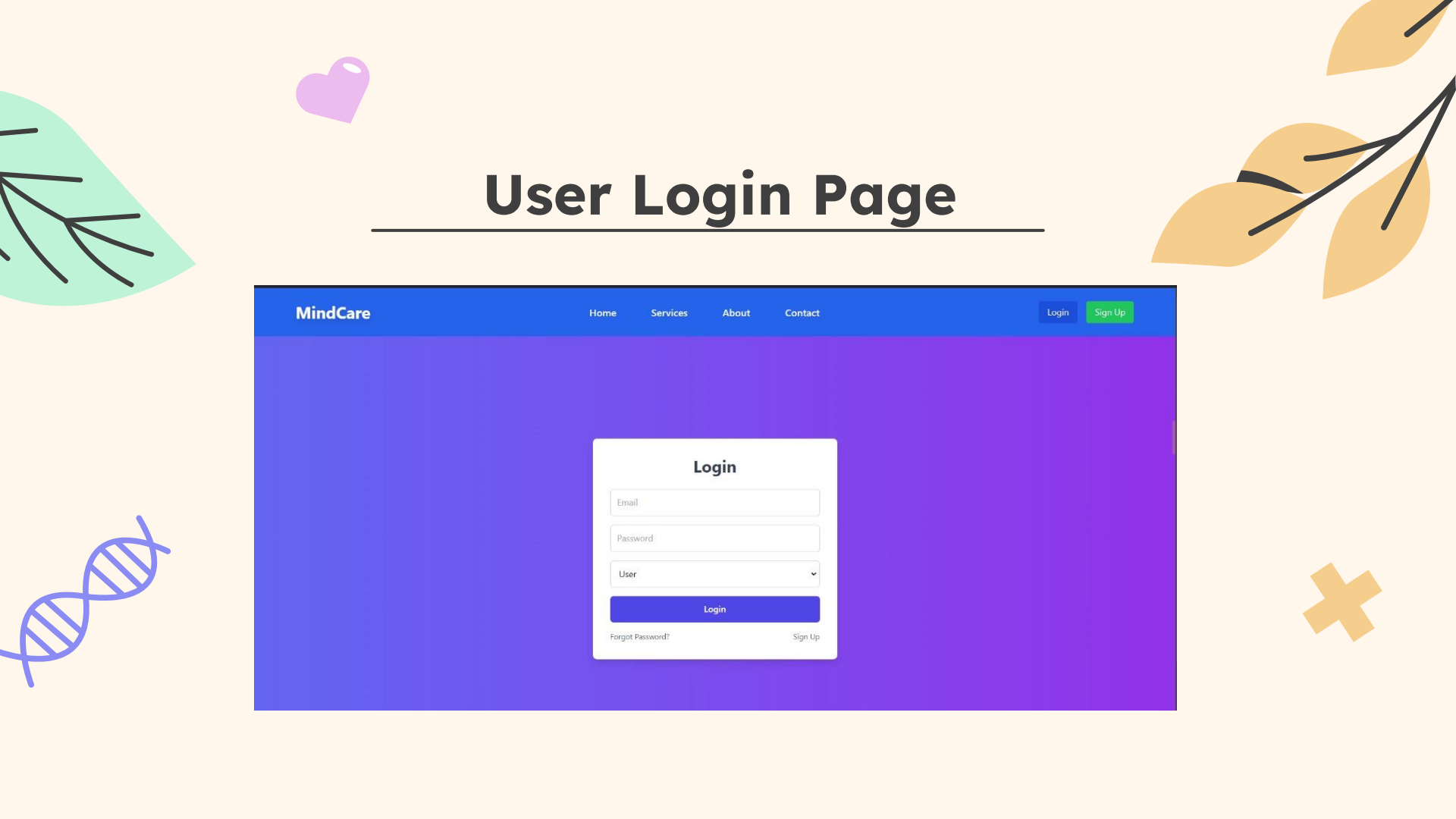
Confirm Password

☐ I agree to the terms and conditions

Create Account

Already have an account? [Log in](#)

# User Login Page



**MindCare**      [Home](#)   [Services](#)   [About](#)   [Contact](#)   [Login](#)   [Sign Up](#)

### Login

Email

Password

User

[Login](#)

[Forgot Password?](#)   [Sign Up](#)

# User Dashboard Page

**MindCare Dashboard**[Home](#)[Services](#)[Blog](#)[About](#)[Contact](#)[Profile](#)[Log Out](#)


## Welcome to the Emergency and Mental Wellbeing Dashboard

Your one-stop solution for mental health and emergency resources. Explore our services and get the support you need!

[Emergency Contacts](#)[Book Appointment](#)[Self-Assessment Tools](#)[Helpline Numbers](#)

SOS


### Featured Articles & Resources



#### Empower Your Mind: Managing Stress and Anxiety

Explore practical methods to reduce stress and manage anxiety, and take control of your mental well-being.


[Start Your Journey](#)



#### Strengthen Your Resilience: Coping with Emotional Distress

Discover actionable strategies for coping with emotional pain and how to bounce back stronger.

[Take the First Step](#)



#### Unlock Your Potential: Mental Health Support Services

Find local mental health resources to empower you in your wellness journey and start seeking support today.

[Explore Resources](#)

### Interactive Tools

#### Mood Tracker

Track your daily mood and gain insights into your mental wellbeing.

[Try It Out](#)

#### Stress Level Checker

Check your current stress level and receive personalized tips.

[Try It Out](#)

#### Appointment Scheduler

Schedule your mental health counseling sessions easily.

[Book an Appointment](#)





# User Dashboard Page (SOS Alert)

**MindCare Dashboard**

[Home](#) [Services](#) [Blog](#) [About](#) [Contact](#)

[Profile](#) [Log Out](#)


SOS alert sent successfully!

## Welcome to the Emergency and Mental Wellbeing Dashboard

Your one-stop solution for mental health and emergency resources. Explore our services and get the support you need!

[Emergency Contacts](#) [Book Appointment](#) [Self-Assessment Tools](#) [Helpline Numbers](#)

SOS

 59039465

Sent from your Twilio trial account - I'm in emergency! Address: Ranaji Rao Cross Road, Kankanpalya, Basavanagudi, Bengaluru, Bangalore North, Bengaluru Urban, Karnataka, 560004, India, Latitude: 12.9 Longitude: . View location: <https://www.google.com/maps?q=12.9,580.77>

# Emergency Contacts

**MindCare**[Dashboard](#)[Services](#)[Blog](#)[About](#)[Contact](#)[Log Out](#)

## Emergency Contacts

### Add Emergency Contact

Name

Contact Number

Email

Add Contact

### Emergency Contacts List

Home
------

# Book Appointment

MindCare

[Dashboard](#) [Services](#) [Blog](#) [About](#) [Contact](#) [Log Out](#)

Select a Consultant

john doe

Specialization: Psychiatrist

License Number: 12347554

jack son

Specialization: Therapists

License Number: 12343554





# Self Assessment Tools

**Mental Health Self-Assessment**

1. How often do you feel anxious or worried?  
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
2. Do you struggle to control feelings of anger or frustration?  
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
3. Do you feel physically healthy and energetic?  
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
4. How often do you experience feelings of guilt or worthlessness?  
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
5. How often do you reflect positively on your achievements?  
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
6. How often do you feel overwhelmed by daily tasks?  
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
7. Do you find it difficult to control your eating habits?  
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
8. Do you have trouble managing time effectively?  
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
9. How often do you feel satisfied with your personal relationships?  
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
10. Do you feel confident in your ability to handle daily responsibilities?  
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

**Submit**

# Help Line Numbers

MindCare

Dashboard Services Blog About Contact

Log Out

Helpline Numbers

State Helpline Numbers

STATE HELPLINE NUMBER	1902
EMERGENCY MEDICAL SUPPORT	104 / 97456 97456
DASOHA FOOD HELPLINE	155214
STATE COVID CONTROL ROOM	1075 , 080-46848600 , 080-86692000 , 9745697456 , 080-1070 (SEOC)

Department Helpline Numbers

HEALTH & FAMILY WELFARE	104
FOOD & CIVIL SUPPLIERS	1967 / 18000-425-9339
AGRICULTURE	080-22212818 / 080-22210237
PUBLIC GRIEVANCES	080-44554455
AMBULANCE	102 / 108
WOMEN	181
POLICE	100
BBMP	080-22660000
LABOUR	155214
BESCOM	1912
BWSSB	1916

# User Services Page

## Our Services



### Daily Task for Users

Meditation tasks sent to your mobile or email for daily mindfulness.

[Learn More](#)

### Motivational Thoughts

Receive uplifting and motivational thoughts directly to your inbox.

[Learn More](#)

### Exercise Tasks

Regular exercise tasks delivered through email to keep you active and healthy.

[Learn More](#)

### Relax And Meditate

Relaxing music added to the background of the website to enhance mental well-being.

[Learn More](#)

### Mood Tracking

Track your mood using a simple form and receive insights into your emotional well-being.

[Learn More](#)

# Service 1 : Daily Tasks

**MindCare**

DashboardServicesBlogAboutContactLog Out

## Your Daily Wellbeing Tasks

1. Spend 15 minutes doing something creative, like drawing or writing.

Completed

2. Read a chapter from a book or a short article that inspires you.

Mark as Done



# Service 2 : Motivational Thoughts

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## Motivational Thoughts

Receive uplifting and motivational thoughts directly to your inbox.

### Stay Inspired!

Enter your email below to receive daily motivational thoughts straight to your inbox.

Subscribe

### Today's Motivational Thought

"The future belongs to those who believe in the beauty of their dreams."

- Eleanor Roosevelt



# Service 3 : Exercise Tasks

**MindCare**

DashboardServicesBlogAboutContactLog Out

## Exercise Tasks

Add Task

**Push-ups**

Classic bodyweight exercise that strengthens the chest, shoulders, triceps, and core. Lower your body to the ground and push back up while keeping your body straight.

DoneDelete

**Squats**

Targets the legs and glutes. Lower your hips from a standing position as if sitting back into a chair, then return to standing.

DoneDelete

**Deep Breathing Exercise**

Task: Guide users to take deep breaths (inhale for 4 seconds, hold for 7 seconds, exhale for 8 seconds). Duration: 2-5 minutes. Benefit: Reduces stress and calms the mind.

DoneDelete

**Running**

Run for 400 meters

UndoDelete

# Service 4: Mood Tracker

**MindCare**[Dashboard](#)[Services](#)[Blog](#)[About](#)[Contact](#)[Log Out](#)

### Mood Tracking Form

Share your thoughts and receive personalized insights to brighten your day!

How are you feeling today?

Happy 😊

How was your sleep last night?

Great 😴

How's your energy level today?

High ⚡

How stressed are you feeling?

Low 🧘

Anything else you'd like to share?

Write about your day...

Submit

# Consultant Modules

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# Consultant Dashboard

## Consultant Dashboard

Dashboard

Clients

Requests

Settings

Logout

## Welcome, john doe

Here's what's happening today:

### Consultant Details

#### john doe

Specialization: Psychiatrist

License Number: 12347554

Email: JohnDoe@gmail.com

Phone Number: 1234567891

### Appointments

No appointments at the moment.

### Pending Requests

No requests at the moment.

# Clients Page

## Appointment Requests

View all accepted appointment requests for JohnDoe@gmail.com.

User Name	Date	Time	Status
Syed	2025-01-03	09:00:00	ACCEPTED
johnwick	2025-01-03	10:00:00	ACCEPTED



# Requests Page

## All Appointment Requests

Syed

Date: 2025-01-03, Time: 09:00:00

Accept

Reject

johnwick

Date: 2025-01-03, Time: 10:00:00

Accept

Reject



# Settings Page

## Settings

Update your profile and preferences.

### Profile Information

Name

Email

### Change Password

New Password

# Other Pages

---





# Blog Page

MindCare

DashboardServicesBlogAboutContactLog Out

Share What You Feel

Your feelings matter to us. Share your story and connect with others.

Write Your Blog

Blog Title

Enter blog title

Content

Write your thoughts here...

Author Name (Optional)

Enter a name to display as the author

Submit

Recent Blogs

The Power of Mindfulness: Simple Practices to Stay Present

In today's fast-paced world, it's easy to get lost in the chaos of daily life. The constant barrage of notifications, deadlines, and responsibilities can leave us feeling overwhelmed and disconnected. Mindfulness, however, offers a simple yet profound way to reconnect with the present moment and find peace amidst the noise. What is Mindfulness? Mindfulness is the practice of being fully present and engaged in the moment, without judgment or distraction. It's about observing your thoughts, feelings, and surroundings with curiosity and acceptance. Practicing mindfulness regularly can help reduce stress, improve focus, and enhance emotional well-being.

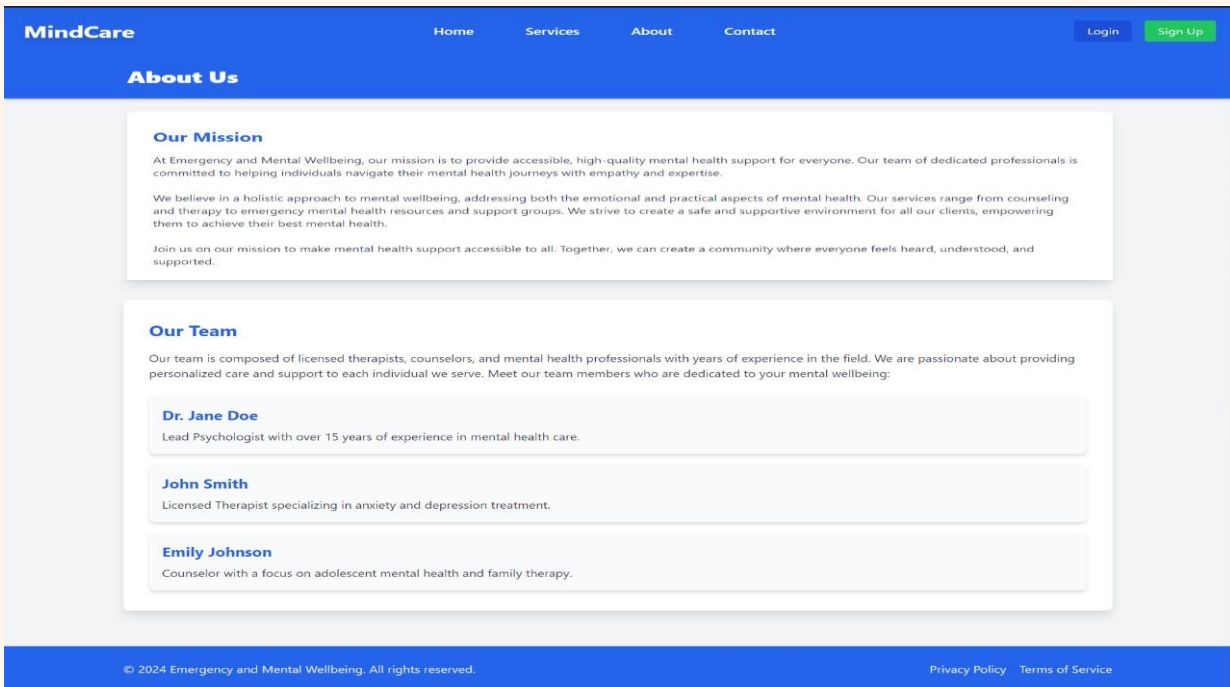
Posted by Anonymous on 1/2/2025, 4:39:01 PM

Relaxing

We can take rest for few minutes in our work to be more healthy and efficient.

Posted by Mark Zukerburg on 12/30/2024, 5:46:49 PM

# About Page



# Contact Us Page

**MindCare**[Dashboard](#)[Services](#)[Blog](#)[About](#)[Contact](#)[Log Out](#)

**Contact Us**

### Get in Touch

We would love to hear from you. Please fill out the form below to get in touch with us:

Name

Email

Message

[Submit](#)

### Contact Information

Feel free to reach out to us through any of the following contact details:

**Email:** [support@mentalwellbeing.com](mailto:support@mentalwellbeing.com)

**Phone:** +123 456 7890

**Address:** 123 Main Street, Mumbai, Maharashtra, India

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# Workflow of User

1. **Home Page:** Access the landing page with an overview of services and features.
2. **Register:** Create a new account by providing necessary details.
3. **Login:** Sign in with credentials to access personalized features.
4. **Dashboard:** View a personalized dashboard with mood tracking, tasks, and motivational content.
5. **Check Out Services:** Explore and utilize features like daily tasks, exercise tasks, and mood tracking.
6. **Add Emergency No:** Enter and save an emergency contact number for quick SOS alerts.
7. **SOS:** Trigger an emergency SOS alert to the registered contact.
8. **Log Out:** Safely log out from the application.



# Workflow of Consultant

1. **Register/Login:** Sign up or log in to access the consultant's panel.
2. **Dashboard:** Manage appointments, view client information, and access consultant tools.
3. **Check Clients' Appointments:** View and manage scheduled consultations with clients.
4. **Settings:** Configure account preferences and update personal details.
5. **Log Out:** Safely log out from the consultant portal.

# Mission and vision

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## Mission

To empower individuals by providing accessible tools and resources for managing emergencies, enhancing mental well-being, and fostering a supportive and balanced lifestyle.



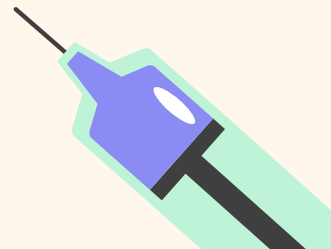
## Vision

To create a comprehensive platform that bridges the gap between mental health support and emergency assistance, promoting resilience, positivity, and overall well-being for a healthier, happier society.



**“This project aims to bridge the gap between individuals in need and mental health professionals or emergency responders through innovative technology, ensuring seamless, reliable, and timely support for overall well-being and safety.”**

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# Thank You !

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