

Better Mind

-A mental health awareness and acceptance project.

Contributors:

Anas Khan

Ajay Maurya

Ayesha N

Hiral Patel



Need of the project



Mental health awareness is one of the leading topics in social media and in the news. Long gone are the days of “If you don’t talk about it, it will go away.” Those not understanding that stigma is attached to mental illness want to know, “Why is mental health awareness important?” Education proves important for them and everyone. People need to open up about their own mental illness. As a result, mental health awareness becomes more accepted and understood. Change has been slow in coming. However, developments have been made in the mental health community to prove mental illness is a true medical illness.

Conversations promoting mental health awareness are the foundation for leaving the stigma in the past. Many people don’t know how to talk about it. Awareness raises their ability to open up and speak. Mental health awareness is important to help you understand your own symptoms. You learn that it’s okay to reach out for help. You can start by addressing your concerns with your physician. Sharing your experiences with others gives them the opportunity to offer their support. As well, they may speak up about their own issues. This allows you to provide support and encouragement to them. Awareness is definitely a two-way street.

Problem Statement



In our busy lives, we always tend to forget one thing or the other every now and then, that's usually how life goes by but most of us fail to acknowledge the importance of a certain things than the others. We here are to rectify one of the biggest problems faced to the mankind that we don't take actions about much. We are interested in the betterment of mankind and in improving their mental health, despite the stigma, especially in these stressful times. They face a problem that they don't know where to start learning about improving their mental health and seeking professional help is also difficult for being expensive and inaccessible due to family views as well. We aim to aid in making a safe space for the people in need of a secure and understanding community, and provide mental health guidance and professional help.



Ideas Developed

Search Engine Tracker

With the permission from the user, we allow them to configure our services to their devices, where we track their search histories and save them in a database.

Sleep-Mood-Food Tracker and Analysis

User once logged in, gets to do the daily journal on basis of which our algorithm performs analysis and gives a line and bar graphs and gets their daily reports.

Emotional Quotient Grading

Using our search engine tracker, we analyze certain keywords which gives the model a dataset to work on and give a personalized grade for every end user.

Anxiety Test

A 25 set based non-time-consuming questionnaire helps with our services in which we predict the level score for a person having anxiety from a baseline common for all end users.

Ideas Developed



Chat Bot

A friendly outreach initiative in which it responds to simple things like, "tell us a joke", "play some calming tunes", or "provide with ideas to do to be mentally fit" etc.

Direct Professional Connect

Talking about awareness, this is a must, we provide contacts and the feasibility to arrange meetings with professionals for the betterment of one's own self. We also have the provision to share the data entered by the user in the app to be shared with our professional of their choice, if they wish to do so.

Community Outreach

A page filled with links and contacts where we form a warm and open to everyone community, where we encourage people to speak up and support them through their mental health journey.

Tech Stack



Front-End

HTML, CSS, Vanilla JS, Bootstrap

Canva for logos

Figma(basics) for UX layouts and wireframes

Draw.io for sitemaps

Back-End

Python, Flask, SQLite, jinja2

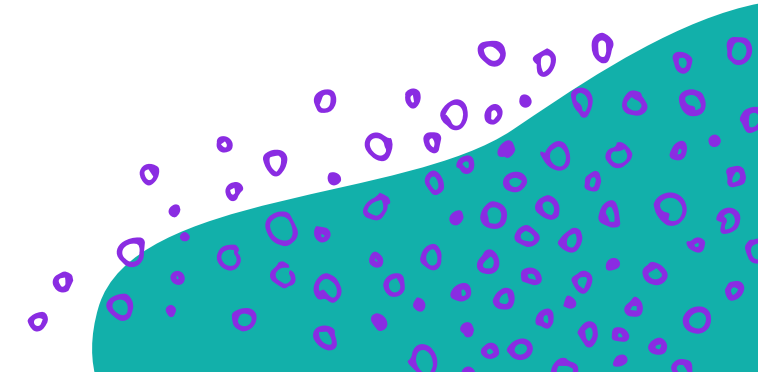
Analysis

Libraries:

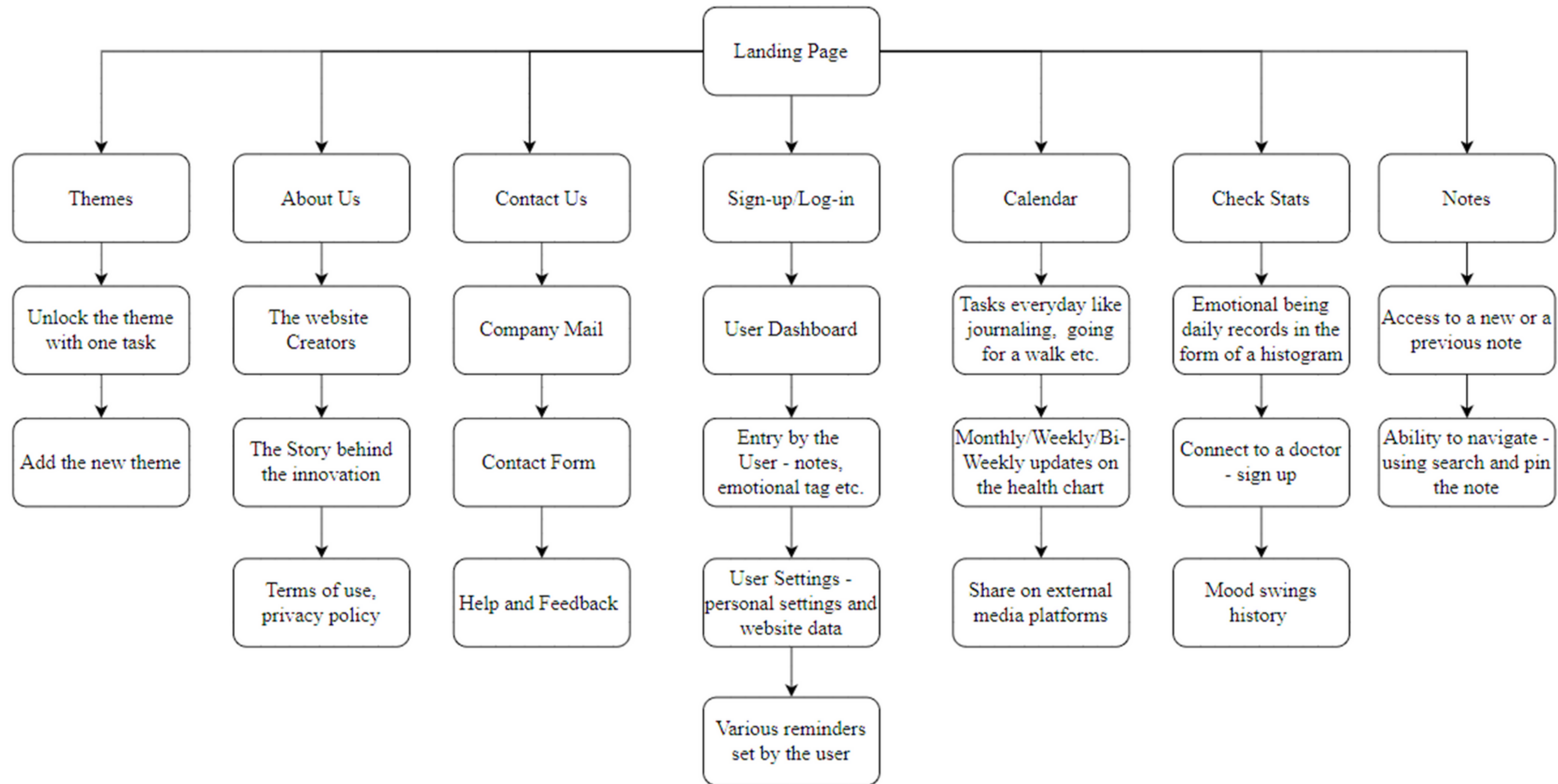
NLTK for symmetry analysis

Charts.js for analytical graphs

WERKZEUG for security and authentication (hashing)



Site-Map



Future Advancements

One of our first step towards making this **idea into a suite** would be by actually developing a portal where we can afford **professional assistance and licensed therapists and medical experts as our end users**, making the process more comfortable, easy and convenient for data sharing and it'd also **help raise jobs and create more awareness for budding therapists** and encourage and enhance the opportunities for them.

Secondly, we'd focus majorly on creating an **extension support forum**, where it'll make it a less more obvious to the user and **create a safe space** and let the user know that **we're trying to help them and they can reach out to us whenever they want to**.

We planned on integrating the website to elements such as of **family emergency contacts**, where they can list down their trusted one's with the information, when the **emotional quotient grade reaches a certain low**, we'd reach out to the family.

In order to create more awareness and let the public be open to these ideas, we plan to launch several **certified courses** in the **field of mental health domain**, eventually starting with local meets and adopting the sponsor culture and **opening our wings to abuse victims as well**.

We plan to develop a **companion app in support this website** making it more accessible and available on all platforms and available for everyone, which will help us **grow a community** and help out the one's in need.

We as a team plan to **expand our services and our localities**, and making this to be much more of a bigger thing than a website which is **needed by the community of our ever developing country**.



Thank You!



Feel free to access our services which are available right now on the GitHub repositories: <https://github.com/Hiral25p/bit-n-build-hackathon>
<https://github.com/anxkhn/frcr-hacks>