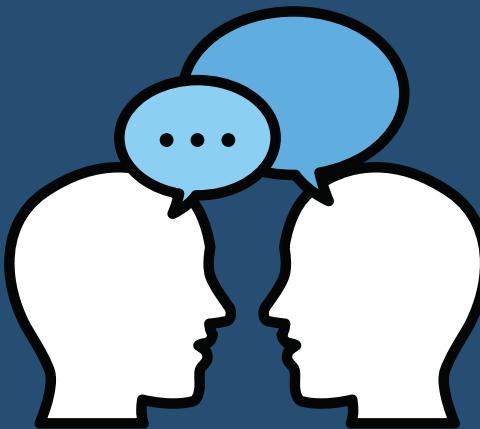


Sis Code Clan

HEAL YOURSELF!

We are listening!



Team Members:

Nandika Arora



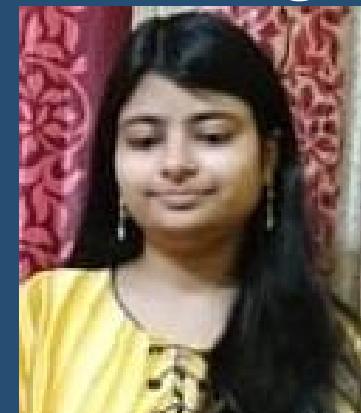
Riya Bansal



Shagun Uppal



Ayushee Agarwal



MENTAL
HEALTH





THEME PROBLEM?

and

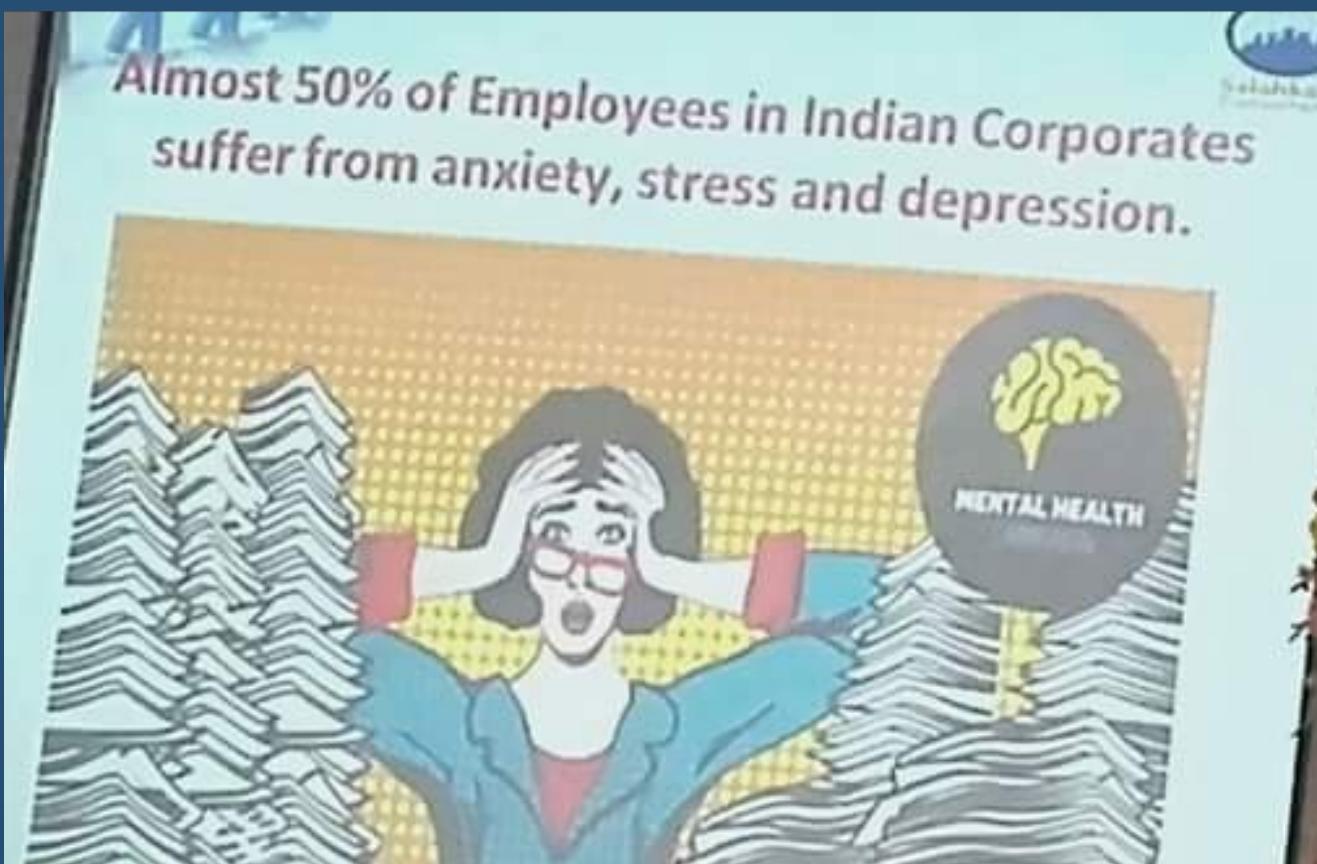
INDIA ranks 139 in
World Happiness
Report!

The Theme chosen is
"HealthCare and Social Good"

ACCORDING TO STUDY, 43% INDIANS SUFFER
FROM DEPRESSION . THE AVERAGE SUICIDE
RATE IN INDIA IS 10.9 FOR EVERY LAKH
PEOPLE AND THE MAJORITY OF PEOPLE WHO
COMMIT SUICIDE ARE BELOW 44 YEARS OF
AGE.

INDIA AMONG COUNTRIES WORST HIT BY DEPRESSION				
Country	Total cases of depression	% of population suffering from depression disorders (prevalence)	Total cases of anxiety	% of population suffering from anxiety disorders
India	5.7 crore	4.5	3.8 crore	3
China	5.5 crore	4.2	—	—
Bangladesh	63.9 lakh	4.1	69 lakh	4.4
Indonesia	91.6 lakh	3.7	81.1 lakh	3.3
Myanmar	19.1 lakh	3.7	17.2 lakh	3.3
Sri Lanka	8 lakh	4.1	6.7 lakh	3.4
Thailand	28.8 lakh	4.4	22.7 lakh	3.5
Australia	13.1 lakh	5.9	15.5 lakh	7
Japan	50.6 lakh	4.2	36.8 lakh	3.1
Malaysia	11.2 lakh	3.8	14.6 lakh	4.9
Philippines	32.9 lakh	3.3	30.7 lakh	3.1

Many a times, we are not able to share our problems, fears with our parents , friends or anyone, And we keep several things inside our mind and think a lot about it which affects our Mental Health!



- ▶ Depression is still a social stigma in the Indian society.
- ▶ We are more concerned about “what people will think?”.
- ▶ It is a very common ailment these days and yet people fail to realize the intensity of it.
- ▶ Depression leads to loss of identity!



So to overcome or avoid this, we just need someone to listen to us and give us valuable advice!!

Jolution

Heal Yourself is an online emotional support platform providing a group of **qualified psychologists**.

No matter who you are or where you live or what you're going through, we will be here to listen to you and care for you.

We might be strangers on the surface, but underneath we're just the friends you haven't met yet.





ROADMAP



home about us QUIZ Blogs why us? Our Events
brief about our psychologists! Personalized Programs

Emotional abuse? Breaking
Trauma Bond? Being Bullied?
Feeling Stressed? Want to open
up about anything??

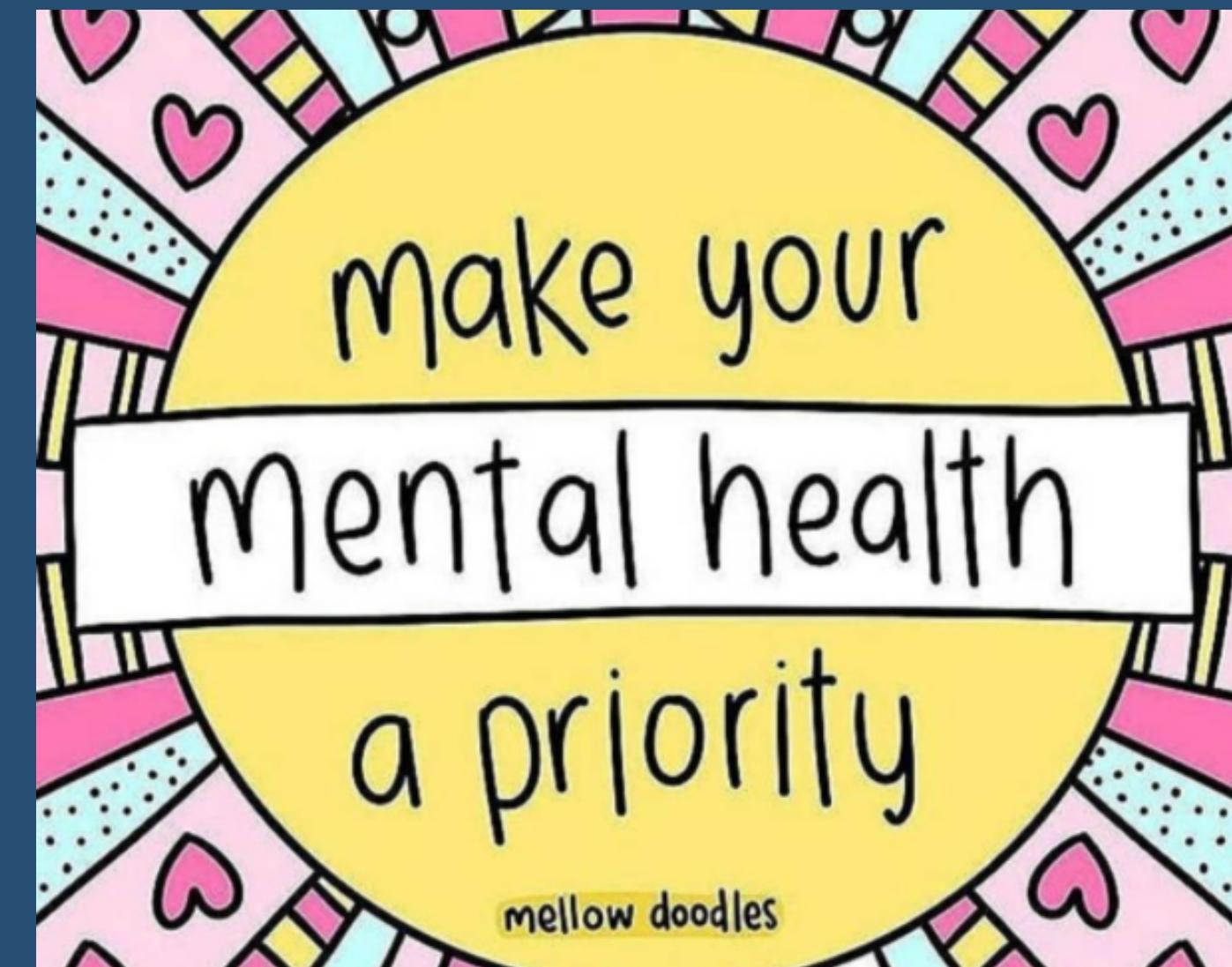


Click Here!
Chat with
us!

BEFORE PROCEEDING INTO CHAT , YOU WILL FIRST BE REQUIRED TO GIVE THE DEPRESSION QUIZ.

AFTER THE QUIZ, YOU WILL GET TO KNOW THE RESULTS THAT WHETHER YOU HAVE:

1. MILD DEPRESSION
2. SEVERE DEPRESSION
3. SADNESS
4. NORMAL



After the quiz, you can go to chat with us and then you will be assigned the Psychologist according to your Result!

REAL TALK: STAYING POSITIVE DURING THE PANDEMIC

NOW you will get in touch with your assigned psychologist who will listen you and guide you!

You can chat anything and dont worry! your chats with psychologist will be secured and will be secured with us!

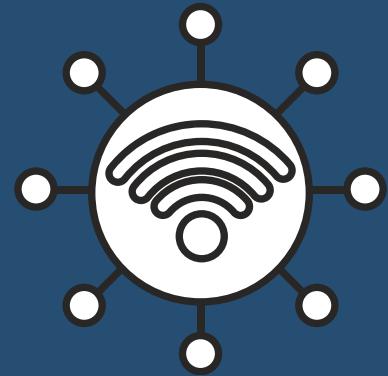
We have also added:

- *an event session which will show the upcoming events by great psychologists related to mental health so that you can register and attend!*
- *We are also adding Personalised development programs that are crafted from the years of experience in counselling that our experts bring in.*
- *a Blog/ Researched Content which will show the solution of various Mental Health Related Problems .*

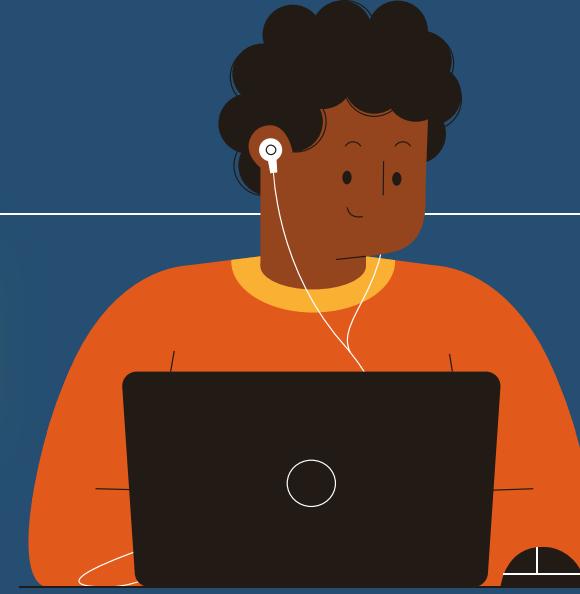
HOW IS OUR WEBSITE DIFFERENT FROM OTHERS????

- Along with FREE counselling session which is 24 X 7 available and you can chat anonymously, we have added Depression Quiz which will detect if you have mild depression, severe depression , sadness or normal.
- We have also added the upcoming Mental health Related Events and Personalized Development Course by our Counselling Expert .
- We are also adding a group chatapp, in which anyone can enter and chat with each other anonymously. This will overcome your loneliness. [though due to less time constraints we were not able to add this]

EVERYTHING ALONG WITH BLOGS IS ALL IN ONE WEBSITE!!



TECH STACK



HTML



CSS



Javascript



Bootstrap



Nodejs



Socket.io



Express

FUTURE SCOPE

For data security, we are planning to add "CRYPTOGRAPHY" Hashmap Algorithm.

Since our main purpose is to keep the identity confidential, we will be using this for storing the message without revealing the identity and its chats as well.

We are also preparing different rooms for different users.

Incase the psychologist is not available and talking to any other client, the client will have to wait for the psychologist to enter the room.

THANK
you