



Problem Statement

Enhancing mental
health awareness &
access

- **DevNinjas**



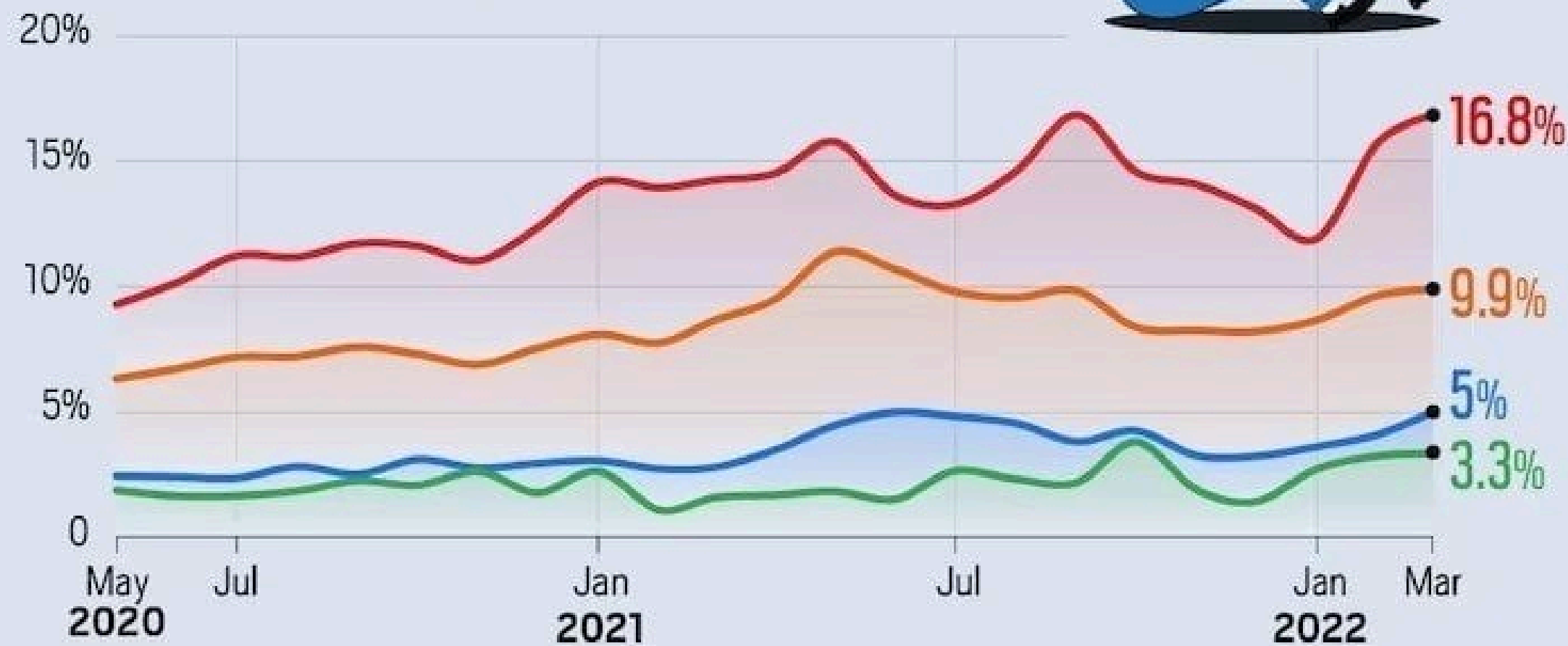
Unveiling Inner
Strength:
Revolutionizing Mental
Health with
NovaMind

Depression More Prevalent Among Youth, Women During Pandemic in India



% OF POPULATION WHO FACED DEPRESSION

● 18-24 years ● 25-44 years ● 45-64 years ● 65+ years



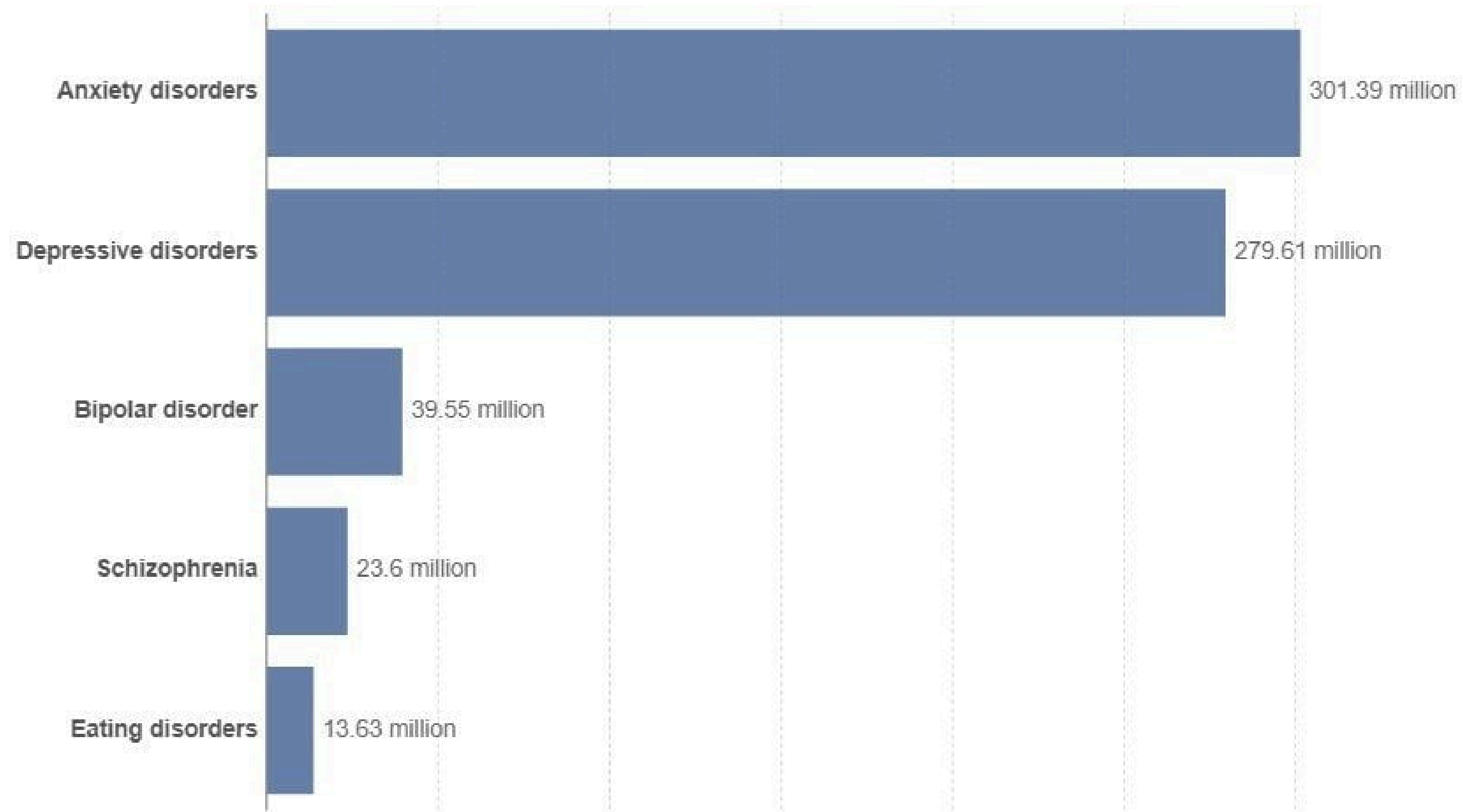
source: indiaindian

Reason for choosing this problem statement

Mental illness: estimated cases, World, 2019

Our World
in Data

Estimated number of people who had each mental illness, whether or not they were diagnosed, based on representative surveys, medical data and statistical modelling.



Data source: IHME, Global Burden of Disease (2019)

OurWorldInData.org/mental-health | CC BY

*According to Field et al. [6], as many as 86% of universities surveyed within the United States identified Universal Journal of Public Health 2(8): 209-214, 2014 211 increasing rates of depression within academic institutions.

*They found that depressive symptoms led to poorer academic performances among affected students and increased their vulnerability for experiencing additional mental health problems, including “anxiety, intrusive thoughts, controlling intrusive thoughts and sleep disturbances

source: researchgate.net



Services that
NovaMind offers

1. Expert
Consultation

2. AI Therapsit

3. Mood Analyzer
using AI

Mind-map of website



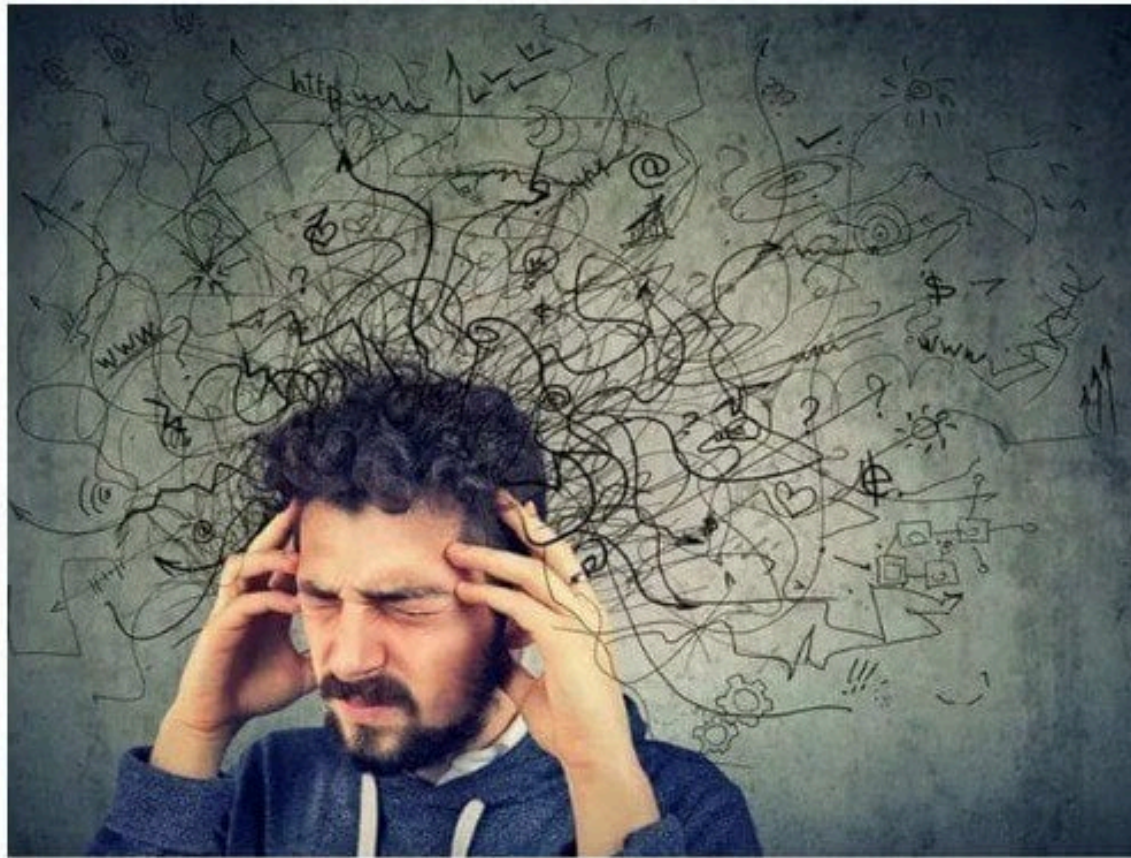
Online expert consultation

connect individuals with mental health
professionals

Appointment Page

Name:	Email:
Bhuvan Nakka	bhuvannakka@gmail.com
Phone Number:	Date:
6305719442	18 - Jan - 2024
Preferred Time Slot:	Specialist:
09:00 AM	Psychiatrist
<button>Book Appointment</button>	

Problems due to lack of proper mental health



- It's important to note that each individual is unique, and the combination of factors affecting one person may differ from another. However, some common factors include:

- 1. Academic Pressure:** High expectations, competition, and a demanding academic environment can lead to stress.
- 2. Social Pressures:** Issues related to peer relationships, bullying, social media, and societal expectations can contribute to stress.
- 3. Family Dynamics:** Family conflicts, parental expectations, and changes in family structure can impact a teenager's mental well-being.
- 4. Self-esteem and Body Image:** Adolescents often face challenges related to self-esteem, body image, and identity, which can lead to stress.
- 5. Future Uncertainty:** Concerns about the future, career choices, and the pressure to succeed can contribute to anxiety.
- 6. Technology Overuse:** Excessive use of technology and social media may lead to feelings of isolation, cyberbullying, and comparison with others.

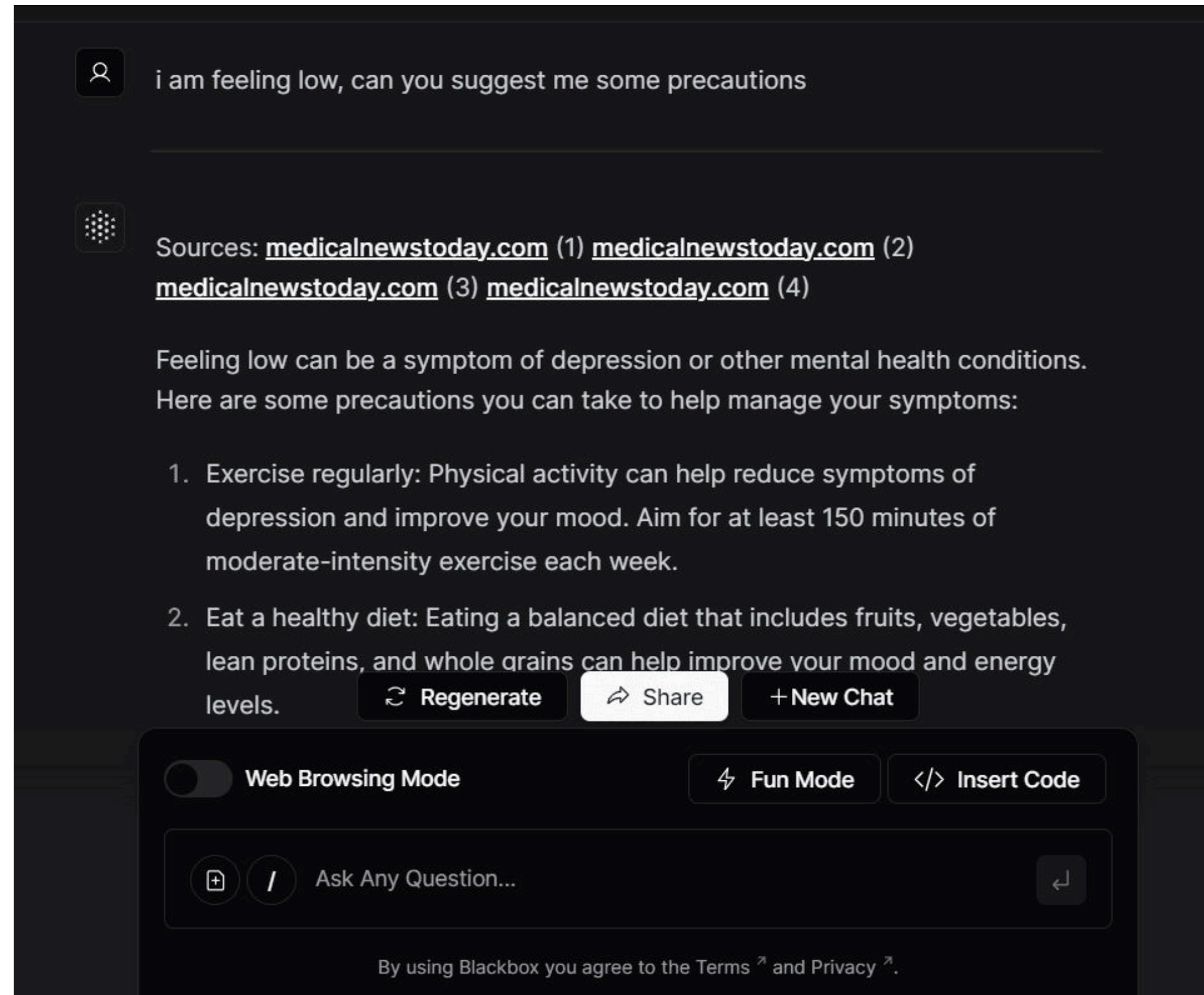
HOW AI CHATBOT CAN DEAL WITH IT



- 1. Anonymous and Non-judgmental Support:** A chatbot can offer a safe space for teenagers to express their feelings without fear of judgment.
- 2. 24/7 Availability:** Unlike human therapists who have limited availability, an AI chatbot can be accessed anytime, providing immediate support when needed.
- 3. Personalized Assistance:** AI can analyze individual responses and tailor suggestions or coping mechanisms based on the user's specific needs and concerns.
- 4. Education and Awareness:** The chatbot can provide information about mental health, coping strategies, and resources, helping teens better understand and manage their stressors.
- 5. Monitoring and Early Intervention:** By tracking conversation patterns, the chatbot can identify signs of escalating stress and suggest professional intervention when necessary.
- 6. Skill-Building Exercises:** The chatbot can guide users through various exercises, such as mindfulness techniques, stress-relief activities, and goal-setting, to help build resilience.

AI Therapist

Explore innovative approaches to mental wellness through *technology* and *creative therapies*. Revolutionize the way we support mental health.



Be an Expert NovaMIND

First Name:

Last Name:

Professional Credentials:

Education:

Experience:

Age:

City:

State:

Country:

Become an expert at
NoveMind



AI Mood Analyzer

The AI Mood Analyzer, also known as Affective Computing, is an innovative application of Artificial Intelligence that revolutionizes emotional analysis. By leveraging advanced algorithms and machine learning techniques, it interprets human emotions based on facial expressions, body language, and voice tones.

This technology enhances our understanding of emotional states, aids in mental health assessment and intervention, and promotes emotional intelligence in today's digital age.

Proceed to Mood Analyzer

Get Recommendations

Mood Analyzer using AI

This technology enhances our understanding of emotional states, aids in mental health assessment and intervention, and promotes emotional intelligence in today's digital age.