A

WAD REPORT

ON

"Online Therapist Consultation for Mental well being"

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in
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by

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Abstract

In discussions about health, human rights, and equality, mental disability and mental health care have been overlooked. This is confusing because mental impairments are widespread, affecting about 8 percent of the global population.

Personality, like any muscle, demands strengthening, and the heart, mind, and soul require specific attention.
With MindCare, the customer receives personalised mental health treatment from a skilled therapist. Developing character characteristics and overcoming personal flaws has always been a top concern here.
As Mental health is more essential than ever before, and it has an impact on all aspects of life. It is critical to look after one's mental health. To stabilise constructive actions, emotions, and ideas, it's critical to keep a happy attitude and treat any mental health issues. Concentrating on it can help us be more productive, improve our self-esteem, and improve our relationships.The health industry is prevalent all around the world with everyone being a regular user. Even though this is the case there is a shortage in convenient applications and websites which are efficient and user-friendly.

Our platform assists in attaining these objectives while also introducing our users to a new era of life.

Keywords

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1   Introduction

Roughly 56 million Indians suffer from depression, and 38 million suffer from some anxiety disorder. India has one of the highest prevalences of mental illnesses globally. The National Mental Health Survey 2016 found that close to 14 per cent of India's population required active mental health interventions

Our psychological, emotional, and social well-being are all influenced by our mental health. It has a direct impact on how we feel and behave on a daily basis. When it comes to making difficult decisions, dealing with stress, and relating to other people in our lives, mental health is a big component.
Mental health, on the other hand, isn't something we can deal with once and then forget about. It is critical at all stages of our lives. From childhood through adulthood, mental health is something we must be aware of and handle with caution.

The benefit of focusing on mental health awareness is that it might raise awareness of the indications and symptoms of specific disorders. For many illnesses, early intervention predicts how beneficial mental health treatment will be. The sooner someone is diagnosed and starts therapy, the better their chances of managing their condition and improving their mental health are.
People often believe that counselling is just for those who are really mentally ill or in crisis, but this is simply not the case.
Counseling is sought for a variety of reasons, ranging from small to major. There are more possibilities for cheap treatment than ever before. You don't have to suffer alone or for an extended period of time. Keep in mind that therapy has evolved since its inception. Most therapists want to assist their clients get better as quickly as possible. When appropriate, many therapists use solution-focused treatment, so you won't have to go to counselling three times a week for years to see results.

2 Motivation

First of all treating and managing mental illness will help to improve the quality of life. Living with mental illness will always be a struggle, but with the right therapy, it can be much easier to manage, allowing to appreciate everything life has to offer without your illness getting in the way.

Treatment can lead to a variety of advantages in addition to improved mental health. By enhancing sleeping habits, the immune system, and lowering pain levels, good mental health can also benefit physical health. Having mental health issues addressed can help being more productive by allowing you to focus on daily chores and providing you with the motivation to complete projects on time.

Improving your mental health may possibly allow you to live longer. According to a 2012 study published in the British Medical Journal, even minor mental health issues can result in a shorter life expectancy.

It is critical to seek therapy for mental health issues, regardless of the type of treatment. There is a solution out there for everyone, from medication to counselling. Here, in our platform we aim at providing a better life with good mental health and the above mentioned points motivated us to build a path towards achieving it.

3   Purpose

If the person require assistance in maintaining your mental health, internet therapy is a convenient option available. It's not just for mental health; with web therapy, healing activities on your own time, in your own location, and at your own pace can be achieved. As previously stated, researchers strongly advise seeing an anxiety and depression therapist. It offers a more relaxing alternative to traditional healing. Our website's purpose is to fulfill the requirements of the user in an effective and long lasting way. It aims at helping them at their lowest. A therapist can help you discover the specific anger management techniques that work for you. Or they could help you practice anxiety reduction strategies that help you feel better faster. No matter what emotions you're struggling with, a therapist can help you develop a plan to ensure your emotions serve you well

Also, there is no office and the hours are determined by the therapist. The user has the option of participating in live video sessions with a therapist to get answers to your questions. Self-healing is a way to reclaim the mental strength, which is precisely what our online therapist will offer

Main purpose of our platform is to provide benefits like Accessibility, Affordable Plans,Convenience,Wide Range Of Communication Methods

4 Literature Survey – Existing Web Applications

Many existing counselling systems are manual based in which their is a huge involvement of humans and paper work which consumes more time, costly process . We found some similar applications which are trying to solve similar problem that we are trying to address .

One such website is **Talk To Angel** . Talk to Angel connects people with the Therapists across India and receive Online Therapy for Depression, Stress, Anxiety, Couple Counselling, Anger Management, Sleep Disorder, Grief Loss and many more. It has various structured counselling plans like individual counselling plans ,Couple Counselling ,Online Psychiatric counselling ,Corporate plans.

Another such application we found out was **Manastha**. The founding idea behind Manastha is to reclaim your inner harmony. A concept we often lose track of in our busy lives. They aim to enable people to find peace and fulfillment in their lives and change things that prevent them from achieving stability. It's a process of "guidance and healing" with 24×7 expert help .Manastha is known for providing the Best **Employee Assitance Program** (EAP) in India. Companies approach manastha to provide couselling to employees to increase their mental wellbeing and increase productivity.

5   Implementation

5.1   Technologies Used :

Considering the requirements of the project we chose a suitable technology stack knows as **MERN** stack . The MERN Stack represents :

- **MongoDB :**

  MongoDB is a cross-platform, document oriented NoSQL database that provides, high performance, high availability, and easy scalability. MongoDB works on concept of collection and document. We hosted our database on MongoDB atlas .

- **Expressjs :**

  Express is a minimal and flexible Node.js web application framework that provides a robust set of features to develop web and mobile applications. It facilitates the rapid development of Node based Web applications

- **Reactjs :**

  ReactJS is a declarative, efficient, and flexible JavaScript library for building reusable UI components. It is an open-source, component-based front end library which is responsible only for the view layer of the application.

- **Node.js :**

  Node.js is an open-source, cross-platform, back-end JavaScript runtime environment that runs on the V8 engine and executes JavaScript code outside a web browser. Node.js lets developers use JavaScript to write command line tools and for server-side scripting—running scripts server-side to produce dynamic web page content before the page is sent to the user's web browser.

5.2   Modules and Libraries Used :

5.2.1   Authentication System :

In our use Case we had two types of users specifically customer and therapist. We build our models accordingly.Our goal was to provide two different interfaces for both customer and therapist .Some libraries we used are :

- **Crypto :**

  Crypto is a module in Node.js which deals with an algorithm that performs data encryption and decryption.Crypto module provides set of classes like hash, HMAC, cipher, decipher, sign, and verify.

- **Bcyrpt :**

  The bcrypt hashing function allows us to build a password security platform that scales with computation power and always hashes every password with a salt.

- **JWT access token :**

  JSON Web Token is an open standard for securely transferring data within parties using a JSON object. JWT is used for stateless authentication mechanisms for users and providers, this means maintaining session is on the client-side instead of storing sessions on the server. Here, we will implement the JWT authentication system in NodeJs.

5.2.2 Appointment Booking Module :

Appointment booking is very important part of our application. Therapist will provide his availability .This availability will be visible to the user so he can take that particular appointment . This section is accompanied by Zoom and Payment integration

- **Stripe For Payment Integration :**

  Payment gateways help the user to make their payments. There are many payment gateways available in the market like Razor pay, Google pay, etc but the most popular among them is Stripe payment gateway. Stripe is the premier option for online credit card processing and it is also the most popular premium payment gateway.

5.2.3 Zoom Integration :

Customers after appointment booking will be redirected to an zoom link at specified time and Therapist will be also directed to join the meet . We will use the following Libraries to implement it :

- **UUID :**

  UUID is used to create unique ids and we will use these unique ids to make rooms. So if a user wants to 'Host a new meeting', a new unique link will be created for him using UUID otherwise he can join that had been already been made once by some other user.

- **Peer js :**

  PeerJS simplifies WebRTC peer-to-peer data, video, and audio calls. PeerJS wraps the browser's WebRTC implementation to provide a complete, configurable, and easy-to-use peer-to-peer connection API

5.2.4 Personal Chatting Feature :

Therapist can directly send messages to the customer through private chat feature.

- **Socket.io :**

  Socket.IO is a JavaScript library for real time web applications. It enables real time, bi-directional communication between web clients and server. It has two parts: a client-side library that runs in the browser, and a server-side library for Node.js. Socket.io enables real-time bidirectional event-based communication.
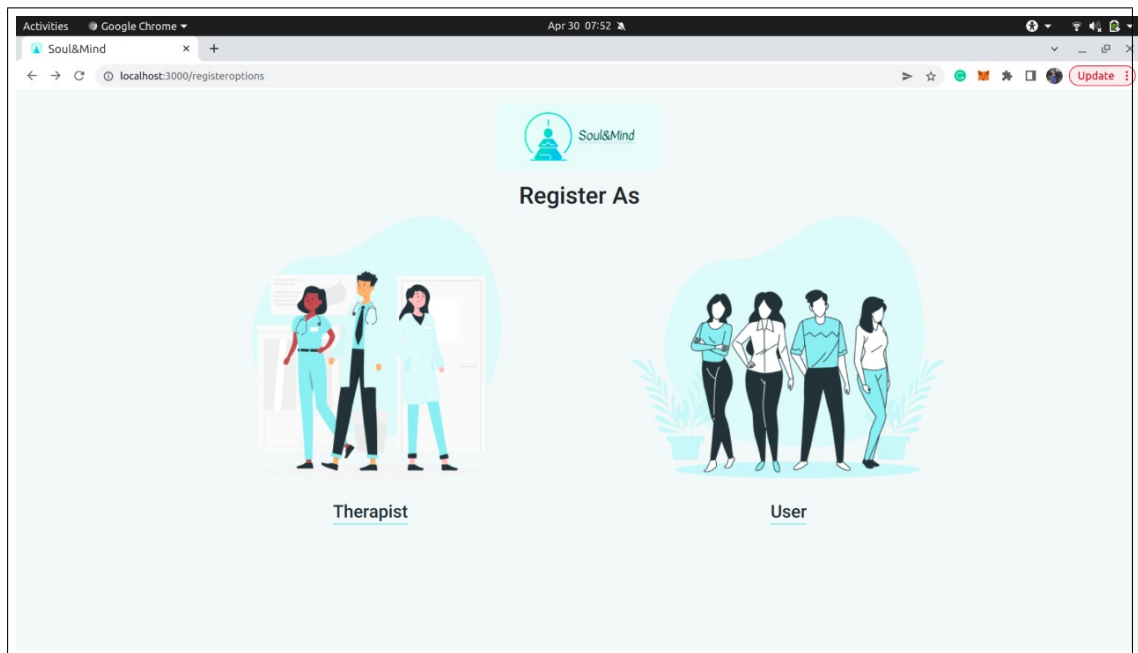
6 Output

Figure 1: Registration Screen
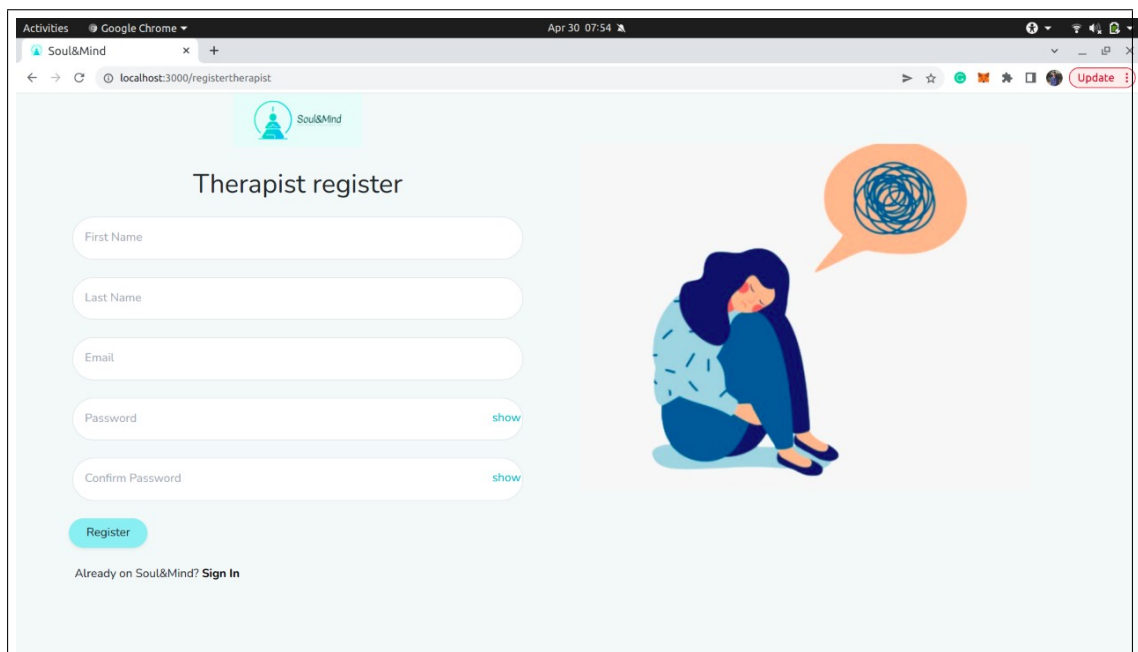

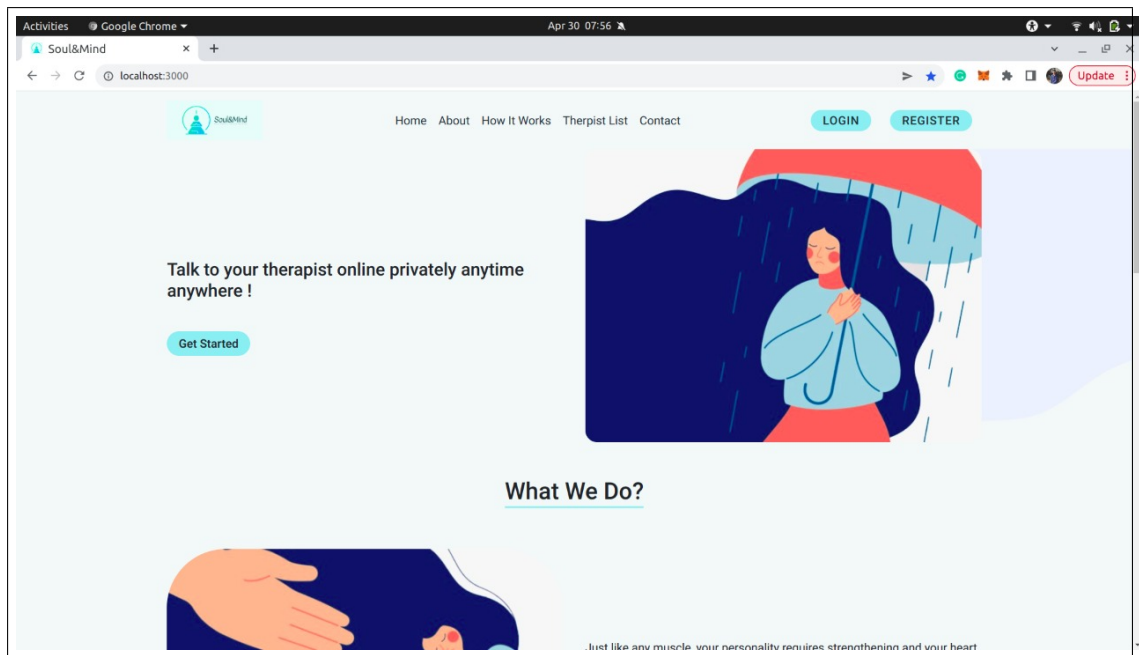Figure 2: Therapist Registration Screen
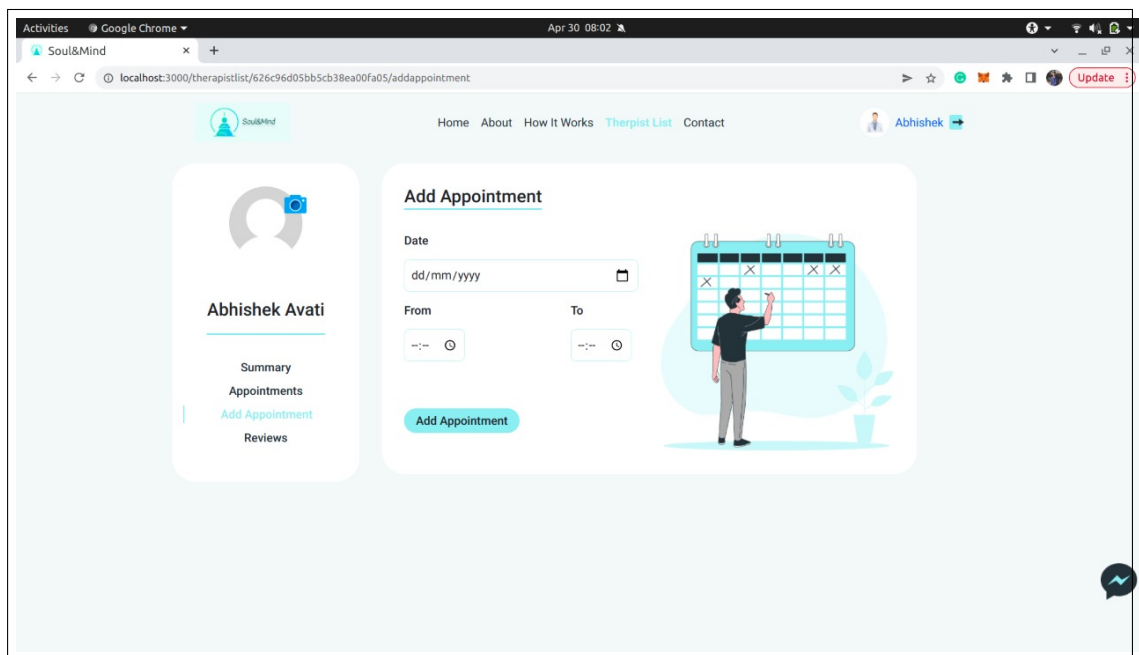
Figure 3: Home Screen

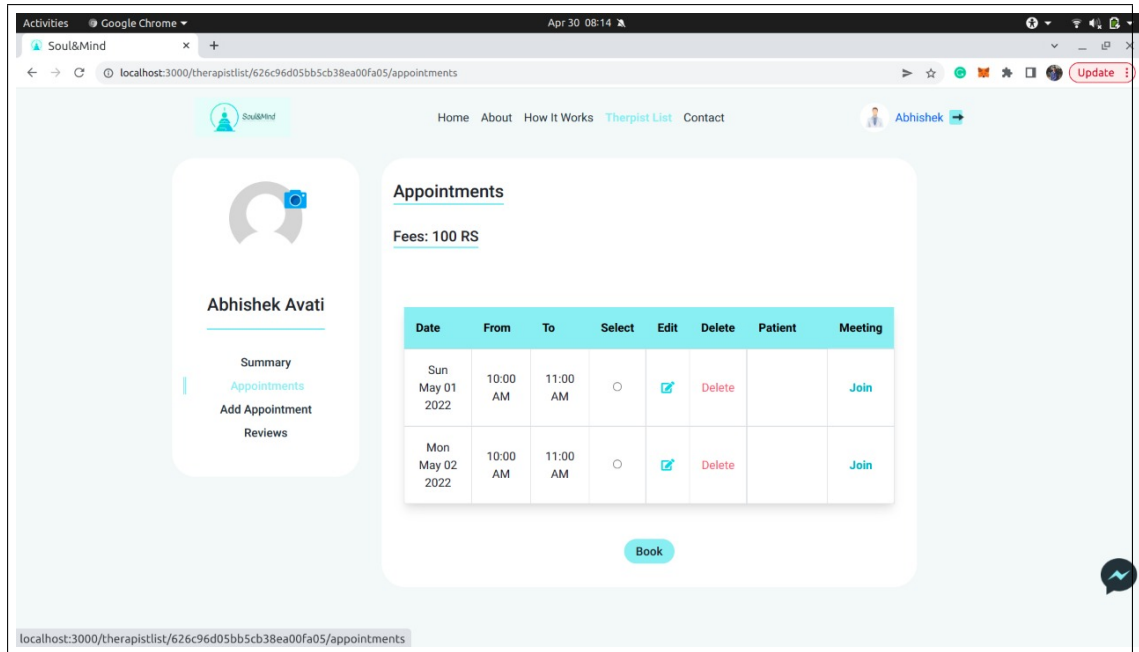

Figure 4: Appointment Screen
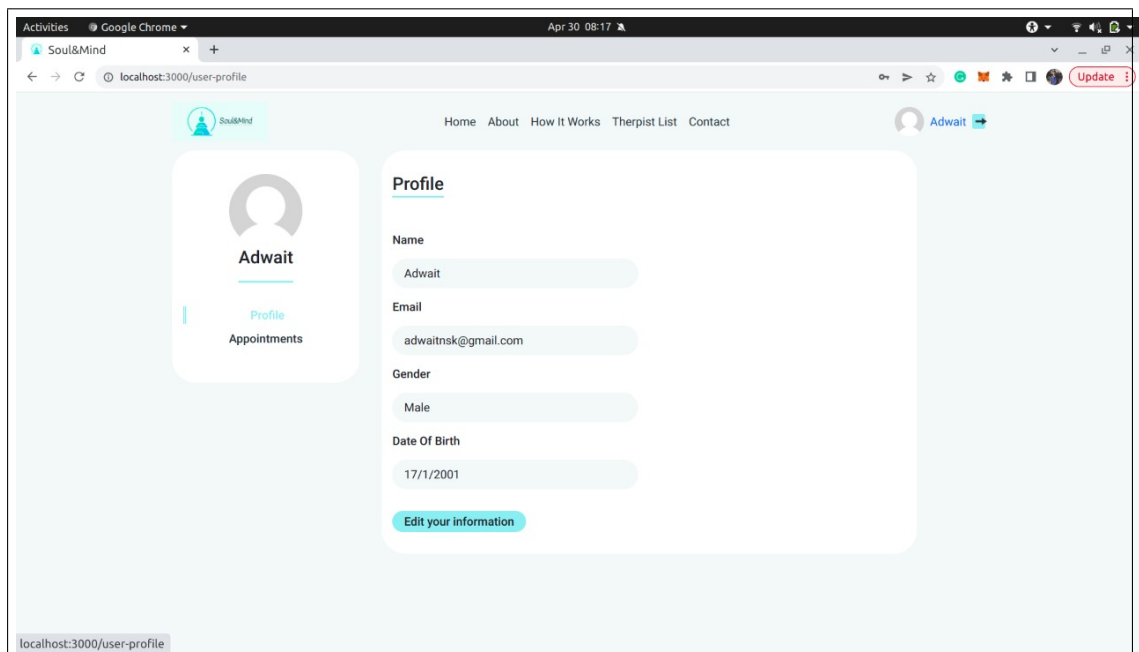
Figure 5: List all the appointments

Figure 6: Get User Profile

7 CONCLUSION

To conclude,In the end, good user experience can improve outcomes So a website was developed to help and provide an easy way of consulting therapists for mental well being. The detailed report on the development process contributes to greater transparency in the creation of complicated health-care interventions.
The concepts woven throughout the project development process, improved the platform's credibility, usability, effectiveness, and accessibility. It has been created through an iterative process,and will stimulate feedback and improvement while also allowing teams from various professions to revisit themes and troubleshoot issues.

Our website can be proven beneficial in tons of ways. The need of online consultation is highly needed and hence our application. Because of the convenience being provided to the users, it'll become easier for them to approach and open up without physically travelling and dealing with other factors.

"Our mental health is something that impacts our eating and sleeping habits and has a lot to do with our physical health as well. It is important to address our mental health needs, or oftentimes we will feel the impact of it in other areas of our health as well." is a motto that we follow and have applied in the process.