**SDG 3: GOOD HEALTH AND WELL-BEING**

**PROJECT DOCUMENTATION**

PROBLEM STATEMENT

Mental health is an area that has continued to widely impact the society in which we live. Various people from different parts of the world have had to deal with this issue for various unique or similar reasons. This condition has gone on to impact the lives of the affected people in various ways. There exists a number of scientific-backed solutions that have been proven to help to combat this situation. Most of these solutions involve interaction with health professionals.

However, mental health problems are usually associated with a lot of stigma which may make it difficult for some people to come out and seek help. For this reason, it is crucial to provide another outlet or outlet through which patients can get useful information to help them to deal with the situation.

PROPOSED SOLUTION

In view of the problem statement above, a viable solution would be to provide a platform through which patients can get useful information that can assist them to deal with mental health problems. The idea is to use machine learning on the various pieces of health data to try to diagnose patients for the various types of mental health problems that they have and propose solutions accordingly.

The approach taken is to use an intelligent agent (chat bot) that patients can interact with and get the information that can assist their unique conditions.

HOW IT WORKS

A user goes online and accesses the bot using a given URL after which they can start interacting with the system. The user can type in any relevant information and the bot will give a relevant response accordingly. The bot suggests possible remedies or recommendations that the user can make use of to assist them with their various conditions. After successful interaction, the bot suggests the nearest hospitals that offer mental health services that the patients can visit in order to seek further assistance.

EXISTING SYSTEMS

RECOMMENDATIONS

REFERENCES

1. The world health report (<https://www.who.int/whr/2001/chapter3/en/index1.html>)
2. United Nations Development Programme: Sustainable Development Goals (SDGs) (<https://www.undp.org/content/undp/en/home/sustainable-development-goals.html>)