

## **CALMH**

### **Collaboration Assessment and Learning for Mental Health**

CALMH solution focuses on mitigating the risk of mental health problems after natural disasters. From latest major disasters we have collected experiences of people facing fear, anxiety, sadness and different levels of shock, the reasons may vary but mainly related to losing jobs, homes, family members, being injury or witness of traumatic situations.

The mental health problems may be cropping up not only immediately but weeks, months and even years after the disaster.

If the affected people do not get the right guidance and help, the consequences may lead to major health issues or even dead/suicides.

The solution that we are proposing focus on how we can give guidance to people after a disaster, asking them some basic information about their symptoms and giving some general guidance, tips, actions that will help to stay calm and improve their general mental health status. And, even more, as a proactive approach we consider the education of communities before the disaster as a critical area, people using the solution will be able to get specific information about the common mental health issues for disaster that may affect their area and tips/recommendations on how to face them, for example learning breathing exercises, so that if a disaster comes up, people knows how to act and help others on emergencies.

In addition, we are considering giving long term guidance so that people can get the recommended treatment or closest support center that can continue with the long term treatment, and reusing the information that we have collected in our system.

Another cool innovative feature is the ability to build a virtual community of volunteers with some psychologist education, these volunteers can be professionals of people with some mental health education, they will be able to chat with users in the disaster areas using the internal chat in our application and give them specific recommendations and help.

Finally, we envisioned and built an analytics platform that will allow to get insights and a global view of the impact of specific disasters on the different mental health potential problems and be able to prepare for future events.

During our preparation work for call for code final submission, we have started to collect feedback from potential users, and ideas of possible implementation areas in México.

We believe that our solution has the potential to help many people on an area(Mental Health) that has not receive to much focus and it is critical for the recovery of affected communities.