**Project Initialization and Planning Phase**

| Date | Nov 30, 2024 |
| --- | --- |
| Team ID | 739838 |
| Project Name | Unlocking the Minds: Analysing Mental Health with NLP |
| Maximum Marks | 3 Marks |

**Define Problem Statements (Customer Problem Statement Template):**

Mental health is a critical aspect of overall well-being, affecting individuals' emotional, psychological, and social functioning. The prevalence of mental health disorders, such as depression, anxiety, and stress, has been increasing globally, influenced by factors like socio-economic conditions, lifestyle changes, and the challenges posed by the digital age. Despite this growing recognition, mental health remains underdiagnosed and stigmatized in many regions, preventing individuals from seeking the necessary care and support.

The growing burden of mental health issues places pressure on healthcare systems, social structures, and economies. Early identification and effective management of mental health conditions are essential for improving quality of life, reducing societal costs, and promoting productivity. However, many gaps remain in our understanding of how mental health is impacted by different factors and how best to address these challenges in a comprehensive manner.

Reference: https://miro.com/templates/customer-problem-statement/

**Example:**

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| --- | --- | --- | --- | --- | --- |
| **Problem**  **Statement (PS)** | **I am**  **(Customer)** | **I’m trying to** | **But** | **Because** | **Which makes me feel** |
| PS-1 | Struggling with mental health issues | Recognise the symptoms | unaware of how deeply mental health affects | Of that I am seeking for professional help | Right support |