**UrTherapist : –**

**An AI-Powered Emotional Support Therapist, Psychological perspective responses**

In a world where mental health struggles are rising and access to therapists is limited, millions silently suffer without emotional support.  
People often don’t know how to express what they feel — and when they do, help isn’t always available. There's an urgent need for **empathetic, accessible, and always-on mental health companions** that can recognize emotions, respond kindly, and guide users through their feelings.

**☁️ Azure Services Used:**

**We integrated the following 7 key Azure services:**

1. **Azure Face API:  
   Detects facial landmarks from live webcam input to infer emotional state (happy, sad, neutral).**
2. **Azure Speech-to-Text API:  
   Converts voice input to text for emotion analysis and conversational processing.**
3. **Azure Text Analytics (Sentiment API):  
   Analyses user text/voice transcripts to detect emotions like happiness, sadness, or stress.**
4. **Azure Cognitive Search API:  
   Fetches therapy resources dynamically based on user’s preferred therapy focus (e.g., CBT).**
5. **Azure SQL Database:  
   Stores and retrieves user session data, emotions, preferred therapy, and chat feedback history.**
6. **Azure App Service (or Localhost/FastAPI for now):  
   Hosts the FastAPI backend that connects and orchestrates Azure services.**
7. **Azure Responsible AI (via SDK-compliant services):  
   Ensures ethical use of AI in recognizing, responding to, and storing emotional data.**

**💻 Technological Implementation:**

* **Frontend: React.js (with Vite), Tailwind CSS**
* **Backend: FastAPI (Python)**
* **Database: Azure SQL**
* **Gen AI Models( LLM ): Together.ai (Mistral-7B) and Azure Cognitive Services**
* **Voice + Webcam Integration: React WebCam + MediaRecorder API**
* **Emotion Logic: Combination of rule-based facial landmark metrics + sentiment scores**
* **Session Management: Logged with timestamps, emotion labels, therapist focus, and session duration**

**🎨 Design & User Experience:**

* **Beautiful glass morphism UI with separate components for:**
  + **Video/Voice emotion capture**
  + **Chat interface with empathy-driven replies**
  + **Session history + real-time session stats**
* **Chat integrates seamlessly with voice or facial emotion inputs**
* **Dynamic responses based on emotion detected**
* **Fully responsive layout — designed with accessibility and ease of use in mind**

**🌍 Potential Impact:**

* **For individuals: UrTherapist provides 24/7 mental health check-ins, reducing emotional isolation and promoting wellness.**
* **For therapists: Can act as a pre-screening companion for mood logging and early intervention.**
* **Beyond the target: With minimal tweaks, the app could support:**
  + **Elder care**
  + **School mental health monitoring**
  + **Corporate wellness platforms**

**💡 Quality of the Idea:**

* **Tackles a real-world problem: Emotional well-being and access to mental health resources.**
* **Unique Multi-Modal Fusion: Combines *voice*, *face*, and *text* for true empathy-driven interaction.**
* **Shows how Azure + GitHub Copilot can accelerate impactful, responsible AI solutions.**
* **Lightweight and scalable architecture using serverless-ready APIs.**

**🔄 Example Workflow:**

**Meet Jerome, a college student feeling overwhelmed during exam season.** He opens the *Mental Haven* app and:

1. 🎥 **Turns on his camera** — The app uses **Azure Face API** to detect his facial emotion (e.g., *sad*).
2. 🎙️ **Speaks a few words** — His voice is analysed using **Azure Speech-to-Text** and **Azure Text Analytics** to detect underlying emotion from tone and text (e.g., *stressed*).
3. 💬 **Starts chatting** — He types: *“I’m feeling anxious lately”*. The app combines all 3 emotional inputs and sends them to **Together.ai** for a personalized AI therapist response.
4. 🧠 **Receives therapy guidance** — The AI therapist responds kindly with a suggestion for a breathing exercise and encourages Jerome to open up more.
5. 📊 **Session is logged** — The emotion, timestamp, therapy used, and session stats are stored in an **Azure SQL Database**.
6. 🗂️ **Jerome checks his progress** — On his dashboard, he sees **previous sessions**, duration, mood trends, and therapy type — all personalized to him.