**PsycheSail**

Demo Link - <https://www.youtube.com/watch?v=C7G-DoE2umk>

**Overview**

PsycheSail is an app for students who need help with their feelings. It has a chatbot that talks to you and gives you ways to feel better. It also shows you fun things to do nearby on a map. You can join a group chat with other people who feel the same way as you. If things are really bad, you can talk to a counselor right away. It's all about helping you feel better and stay strong together.

**Goals**

**Reducing Stress Levels:**

* **Short-term Goal:** Implement and optimize the chatbot to provide effective stress assessment and personalized coping strategies.
* **Long-term Goal:** Achieve a measurable reduction in self-reported stress levels among app users.

**Increasing Physical Activity:**

* **Short-term Goal:** Integrate GPS tracking to suggest nearby recreational activities based on user preferences.
* **Long-term Goal:** Observe a sustained increase in physical activity levels among app users over time.

**Building a Supportive Community:**

* **Short-term Goal:** Launch and promote the anonymous group chat feature to encourage users to share their experiences and support one another.
* **Long-term Goal:** Maintain an active and engaged user community, leading to a significant decrease in feelings of isolation.

**Improving Access to Counselors:**

* **Short-term Goal:** Implement a seamless process for instant connections with licensed counselors during critical situations.
* **Long-term Goal:** Significantly reduce wait times for users seeking professional help through the app.

**Built With**

* **Mobile App (Flutter):**
  + Cross-platform development framework for native performance and efficient code sharing across iOS and Android.
  + Responsible for user interface, interaction, and data collection (e.g., stress levels, activities).
  + Communicates with other components such as Firebase, the ML model, and Google Maps API.
* **Firebase:**
  + Real-time database for storing user data securely.
  + Authentication and authorization mechanisms to ensure secure access.
* **Gemini API:**
  + Generates personalized coping strategies and intervention recommendations.
  + Utilizes TensorFlow, an open-source ML library, for flexibility and customizability.
  + Learns and improves continuously based on user feedback and data.
* **Google Maps API:**
  + Industry-leading platform providing accurate location data.
  + Suggests nearby recreational activities based on user location and preferences.

These technologies collectively contribute to the holistic and intelligent features of PsycheSail, enhancing mental health support and community resilience.