Destigmatizing Mental Illness and building a safe and compelling take on providing support and help.

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Abstract

"You are not your illness".The WHO has defined sustainable development goals and elaborated on the impact of mental illnesses and suicide on them. The suicide rate in India in 2015 was 15.7/100,000 which is higher than the regional average of 12.9 and the global average of 10.6 according to our sources. Unfortunately, this statistic has only increased since that point. Suicide is currently the leading cause of death among individuals aged 15yrs to 29yrs in India. There is a massive need to address this within the current population and individuals go through unspeakable trauma and cover it up out of fear or shame to show weakness. Our project aims to help an individual deal with their trauma and helps boost their mental health. The end goal is to provide comfort to the individual who is suffering to get the help they need at the right time. According to our predictions and expectations from this project, it guarantees to boost mental health without making one feel weak or vulnerable. As we might already know there are a million cases where a certain individual feels like if they share their vulnerable side with their friends or family they may bully or worry about them unnecessarily. This hinders their thought process when they are struggling to find help and in some worst-case scenarios, they end up hurting themselves out of frustration. Our project frees them of that fear as we provide a safe space with the privacy that they need to discuss such sensitive issues.

Keywords - sustainable development, mental illnesses, suicide rates, unaddressed need, boost mental health.

1. INTRODUCTION

Our website aims on helping an individual deal with their trauma and helps boost their mental health. As we know in this day and age the importance of mental health is starting to bloom and people are starting to understand that mental health is just as important as physical health. We provide users a safe space where they don't have to feel weak or vulnerable to gain help because, in most cases of a mental health crisis, the individual feels like they cannot open up to their loved ones and seek help.

2. STATEMENT OF THE PROBLEM

The field that we have chosen - "Mental Health awareness and support" is a field that hasn't been given enough attention throughout the years. One of the major causes of death today is suicide we target to change this in a very supportive and understanding manner.

Mental Health crisis comes with no warning or immediate cure but poses a high threat of serious danger to life. Hence coming up with a near-possible support and healing plan is the need of the hour.

Our project aims to provide support, comfort, and healing while also ensuring safety and needed care for the individual. We have planned to include 6 subsections that are healing, Self-improvement, mood tracker, support session scheduling, and helpline instructions support.

3. OBJECTIVES OF THE STUDY

- Our project aims on helping an individual deal with their trauma and helps boost their mental health.

- Mental Health crisis comes with no warning or immediate cure but poses a high threat of serious danger to life. Hence coming up with a near-possible support and healing plan is the need of the hour.

- We provide users with a safe space where they don't have to feel weak or vulnerable to gain help.

- Our project aims to provide support, comfort, and healing while also ensuring safety and needed care for the individual.

4. RESEARCH METHODOLOGY

4.1 Research Design

We are proposing a system that includes multiple features and specifications that other similar existing systems lack. Our project aims to provide support, comfort, and healing while also ensuring safety and needed care for the individual. We have planned to include 6 subsections that are

- Healing
- Self-improvement
- Mood tracker
- Support session scheduling
- Helpline instructions support

4.2 Source of Data Data Collection

The data for this study were gathered through the existing projects and the current scenario of the mental state, issues, and traumas that are faced by the general population in this day and age.

4.3 Tools and Techniques

The main statistical tools used for the building of this project are:

- Javascript

- Html

- Css

5. SUGGESTIONS

- The users struggling with mental health issues look for a safe space rather than sharing their illness which they consider as their weakness and see it as

something that causes unnecessary worry from their loved ones

- There is a need for an all-in-one platform that can aid in mental health crises of all aspects. There exist many platforms that provide multiple features but there isn't one that includes all aspects of mental health trauma that are faced by different age groups today.

- A mental help crisis platform should not only include the negative aspects of mental health issues but also contain a platform for self-improvement and help to develop themself in a positive aspect.

- There is a need for a platform that can not only aid mental illness virtually but also have a systematic way of organizing in-person mental health appointments for individuals, this will give them the complete help that they may need.

6. CONCLUSIONS

In conclusion, our project targets to provide comfort and support to those in need and aim to do so in a safe and well-constructed environment. According to our proposed system, our goal is to provide the above-mentioned in a systematic approach. This approach involves many steps but the 5 main steps that we have proposed are Healing - where we provide textual, audio, and visual content for the user to have an immersive experience, Self-Improvement - which is very similar to the healing format but this subsection targets on self-improvement than on traumas and accidents, Mood Tracker- where we provide a set of questions through which the user can evaluate their current state of mind and we also redirect the user to the help they need, Support session scheduling(Appointments)- Here we offer the user to schedule and keep track of their necessary in-person appointments to their therapist, Helpline- This section provides users immediate assistance to finding the helpline contact information for various helplines in case of emergencies. Hence we have developed an all-in-one project that can aid with all the assistance one may need in case of a mental health crisis or just to improve one's mental health.

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