

MENTAL HEALTH WEBSITE - ORDINAL

A MINI PROJECT REPORT

Submitted by

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BONAFIDE CERTIFICATE

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INTERNAL EXAMINER

EXTERNAL EXAMINER

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ABSTRACT

The "ORDINAL - MENTAL HEALTH WEBSITE" project is a platform that provides mental health aid through various resources such as articles, audios, videos, quizzes, and a journaling space. Mental health is a critical aspect of overall well-being, yet it is often neglected and lacks resources. Many people still view mental health problems as a personal weakness or character flaw, rather than a medical condition that requires treatment. This mindset, along with cultural and societal expectations, can prevent individuals from seeking help. Mental health services are often underfunded and may not be easily accessible. Additionally, many people may not be aware of the signs and symptoms of mental health issues, which can hinder their ability to recognize when they or someone they know needs help.

Our project aims to provide comfort and aid to individuals dealing with trauma and help boost their mental health. Our goal is to make mental health support accessible and effective without making individuals feel weak or vulnerable. Sharing one's vulnerable side with friends or family can be difficult due to fear of judgement or worry, hindering their ability to seek help. Our project provides a safe space with the privacy needed to discuss sensitive issues and eliminate this fear. We predict that our project will successfully boost mental health and aid individuals in need.

Keywords: Mental health, Trauma, Lack of resources, Medical condition, Societal expectations, Judgment and worry, eliminating fear

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LIST OF ABBREVIATIONS

HTML	Hypertext Markup Language
PHP	Hypertext Preprocessor
CSS	Cascading Style Sheets
SQL	Structured Query Language
HE	Higher Education
UI	User Interface

CHAPTER 1

INTRODUCTION

1.1 PROJECT DEFINITION

The primary objective of the project is to create a comprehensive system that aims to provide support to individuals who may be experiencing mental stress or suffering from mental health issues. The system is designed to provide an easy-to-use interface that includes multiple sub sessions, such as healing, self- improvement, mood tracking, harmony, helpline, Journal, login.

The healing and self-improvement sub sessions will provide users with an audio aided information page that will include their traumas and the necessary fields that they might need for self-growth and self-improvement. Users can benefit from the mood tracker, which will allow them to monitor their emotional state over time and gain insights into their emotional well- being. Harmony provides the user with a meditation experience with audio and video support also guided with a set of yoga exercises for their physical well-being.

In addition, the helpline support sub session will provide users with detailed instructions on how to access helplines or other support services during times of crisis. It will ensure that users are well-equipped to handle any challenging situations they might face. Journal provides the user a safe space to journal their thoughts and channel their energy in a positive direction.

In summary, the project aims to create a comprehensive system that supports users' healing and growth, ensures their safety, and provides the necessary care they require. The system's multiple sub sessions are designed to provide users with a wide range of resources and techniques to improve their mental well-being and promote personal growth.

1.2 NEED FOR PROPOSED SYSTEM

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 danger to life. Hence coming 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. The system's various sub sessions aim to provide a holistic approach to healing and personal growth, monitoring of emotional state, meditation, journaling and instructions on accessing helplines or other support services in times of crisis.

The need for such a system is further emphasized in light of the COVID-19 pandemic, which has led to increased stress and anxiety levels among individuals worldwide. The system's easy-

to-use interface and accessibility through mobile or web-based platforms would make it a valuable resource for individuals seeking support and healing in a time of need.

1.3 APPLICATION OF PROPOSED SYSTEM

The proposed system for this project has various applications in supporting and healing individuals who may be experiencing physical or emotional pain. Here are some potential applications:

1. Providing emotional support for individuals experiencing anxiety or depression: The healing and self-improvement sub sessions could provide resources and techniques for managing negative traumas and emotions but at the same time working of self-improvement and confidence. The mood tracker could also help individuals monitor their emotional state and identify patterns.
2. Helping individuals cope with trauma: The healing and self-improvement sub sessions along with harmony and journaling provide resources and techniques for managing trauma, such as audio, video and even guided yoga poses for relaxation and journaling for the outward expression of deep emotions.
3. Supporting individuals in crisis: The helpline module provides instructions on accessing helplines or other support services in times of crisis, such as hotlines for suicide prevention or domestic violence.

Overall, the proposed system has broad applications for supporting and healing individuals in various contexts, from managing chronic pain to coping with trauma or crisis situations. The system's comprehensive approach and user-friendly interface could make it a valuable resource for individuals seeking support and healing in a time of need.

CHAPTER 2

LITERATURE REVIEW

Title: Mobile Mental Health: A Review of Applications for Depression Assistance

Author: Ariel Teles, Ivan Rodrigues

Ariel Teles, Ivan Rodrigues (2020) [1], " Mobile Mental Health: A Review of Applications for Depression Assistance ", aims to identify, analyze, and characterize the current state of mobile applications focused on depression. This paper describes how a systematic review of mobile applications intended to aid depression was conducted. The researchers searched through the most popular mobile app stores (Google Play Store and Apple App Store) to locate the most relevant applications. After they applied inclusion and exclusion criteria and conducted a quality assessment of the results, they selected 216 applications for the data extraction stage. During this stage, they summarized the benefits and drawbacks of the applications and uncovered gaps and trends. The review results reveal an increase in the variety of app purposes, such as chatbots, online therapy, educational tools, mood trackers, testing, and self-help.

Title: A Proposal for Virtual Mental Health Assistant

Author: Sreevidya Iyer, Dhanasree Shetty

Sreevidya Iyer, Dhanasree Shetty(2021) [2], "A Proposal for Virtual Mental Health Assistant", " This paper proposes a virtual mental health assistant system to address financial, time, and space constraints, as well as a shortage of resources related to in-person therapy. The proposed system features a chat function, psychological assessment, emotion detection module, and a recommendation system to improve the user's mood. Naive Bayes and Neural Networks were utilized for sentiment analysis, with the Naive Bayesian model demonstrating higher accuracy. The system aims to assist individuals in addressing mental health issues that require continuous attention and conscious effort to improve in a convenient and accessible way.

Title: UNWIND – A Mobile Application that provides Emotional Support for Working Women

Author: Priyanka Kugapriya, Mayuriya Manohara

Priyanka Kugapriya, Mayuriya Manohara (2022) [3], “UNWIND – A Mobile Application that provides Emotional Support for Working Women”, This paper explores the experiences of using an online peer support group alongside offline peer support groups among female service users with long-term mental health problems in Norway. The study suggests that combining online and offline groups can complement each other and be beneficial. The study identified two main themes: (1) balancing anonymity and openness, and (2) enabling connectedness. Challenges were related to transitions from anonymity online to revealing one’s identity offline, confidentiality, and barriers related to participation in offline peer support groups. Moderation by a trained service user consultant appeared essential for both formats and can be used systematically to address identified challenges. This concept is promising for facilitating recovery-oriented care and warrants continued research.

Title: Mobile Apps for Mental Health: a content analysis

Author: Aminul Islam, Naziat Choudhar

Aminul Islam, Naziat Choudhary (2020) [4], "Mobile Apps for Mental Health: a content analysis", This paper examined mental health-related apps that were available on the Google Play Store from 2016 to 2020. The apps primarily addressed issues such as depression, anxiety, stress, and substance abuse, and provided features like relaxation techniques, symptom tracking, and mood tracking. The study discovered that it was challenging to determine the reliability of these apps based on their ratings and the number of users who rated them.

Title: Developing Mental Health Mobile Apps: Exploring Adolescents perspectives

Author: Rachel Kenny, Barbara Dooley, Amanda Fitzgerald

Rachel Kenny, Barbara Dooley, Amanda Fitzgerald (2019) [5], "Developing Mental Health Mobile Apps: Exploring Adolescents perspectives", This paper discusses the potential use of mobile applications for mental health interventions in adolescents. Despite their potential, there is a lack of research into the needs of end-users. The research aimed to explore the needs and concerns of adolescents regarding mental health mobile apps. Five focus groups were conducted with young people aged 15-16 years, and participants were asked about their views on the use of mental health mobile technologies. They were also given a mental health app prototype to respond to. Participants identified several important factors, including safety, engagement, functionality, social interaction, awareness, accessibility, gender, and young people in control. Understanding end-users' needs and concerns in this area will help inform the development of youth-oriented mental health apps that are acceptable to young people.

Title: Examining young adults' daily perspectives on usage of anxiety anxiety Apps: A user study

Author: Andreas Balaskas, Anna L Cox, Chuck Rashleigh

Andreas Balaskas, Anna L Cox, Chuck Rashleigh (2023) [6], "Examining young adults' daily perspectives on usage of anxiety Apps: A user study", This paper reports on a study that investigated the daily use of commercially available mobile applications for anxiety that integrate cognitive behavioral therapy (CBT) among young adults. Participants were asked to choose up to two of three selected apps (Wysa, Woebot, and Sanvello) and use them for two weeks. The results showed that users formed opinions about the apps within the first few days of use. Barriers to sustained use, including cost-related issues, inadequate content for long-term use, and a lack of customization options for different app functions, were identified. Self-monitoring and treatment elements were the most used app features, with usage differing among participants.

Title: A Review of Web-Based Support Systems for students in higher education

Author: Marietta Papadatou Pastou, Patapia Tzotzoli, Alexia Barrable, Erika Payne

Marietta Papadatou Pastou, Patapia Tzotzoli, Alexia Barrable, Erika Payne (2019) [7], “A Review of Web-Based Support Systems for Students in higher education”, This paper reviews online support systems for higher education (HE) students with psychological and/or academic difficulties, due to the increasing need for accessible and anonymous services. The lack of financial resources and economic sustainability of on-campus mental health services has led to the development of web-based support systems. While many such systems exist, few specifically target HE students. Further research is needed to establish their cost- effectiveness and effectiveness in certain settings such as HE institutions.

CHAPTER 3

PROBLEM FORMULATION

3.1 MAIN OBJECTIVE

Our website is a valuable resource for individuals seeking to address their mental health and overcome trauma. It is becoming increasingly clear that mental health is just as important as physical health, and that seeking assistance for any type of mental health issue is a critical step in fostering overall wellness. Our website provides a secure and supportive environment where users can seek the professional help, they need without feeling weak or vulnerable. In fact, we believe that seeking help is a sign of strength and courage.

We understand that many individuals experiencing mental health crises feel unable to confide in their loved ones and seek the aid they need. Our website offers a safe and user-friendly interface with audio support in multiple languages, specifically targeted to an Indian audience. The ultimate goal is to support and heal individuals dealing with mental health crises and improve their overall well-being.

3.2 METHODOLOGY

The proposed project aims to address the need for comprehensive support and healing for individuals who are dealing with mental health issues. The system would be designed to provide users with an easy-to-use interface that allows them to access a range of sub sessions, each focused on a specific aspect of their health and well-being. Overall, the aim of the proposed system is to offer users a variety of tools and resources to manage their mental health.

MODULE 1

HEAL

The Heal page is to provide users with resources and techniques to manage mental health and promote personal growth. This includes an immersive healing experience with audio assistance to aid individuals in dealing with their trauma and help maintain a positive outlook and keep moving forward. Additionally, the page offers audio support in three languages (i.e English, Tamil and Hindi), specifically targeted to an Indian audience. The ultimate goal is to promote healing and improve overall well-being. By offering access to a variety of resources and techniques, the healing page empowers users to take an active role in managing their health and healing.

MODULE 2

SELF-IMPROVEMENT

The self-improvement page is to provide users with resources and tools to work on personal growth and self-improvement. The self-improvement module also includes audio assistance in three languages specifically targeted at an Indian audience, making the content more accessible to a wider range of users. Overall, the self-improvement module is designed to help individuals work on personal growth and self-improvement, providing resources and tools to help them manage stress, stay motivated, and achieve their goals.

MODULE 3

MOOD TRACKER

The Mood Tracker page provides the users to assess their mental health status through a set of questionnaires. The module is divided into three parts: Depression, Anxiety, and Bipolar, which are common mental health conditions experienced by many individuals. The questionnaires are designed to evaluate the user's mental state based on their responses to the questions related to the respective category. Once the user completes the questionnaire, the system calculates their score and provides them with a rough result of what mental health condition they may or may not be suffering from. This information can be very helpful to the user in identifying any potential mental health issues they may be experiencing and seeking appropriate support and treatment.

MODULE 4

HELPLINE

The helpline page of the project serves as a central hub for various mental health crisis helplines, providing the user with easy access to assistance in times of need. The page provides a well-organized helpline numbers and contact details for different organizations that specialize in providing support to individuals facing mental health issues or suicidal thoughts. The helpline page is an essential component of the project, as it provides a vital resource for individuals in crisis, who may not know where to turn for help. By centralizing this information and making it easily accessible, the project aims to save lives and improve the overall well-being of the community.

MODULE 5

HARMONY

The Harmony module would include videos, sounds, and yoga poses to help users find peace and relaxation. The user interface would provide easy access to the Harmony module, and users could select from different types of content based on their needs and preferences. The videos would feature calming scenes such as nature or soothing visuals, along with calming music or sounds to help users relax. Overall, the Harmony module would provide users with a variety of tools and techniques to help them find peace and relaxation, promoting overall well-being and mental health.

MODULE 6

JOURNAL

The journal module on the website could function as a personal diary or log that users can use to record their thoughts, emotions, and experiences. It would be a private space for users to express themselves without fear of judgment, and they could use it as a tool for self-reflection and introspection. The journal module could be a valuable addition to the existing sub sessions, providing users with a personal space to reflect on their healing and self-improvement journeys.

CHAPTER 4

SYSTEM ANALYSIS AND DESIGN

4.1 FACT FINDING

ways to conduct fact-finding for this project could include:

1. Conducting interviews with potential users of the system, such as individuals who have experienced mental health issues, as well as professionals such as therapists and counselors who provide support services.
2. Researching existing systems and technologies that address similar needs to identify potential features or functionalities to include in the proposed system.
3. Gathering data on the prevalence and impact of physical and emotional pain to better understand the potential user base and their needs.
4. Analyzing feedback and reviews of existing support services to identify common issues or limitations that the proposed system could address.
5. Collaborating with healthcare professionals to identify best practices and techniques for managing pain and promoting healing and growth.
6. Conducting surveys or focus groups to gather user feedback on potential system features and designs.
7. Reviewing literature and research on healing and personal growth to update the development of the system.

4.2 FEASIBILITY ANALYSIS

1. Technical feasibility: It involves evaluating the technical aspects of the project, including the hardware and software requirements, development tools, and programming languages. The proposed system should be technically feasible within the available resources.
2. Economic feasibility: It involves evaluating the financial viability of the project, including the cost of hardware, software, development, and maintenance. The proposed system should be economically feasible within the available budget.
3. Operational feasibility: It involves evaluating the operational aspects of the project, including user requirements, system functionality, and user acceptance. The proposed system should be operationally feasible and meet the user requirements.
4. Legal feasibility: It involves evaluating the legal aspects of the project, including

compliance with legal regulations, data privacy, and intellectual property rights. The proposed system should be legally feasible and comply with all applicable laws and regulations.

5. Schedule feasibility: It involves evaluating the project timeline and ensuring that the project can be completed within the specified time frame. The proposed system should be scheduled feasible and completed within the available time.

4.3 DFD / ER DIAGRAM

4.3.1 ARCHITECTURE DIAGRAM

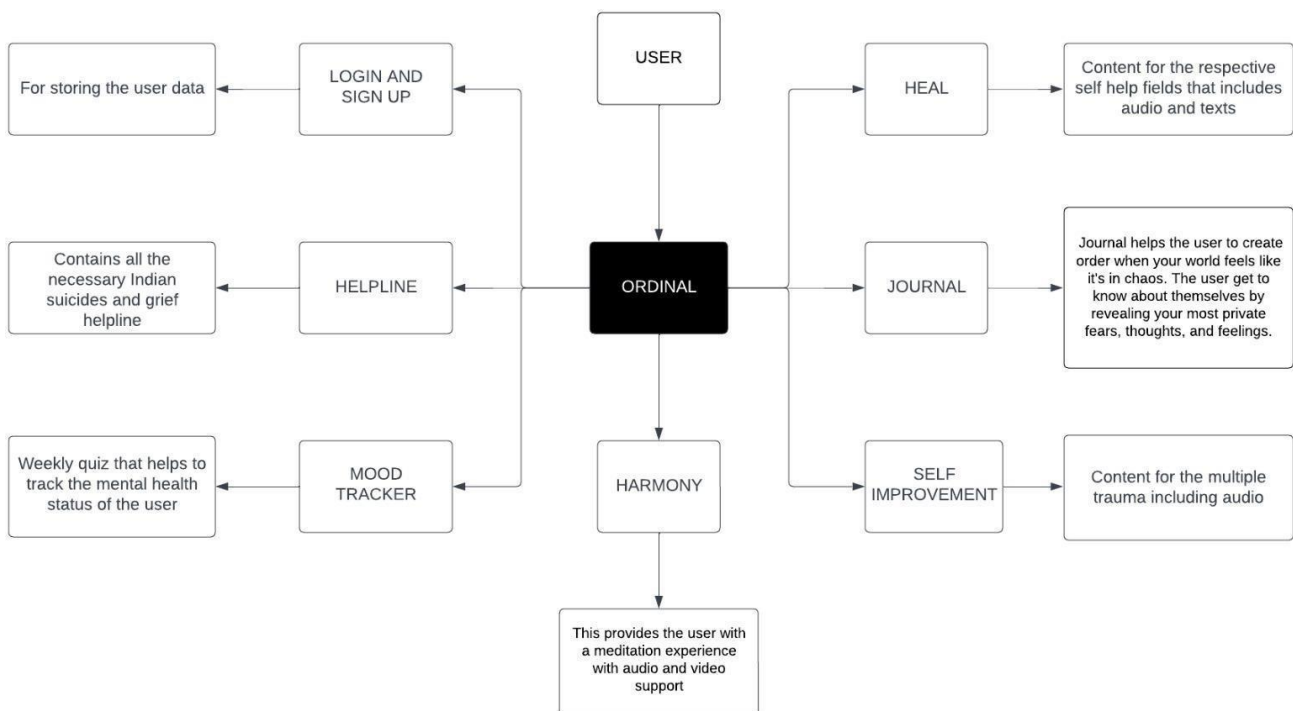


Fig 4.1 Architecture Diagram

The above figure 4.1 describes the Architecture diagram of the system. This includes the 7 modules that the system proposes to the user. The user is presented with Heal, Self-Improvement, Mood Tracker, Helpline, Journal, Harmony and Login.

4.3.2 USE CASE DIAGRAM

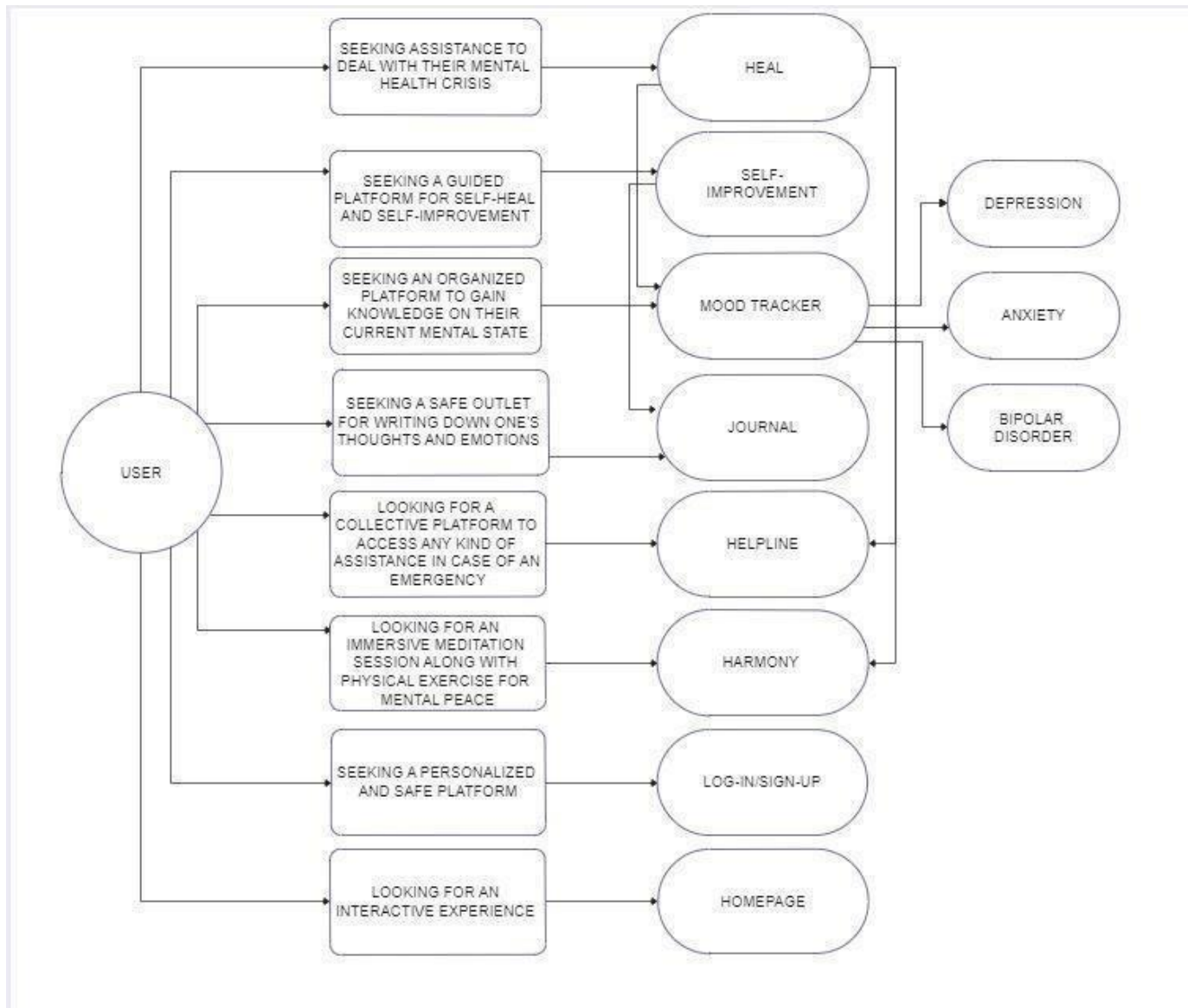


Fig 4.2 Use Case Diagram

The above figure 4.2 represents the use case diagram where there are many types of users and scenarios. We have added eight such cases, they are as follows: Heal, mood tracker, journal and Harmony can be very useful and serve almost as an escape from depression, anxiety and mental health issues, Self-improvement, and journal work as a guide for self-improvement factors such as self-confidence, forgiveness and also self-respect and Helpline can be used in case of emergency for any information regarding suicide and self-harm situation.

4.3.3 DFD 0

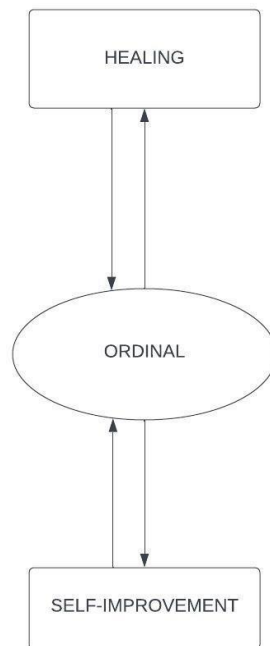


Fig 4.3 DFD 0

The above figure 4.3 describes the data flow through the first set of modules that are Heal and Self-Improvement. There is no major input requirement in both these modules as it displays content and plays the necessary audio files when their buttons are used.

4.3.4 DFD 1

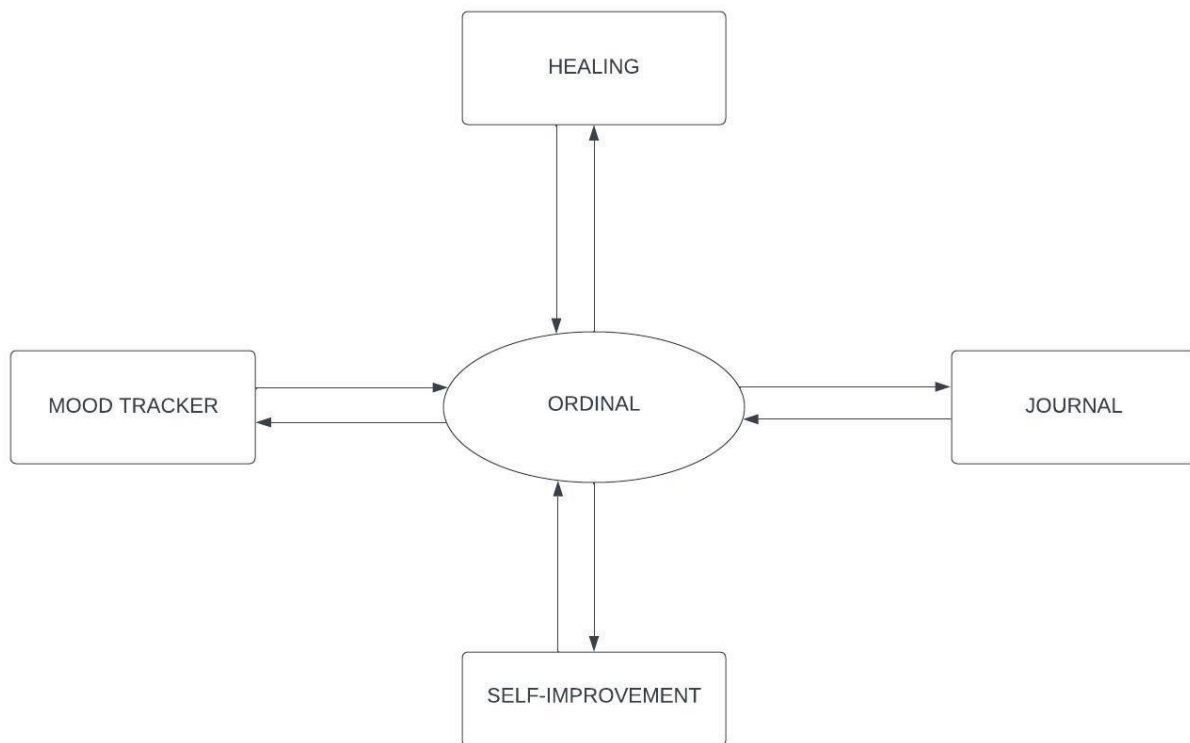


Fig 4.4 DFD 1

The above figure 4.4 describes the data flow through the next set of modules that are Mood-Tracker and Journal. In the Mood Tracker modules, the system requires inputs in the form of answers for the quizzes. It then outputs the result of their evaluated mental state. In the Journal module the system inputs the journal data provided by the user and displays the content for the user to read.

4.3.5 DFD 2

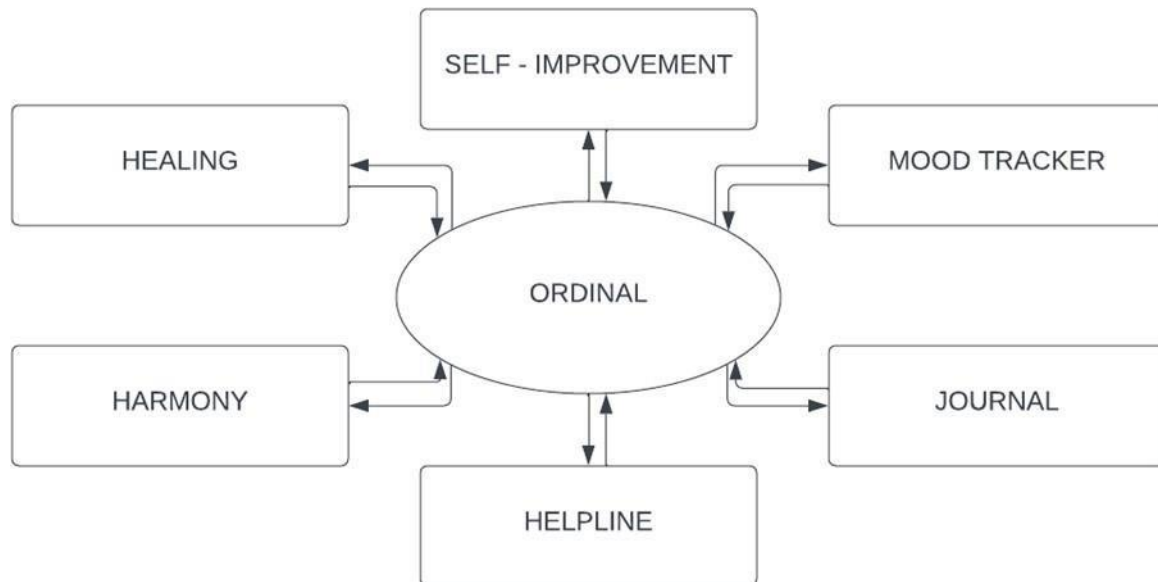


Fig 4.5 DFD 2

The above figure 4.5 describes the data flow the next set of modules that are Helpline and Harmony. In the Helpline module the system does not need any input as it functions as an information source during crisis. In the Harmony module the system only intakes a few basic input commands that are already specified through buttons and it outputs the healing experience with audio and visuals as the user desires.

CHAPTER 5

FUNCTIONAL DESCRIPTION

Our project is modeled in such a way that it provides optimum comfort and help to the victims of mental health trauma and crisis. Our project consists of six modules:

1. **Heal-** This aims to aid victims in dealing with their trauma and moving forward with their life in a positive direction. This gives them a safe space to seek help and indulge in an immersive healing experience with audio assistance. This also provides audio support in three languages specifically targeted to an Indian audience.
2. **Self-Improvement-** This helps an individual deal with their negatives and improve themselves in many fields of self-help and self-improvement. This gives them a platform to seek self-help and indulge in an immersive healing experience with audio assistance. This also provides audio support in three languages specifically targeted at an Indian audience.
3. **Mood Tracker -** This provides a set of questionnaires that the user can take to evaluate their current mental state. It contains three parts, Depression, Anxiety, and Bipolar. The tests that are set up then evaluate the user based on the questions for the respective category and show them a rough result of what they may or may not be suffering with. This will prove to be very useful to the user as they can provide an on-the-go screening for the mental health crisis that they might be suffering from.
4. **Harmony-** This provides the user with a meditation experience with audio and video support. Meditation can help reduce stress and anxiety by promoting relaxation and calmness. It can also help individuals develop mindfulness skills to manage stressful situations more effectively.
5. **Helplines -** This provides the user a collective source to connect to different suicide and mental health crisis helplines in a very organized manner. In case of an emergency, the user can find an all-in-one source for help, and this might save their life.
6. **Journal -** This provides the user a safe space to journal their thoughts and channel

Their energy in a positive direction. Journaling can be used for self-reflection, which can help individuals gain insight into their thoughts, emotions, and behaviors. By reflecting on their experiences, individuals can better understand themselves and their reactions to different situations.

7. Login/Sign up - Our project provides an organized space for the users to log in and create a profile to access the content in a personalized manner.

Our goal to provide access to mental health support through a safe space in an organized manner is hence fulfilled with the above components.

CHAPTER 6

IMPLEMENTATION

6.1 IMPLEMENTATION

To begin, we will create a new project folder and start the Apache web server using Xampp Control Panel and MySQL database server using MySQL Workbench. We will create an HTML file for the home page and add links to the CSS and JavaScript files. Using Bootstrap and CSS, we designed the home page to be responsive and user-friendly.

Next, we created a PHP file for the login page and wrote PHP code to check the login credentials against the MySQL database. We created a PHP file for the registration page and wrote PHP code to insert student details into the MySQL database.

We created html, JavaScript and a CSS file for the modules that are present such as heal, Self-improvement, journal, Harmony, Helpline.

To test the application, we run it locally on the Xampp Control Panel and VS code ensures that all functionality works as expected. Finally, we deployed the application to a web server and configured the necessary settings for production use.

Overall, using the above technologies, we developed Mental Health Assistance that is efficient, user-friendly, and provides all necessary functionality for the users.

6.1.1 SOURCE CODE

With these steps we developed an online leave form and gate pass generation system that streamlines the leave request procedure and boosts overall effectiveness.

HTML: -

```
<!DOCTYPE html>

<html>
<head>
<title>Homepage</title>
<meta charset="utf-8" />
<link rel="stylesheet" type="text/css" href="css/style.css">
<link rel="stylesheet" href="css/bootstrap.min.css">
<link rel="stylesheet" href="css/sidebar.css">
<link rel="stylesheet" href="https://maxcdn.bootstrapcdn.com/font-awesome/4.5.0/css/font-
awesome.min.css">
<link href='https://fonts.googleapis.com/css?family=Montserrat' rel='stylesheet'
type='text/css'>
<link href='http://fonts.googleapis.com/css?family=Open+Sans:400,300,700' rel='stylesheet'
type='text/css'>
<link rel='shortcut icon' type='image/x-icon' href='favicon.ico' />
<script src="js/jquery-1.11.3.min.js"></script>
<script src="js/bootstrap.min.js"></script>
<script src="js/jPushMenu.js"></script>
<script src="js/counter.js"></script>
<script src="js/jquery.scrollUp.min.js"></script>
<script type="text/javascript">
$(window).load(function() {
    $(".loader").fadeOut("slow");
    }
</script>
<meta name="viewport" content="width=device-width, initial-scale=6">
</head>
<body>
<div class="loader"></div>
```

```

<style>
.loader {
position: fixed;
left: 0px;
top: 0px;
width: 100%;
height: 100%;
z-index: 9999;

background: url('images/page-loader.gif') 50% 50% no-repeat rgb(249,249,249);
}
</style>
<header>
<nav class="navbar-default navbar-static-top" id="navbar-default" style="border-radius:0;">

<div class="container">

<div class="navbar-header">

<button type="button" class="navbar-toggle toggle-menu menu-left push-body" data-
toggle="collapse" data-target="#bs-example-navbar-collapse-1">
<span class="sr-only">Toggle navigation</span>
<span class="icon-bar"></span>
<span class="icon-bar"></span>
<span class="icon-bar"></span>
</button>
<a class="navbar-brand" href=""></a>
</div>

<!-- Collect the nav links, forms, and other content for toggling -->
<div class="collapse navbar-collapse cbp-spmenu cbp-spmenu-vertical cbp-spmenu-left" id="bs-
example-navbar-collapse-1">
<ul class="nav navbar-nav">
<li><a href="index1.html"><span>Home</span></a></li>
<li><a href="Heal.html">Heal</a></li>
<li><a href="self.html">Self-Improvement</a></li>
<li><a href="index.html">Mood Tracker</a></li>
<li><a href="helpline.html">Helpline</a></li>
<li><a href="aboutus.html">Harmony</a></li>
</ul>
</div>
</div>

```

```

</nav>
<div class="container">
  <ul class="breadcrumb">
    <li><a href="index.html">Home</a> <span class="divider"></span></li>
    <li class="active">Home</li>
  </ul>
</div>
<style>
  .navbar-default {
    background: #ffffff;
  }
  .navbar-default .navbar-nav li a
  {color: #000;
  }
  .navbar-default .navbar-toggle .icon-bar
  {background: #000;
  }
  .navbar-nav
  { float:
    right;
  }

  @media screen and (max-width: 768px) {
    .navbar-nav
    { float: left;
    }
  }
</style>

</header>
<div class="banner">
  <div class="opacity_overlay">
    <div class="info">
      <h1>Ordinal</h1>
      <h2>You are not your illness.</h2>
      <hr>
    </div>
  </div>
</div>

```

```

<div class="services">
  <div class="container">
    <h2>There is a crack in everything, that's how the light gets in.</h2>
    <h3>Our Goal:</h3>
    <div class="overview">
      <div class="col-md-4 col-sm-4">
        <div class="feature-box">
          
        </div>
        <div class="feature-body">
          <h4>Provide a safe space</h4>
          <p>We understand how many suffer with their mental health issues in silence instead of expressing their vulnerable side to their loved ones. This is caused by the fear of not being understood or causing unwanted panic to their loved ones. </p>
        </div>
      </div>
      <div class="col-md-4 col-sm-4">
        <div class="feature-box">
          
        </div>
        <div class="col-md-4 col-sm-4">
          <div class="feature-box">
            
          </div>
          <div class="feature-body">
            <h4>Mental Peace</h4>
            <p>Finding mental peace is an important part of living a balanced and fulfilling life. We aim to help you deal with your respective trauma and achieve mental peace.</p>
          </div>
        </div>
      </div>
      <div class="col-md-4 col-sm-4">
        <div class="feature-box">
          
        </div>
        <div class="feature-body">
          <h4>Self-reformation</h4>
          <p>Self-reformation can be a challenging but rewarding process. It involves taking a look at yourself and your life, recognizing areas where you need to make changes, and then taking the initiative to make those changes. We help in assisting you with such necessary positive changes that you desire in life.</p>
        </div>
      </div>
    </div>
  </div>

```

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</div>
</div>
</div>
<div class="projects">
<div class="container">
<h3>Projects</h3>
<hr>
<div class="news">
<div class="date">
<h4>2023</h4>
</div>
<div class="row">
<div class="col-lg-5 col-md-6 col-md-offset-1 section-left">
<div class="article">
<div class="wrap">
<div class="heading">
<h5><span class="fa fa-desktop"></span>Designed the main Ordinal website</h5>
<p>According to our predictions and expectations from this project, it guarantees to boost mental health without making one feel weak or vulnerable. </p>
</div>
</div>
</div>
</div>
</div>
<div class="row">
<div class="col-lg-5 col-md-6 col-md-offset-6 section-right">
<div class="article">
<div class="wrap">
<div class="heading">
<h5><span class="fa fa-credit-card"></span>Coming Soon... </h5>
<p> </p>
</div>
</div>
</div>
</div>
</div>
<div class="button">
<a href="" class="btn">View More</a>
</div>
</div>
</div>
</div>
<div class="more-information">
<div class="container">
<div class="col-md-6">
<div class="sides">
<h4>Why Choose Us</h4>
<hr>
<p>Our project aims to help an individual deal with their trauma and help boost their mental health. The end goal is to provide comfort to the individual who is suffering to find the help they need at the right time. </p>

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</div>
</div>
<div class="col-md-6">
<div class="sides">
<h4>What We Will Do</h4>
<hr>
<p>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.
</p>
</div>
</div>
</div>
</div>
</div>
<footer class="footer">
<div class="container">
<div class="col-md-4 col-sm-6">
<h3>Ordinal</h3>
<hr>
<p>“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 at 15.7/100,000 is
higher than the regional average of 12.9 and the global average of 10.6. This statistic has only
increased since then. Suicide is the leading cause of death among those aged 15-29 in India. There
remains a massive unaddressed need within the population. Our project aims to help an individual
deal with their trauma and help boost their mental health. </p>
</div>
<div class="col-md-4 col-sm-6">
<h3>About Us</h3>
<hr>
<p>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 mental health crisis, the individual feels like they cannot open to their loved ones and seek
help. </p>
</div>
<div class="col-md-4 col-sm-6">
<h3>Contact Info</h3>
<hr>
<ul class="contact-list">
<li>
<p>
<i class="fa fa-home"></i> Rajalakshmi Engineering college</p>
<p>
<i class="fa fa-phone"></i> 1234567890</p>
<p>
<i class="fa fa-envelope-o"></i> Ordinal@gmail.com</p>
</li>
</ul>
</div>

```



```

</div>
</footer>
<script type="text/javascript">
$(document).ready(function(){
$('.toggle-menu').jPushMenu({closeOnClickLink: false});
$('.dropdown-toggle').dropdown();
});
</script>
<script type="text/javascript">
var terms = ["simple", "business", "beautiful"];
function rotateTerm() {
var ct = $("#rotate").data("term") || 0;
$("#rotate").data("term", ct == terms.length - 1 ? 0 : ct + 1).text(terms[ct]).fadeIn()
.delay(1000).fadeOut(200, rotateTerm);
}
$(rotateTerm);
</script>
<script type="text/javascript">
jQuery('.counter-item').appear(function() {
jQuery('.counter-number').countTo();
jQuery(this).addClass('funcionando');
console.log('funcionando');
});
</script>
<script type="text/javascript">
$(document).ready(function () {
$("#clients-slider").carousel({
interval: 5000 //TIME IN MILLI SECONDS
});
});
</script>
<script type="text/javascript">
$(function () {
$.scrollUp({
scrollName: 'scrollUp', // Element ID
topDistance: '300', // Distance from top before showing element (px)
topSpeed: 600, // Speed back to top (ms)
animation: 'fade', // Fade, slide, none
animationInSpeed: 200, // Animation in speed (ms)
animationOutSpeed: 200, // Animation out speed (ms)
activeOverlay: false, // Set CSS color to display scrollUp active point, e.g '#00FFFF'
scrollImg: true,
});
});

```

```
});  
</script>  
</body>  
</html>
```

6.1.1 RESULT

HOMEPAGE:

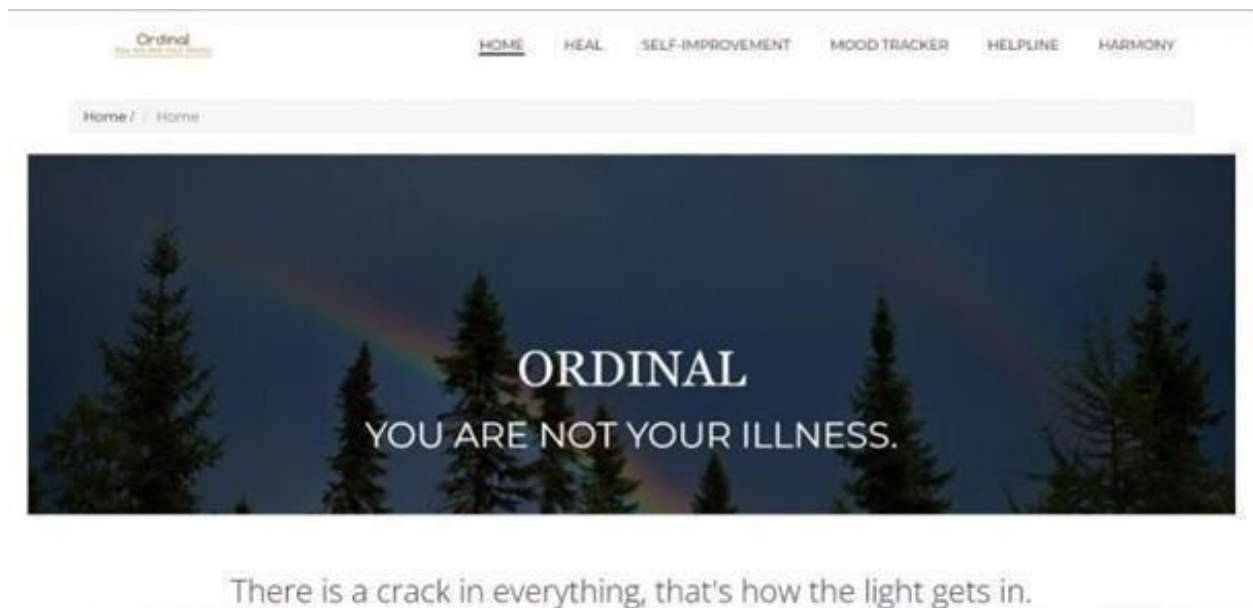


Fig 6.1 Home page of the website

The above fig 6.1 shows the home page of the website that displays the logo and menu.

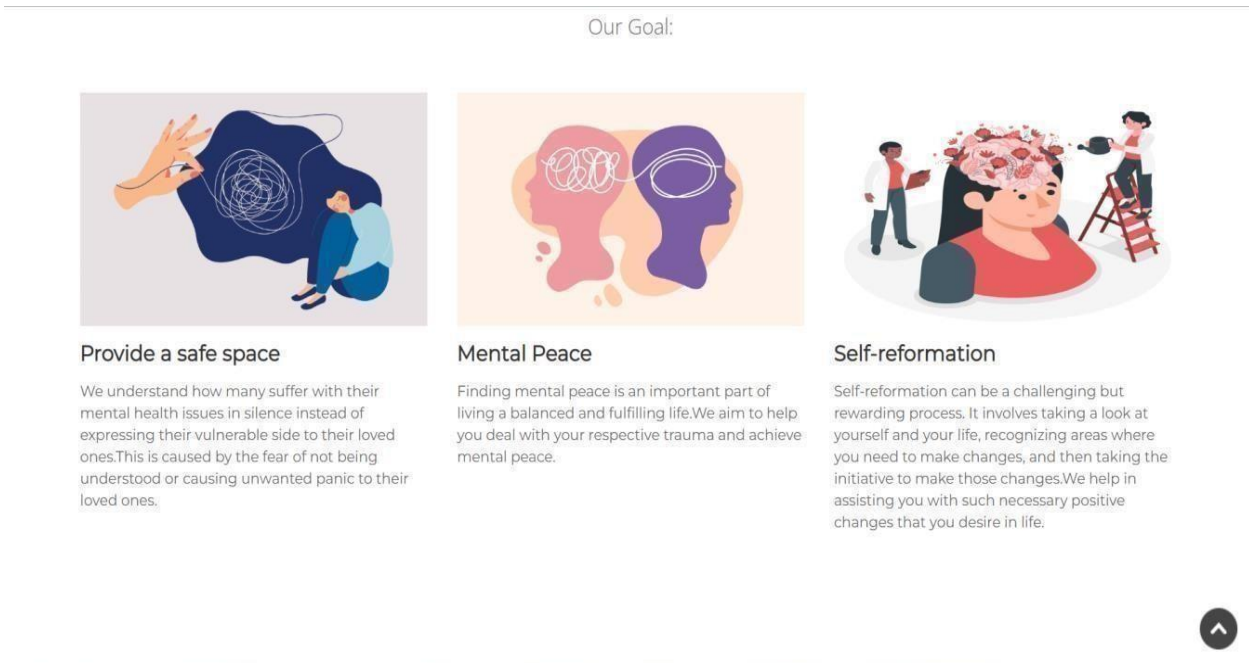


Fig 6.2 Home page of the website

The above fig 6.2 displays the goals of our project.

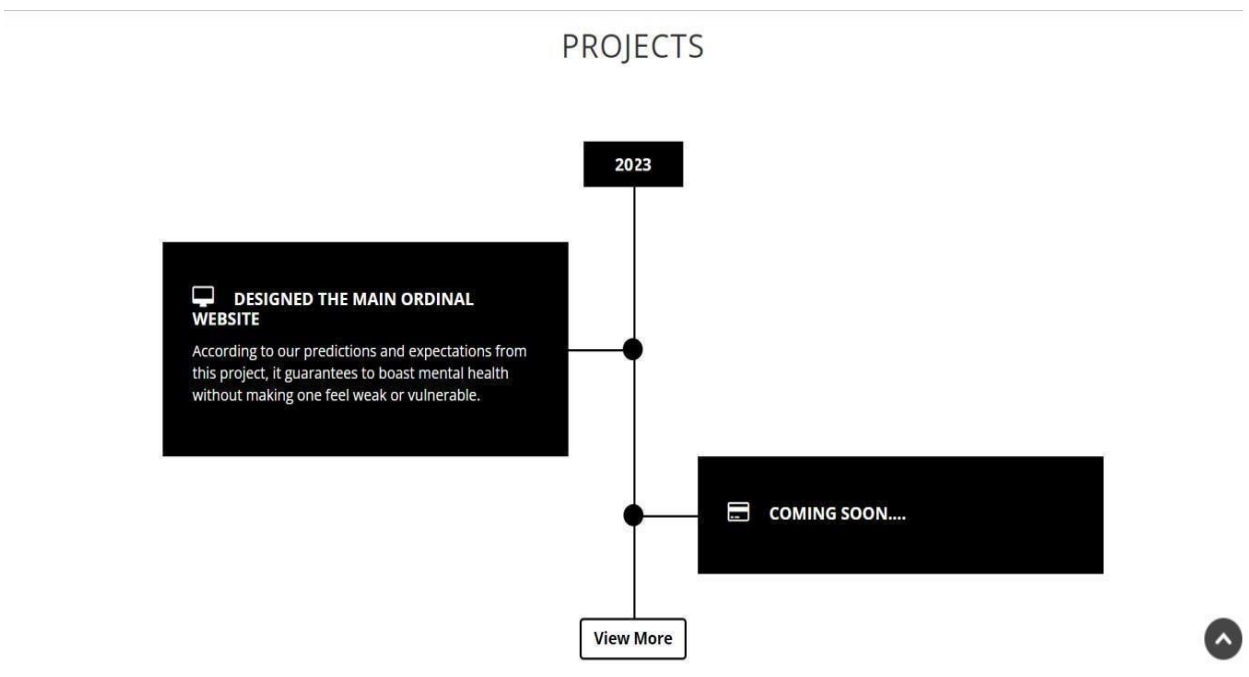


Fig 6.3 Home page of the website

The above fig 6.3 displays the current status of the project.

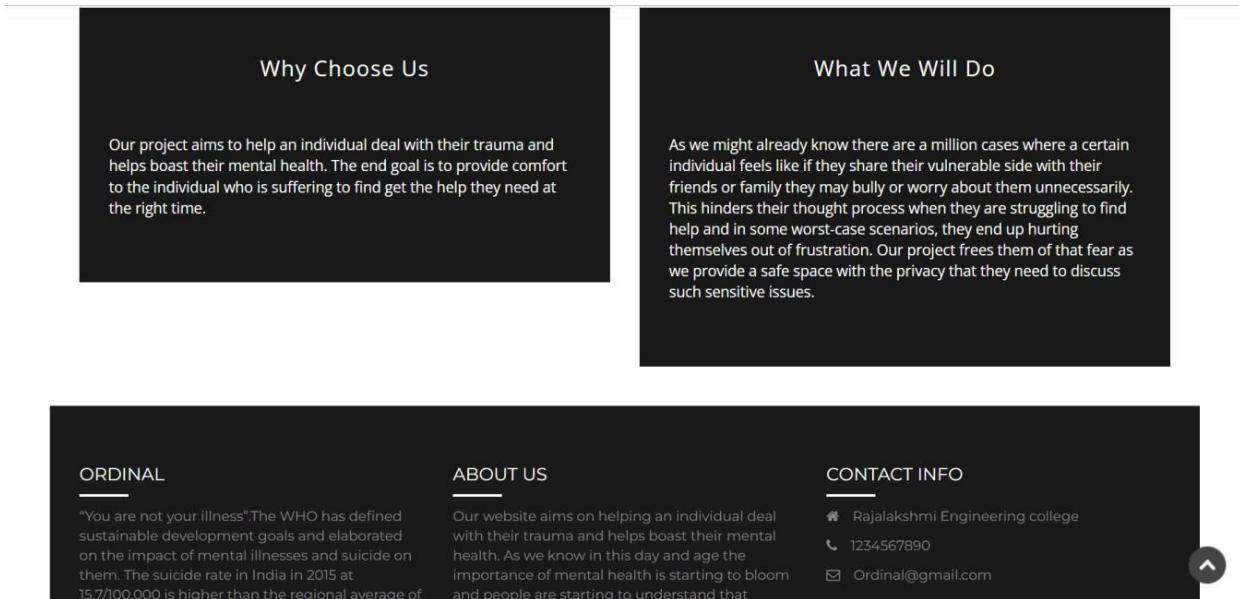


Fig 6.4 Home page of the website

The above fig 6.4 displays the information about our project.

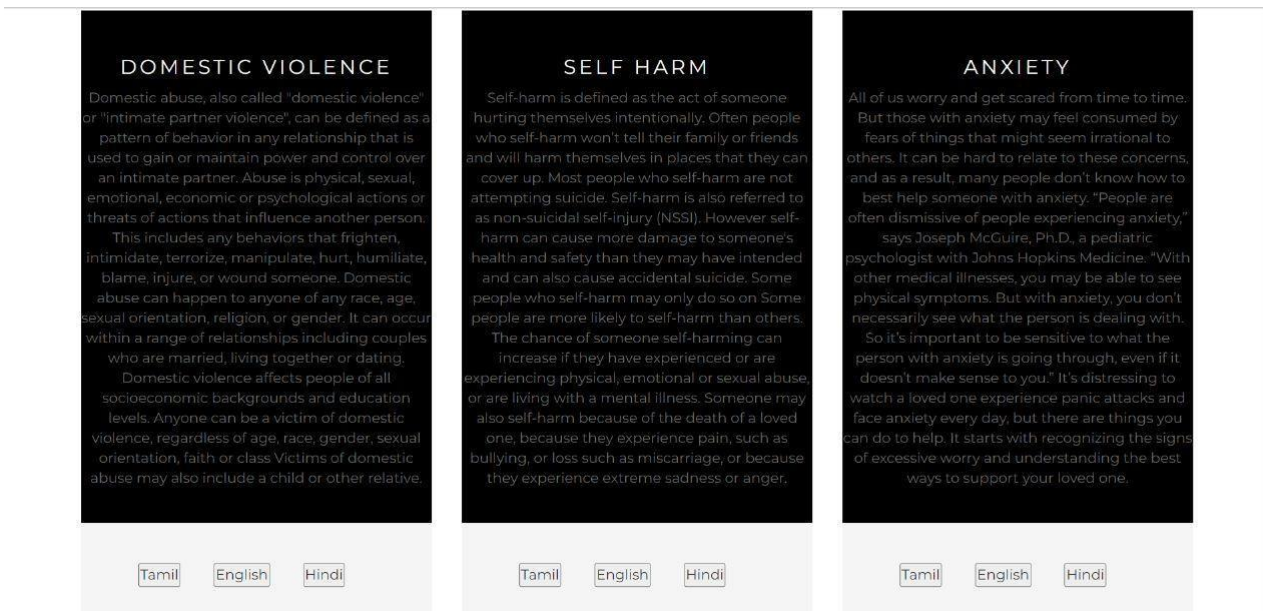


Fig 6.5 Heal page of the website

The above fig 6.5 displays the content of the heal page and audios in different languages for the given content.

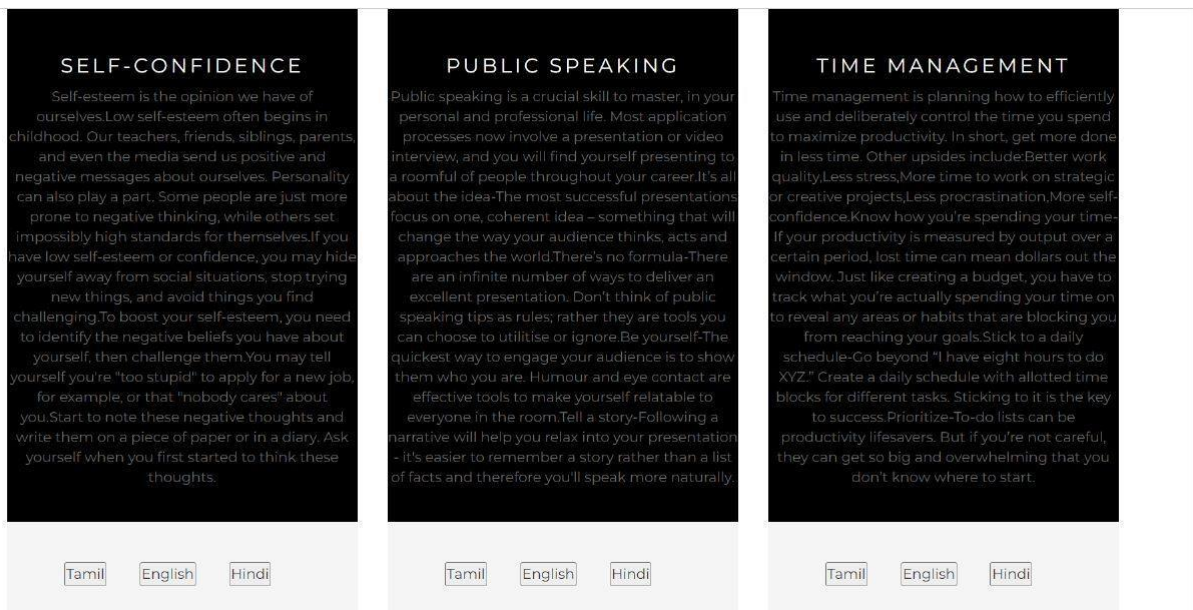


Fig 6.6 Self-Improvement page of the website

The above fig 6.6 displays the content of the self-improvement page and audios in different languages for the given content.

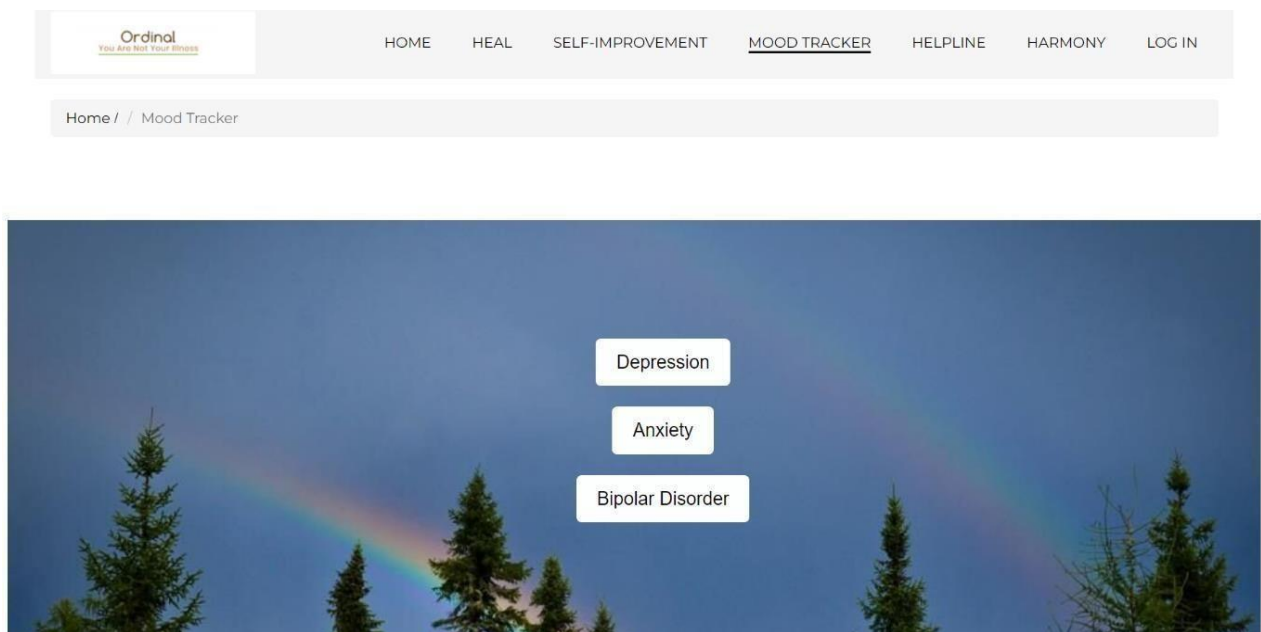


Fig 6.7 Mood tracker page of the website

The above fig 6.7 displays the self-evaluation quizzes for depression, anxiety, and bipolar disorder.

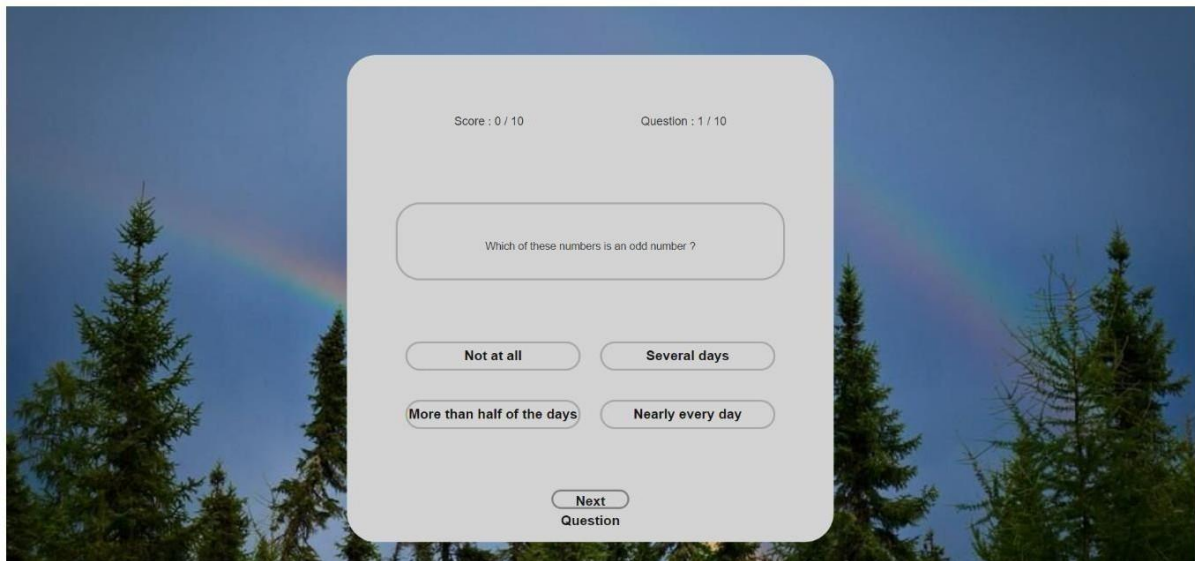


Fig 6.9 Mood tracker page of the website

The above fig 6.6 shows how the questions are displayed for the quizzes.

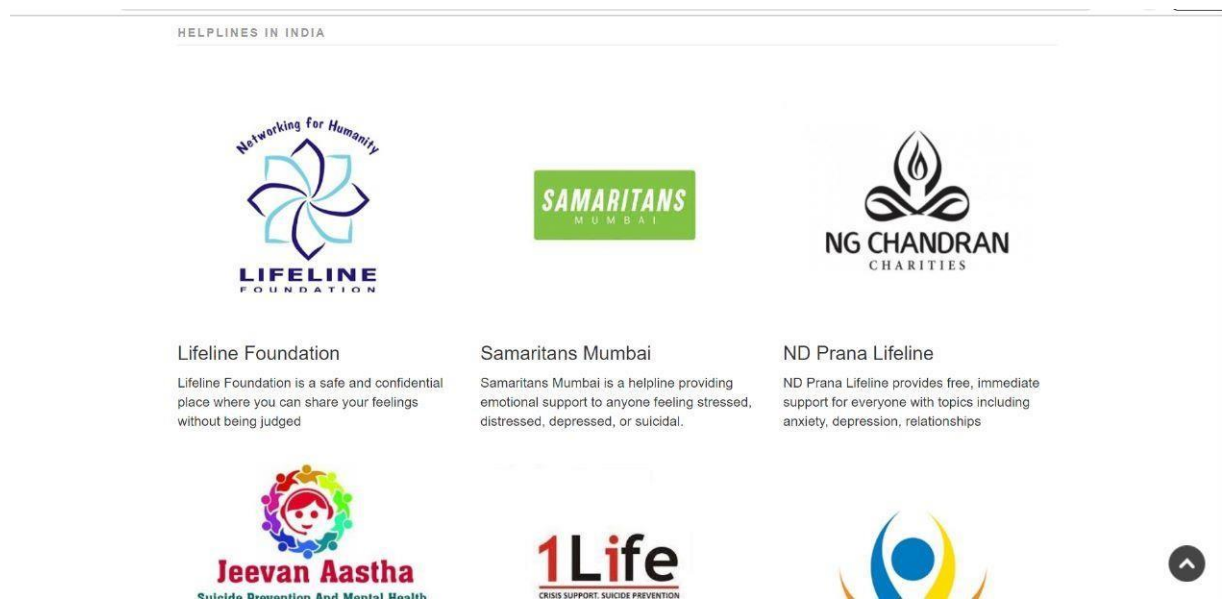


Fig 6.8 Helpline page of the website

The above fig 6.8 displays the emergency helpline contacts available in India.

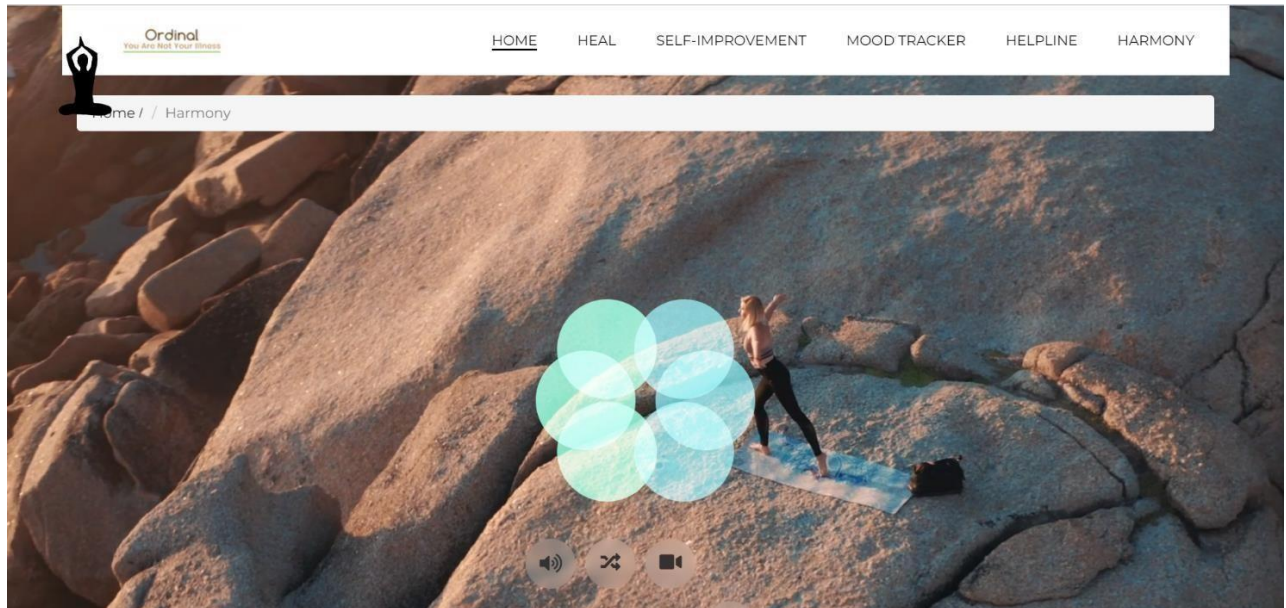


Fig 6.10 Harmony page of the website

The above fig 6.10 displays the audio, video and yoga poses in the harmony page.

Fig 6.11 journal page of the website

The above fig 6.11 displays 2 text boxes to enter title, entry of the day and a submit button.

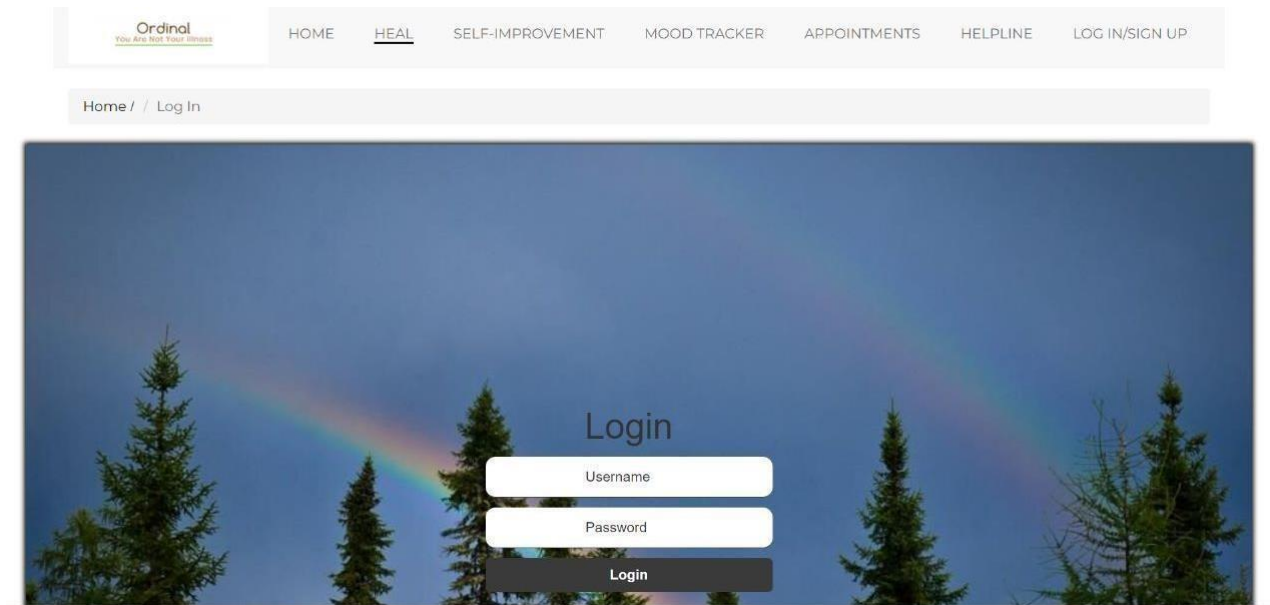


Fig 6.12 Login page of the website

The above fig 6.7 displays username, password, and login button of the login page.

CHAPTER 7

CONCLUSIONS AND FUTURE ENHANCEMENTS

In conclusion, our project targets to provide comfort and support to those in need and aims 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 6 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, Harmony- where meditation experience with audio and video to help reduce stress and anxiety, promote relaxation and calmness, and develop mindfulness skills to manage stressful situations effectively, Helpline- This section provides users immediate assistance to finding the helpline contact information for various helplines in case of emergencies and Journal- where users are offered a safe space to journal their thoughts and gain insight into their emotions and behaviors through self-reflection. 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. Also, we could add a few more features in the future such as integrating our mental health website to wearable technology, incorporating game-like features, and expanding language offerings for the website.

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