Tech Saksham

Final Project Report

Full Stack Web Development

PsyCh ore

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Abstract

Poor awareness about symptoms of mental illness, myths & stigma related to it, lack of knowledge on the treatment availability & potential benefits of seeking treatment are important causes for the high treatment gap.

Our objective is to create a fun online safe space for people to make them feel understood, validated, and cared for.

PsyCh ore is an interactive, user-friendly space where we spread mental health awareness.

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Chapter 1

Introduction

1.1 Overview

Through PsyCh ore, our objective is to provide you information and resources to help your mental health and wellbeing.

You can discover a range of articles, tools, and resources on our website to assist you in understanding and managing mental health issues. You can even sign-up for some fun and resourceful newsletters. We have the knowledge you need, whether you are looking for details on mental health issues or advice on how to cope with stress and worry through the Sessions tab.

We also make professional mental health services, such as therapy and counselling, accessible. Our PsychoTherapy tab can assist you in locating a qualified therapist in your neighborhood who specializes in the mental health issue you are experiencing.

We also provide a Fun Zone tab where people can get to know their personality through 16 personalities test or access some fun playlists based on your mood or some

informative YouTube videos or fun quizzes to explore themselves.

We even make resources such as journals and top self-help books accessible through our Shop tab.

You can even directly contact us to give your constructive feedback through Contact tab provided in our website. Through this tab, we also provide crisis hotlines and emergency numbers.

We are aware that discussing mental health issues can be challenging, and dealing with them alone can be even more challenging. This website is made to give you the tools and encouragement you require to look for your mental health and enhance your general wellbeing. We appreciate you visiting our website, and we sincerely hope you find the knowledge and assistance you require there.

1.2 Feature

- Informational Resources
- Talk Sessions on mental health concerns
- Details about Professional Services
- User-Friendly Interface
- Crisis Resources

- Mindful resources

1.3 Advantages

There are several advantages to using PsyCh ore, including:

- Accessible 24/7
- Convenient
- Confidential
- Educational
- Details for access to professionals
- Resources for practicing mindful activities

1.4 Scope

The scope of PsyCh ore can be quite broad and can cover a wide range of mental health related topics such as various disorder, self-care, coping skills and more. In general, PsyCh ore offers resources and information on a wide range of mental health issues with the aim of improving mental health and well-being, minimizing stigma and prejudice, and assisting those who are experiencing mental health difficulties.

Chapter 2

Services and Tools Required

2.1 Tools used to develop the application

- Google
- Canva
- Pinterest
- YouTube
- Spotify
- Amazon
- Flipkart

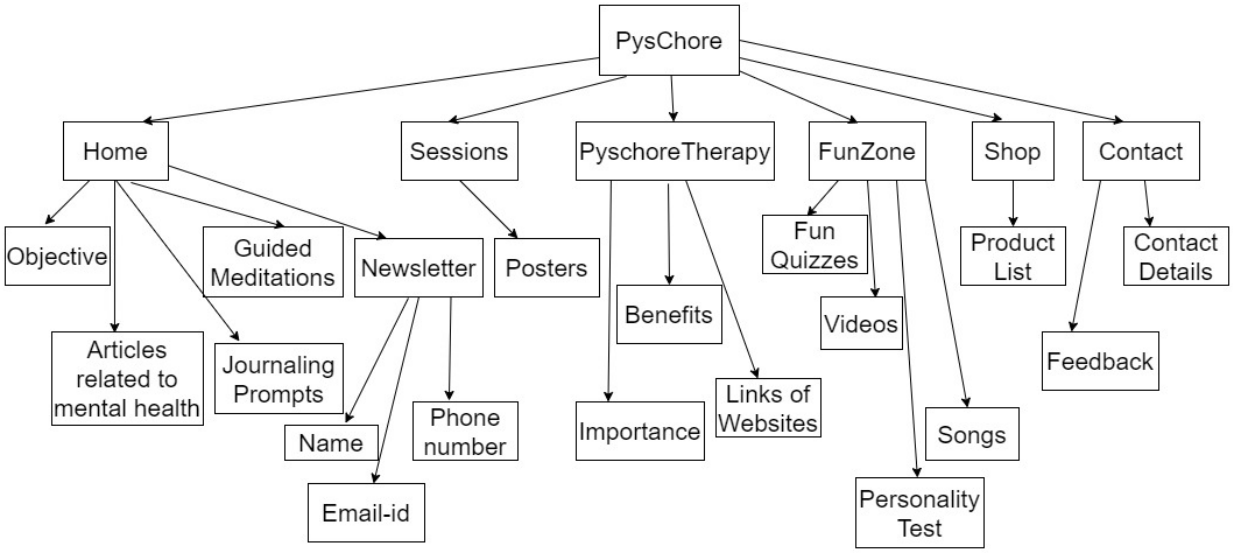
2.2 Technology used to develop the application

- Html5
- Css3
- JavaScript
- Nodejs
- MySQL

Chapter 3

Project Architecture

3.1 Flow Chart



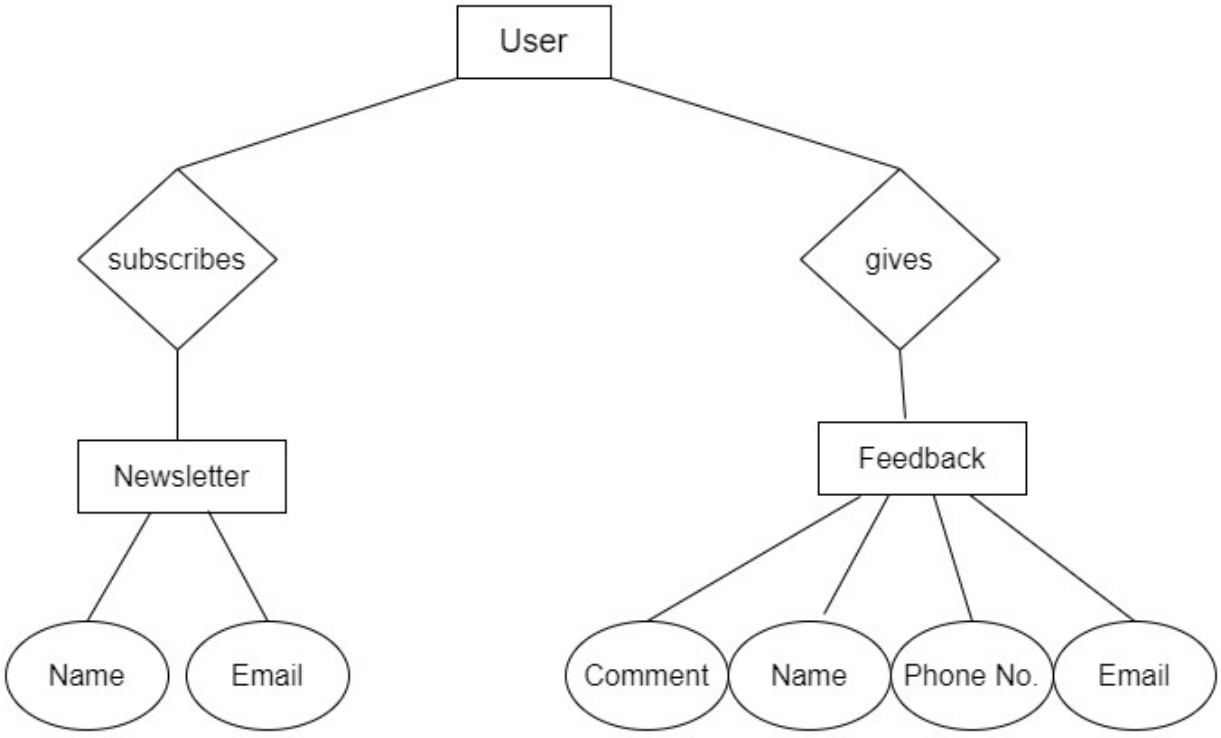
3.2 Time Line Chart

Work Tasks	**January**				**February**				**March**	
	W 1	**W 2**	**W 3**	**W 4**	**W 1**	**W 2**	**W 3**	**W 4**	**W 1**	**W 2**
Brainstorming on project topic & Problem Statement										
SRS & ER Diagram										
Home Page & Shop Page										
Fun Corner & Session Page										
Therapy & Contact Page										
Testing										
Presentation										
Mock Review of Project										
Attempted Backend										
Final Presentation										

Chapter 4

Architecture Blocks Detail Working

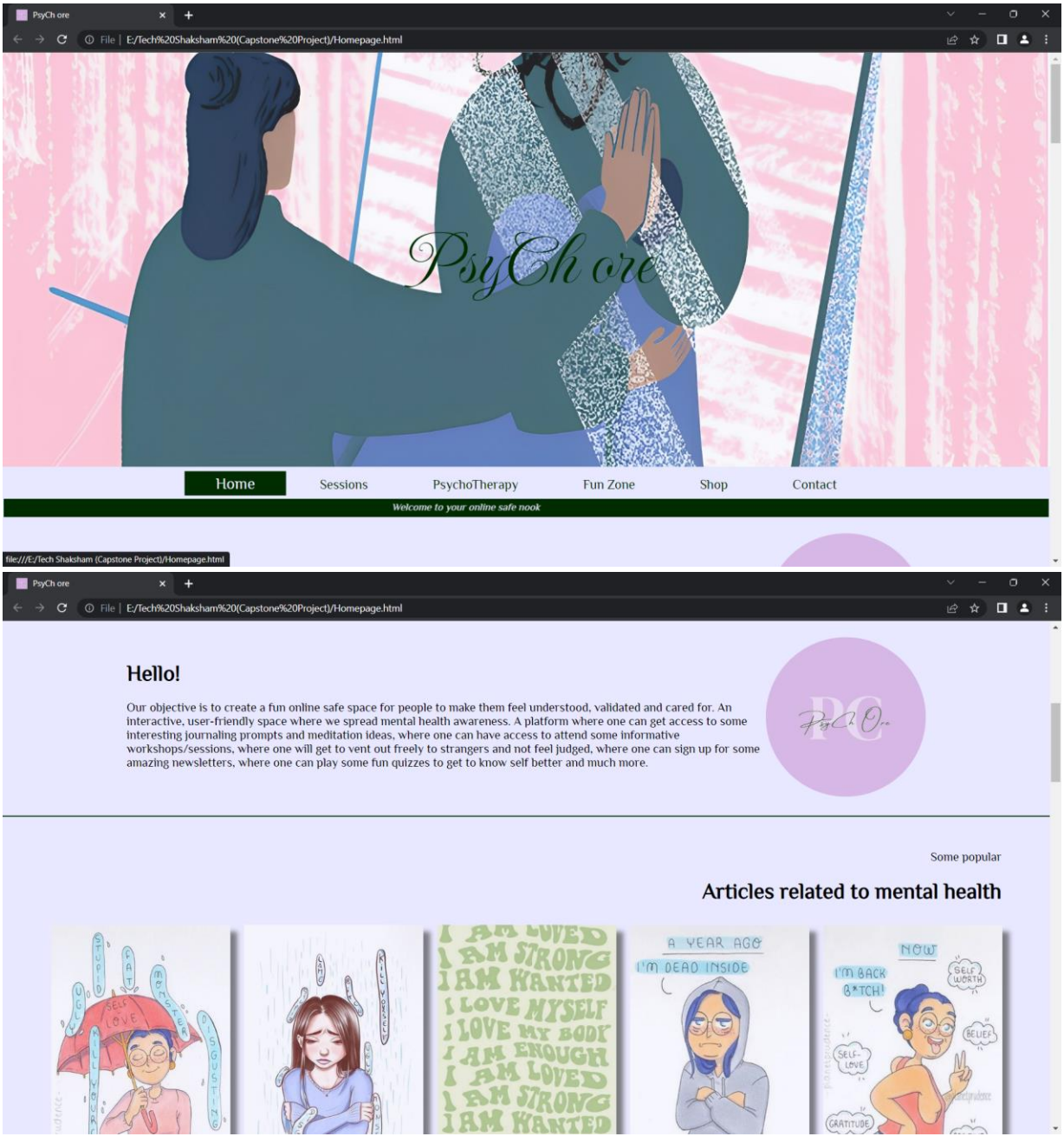
E-R Diagram:

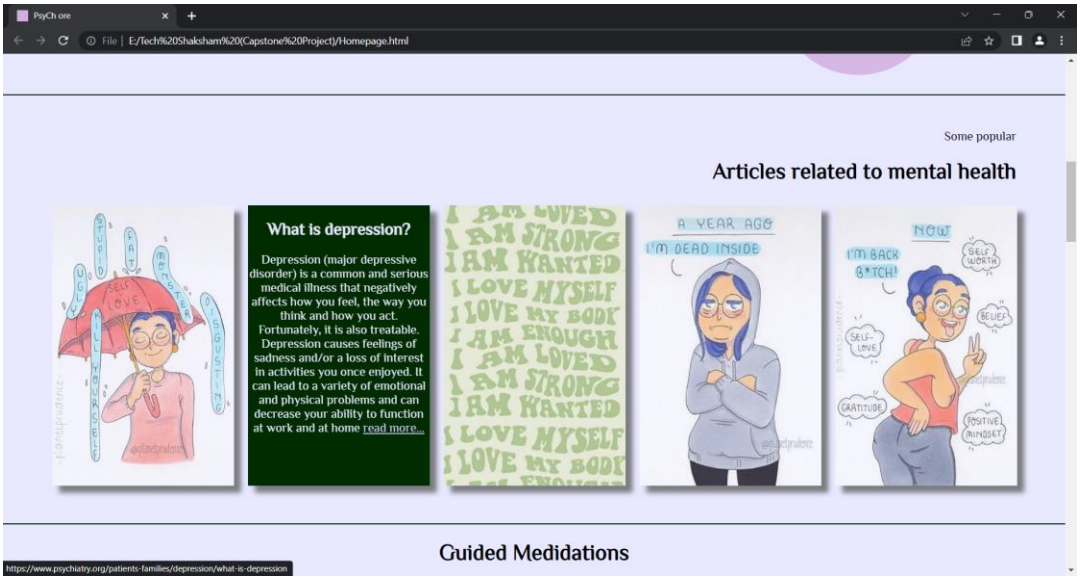


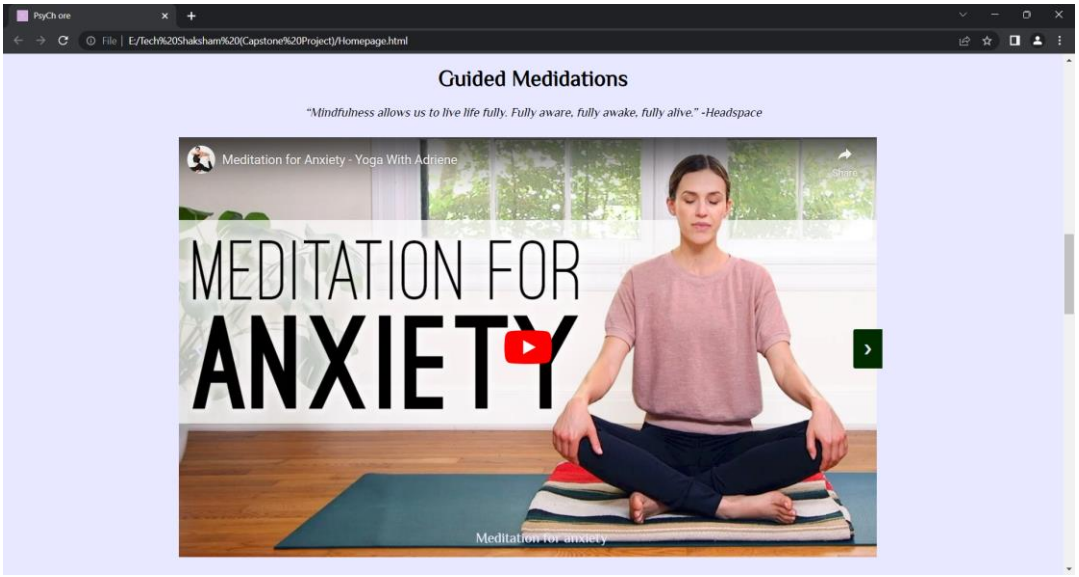
Chapter 5

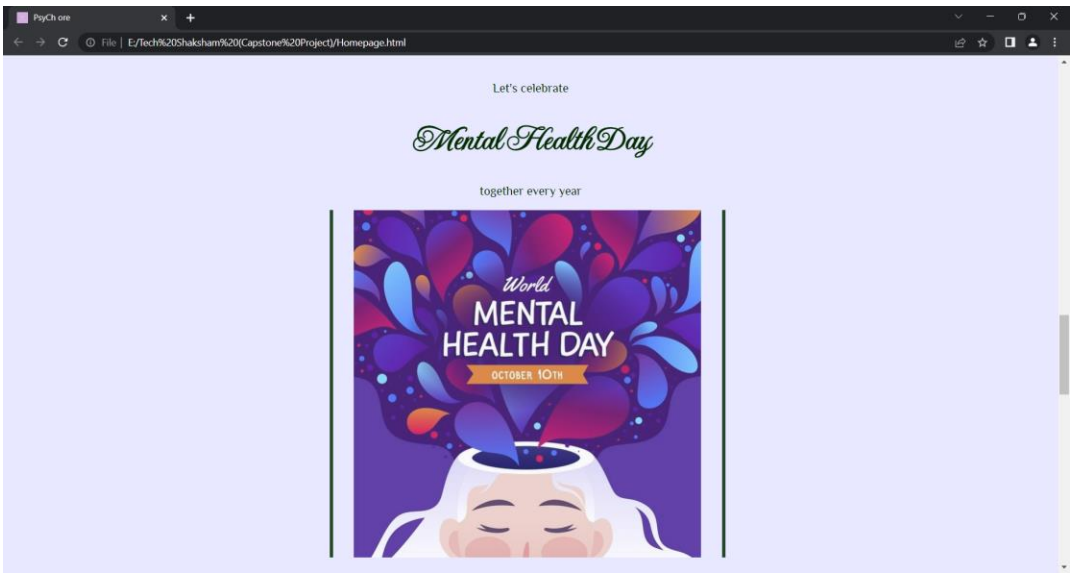
Application Output

Homepage of PsyCh ore




PsyCh ore
File | E:/Tech%20Shaksham%20(Capstone%20Project)/Homepage.html
Some popular
Articles related to mental health
What is depression?
Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. Depression causes feelings of sadness and/or a loss of interest in activities you once enjoyed. It can lead to a variety of emotional and physical problems and can decrease your ability to function at work and at home read more...
A YEAR AGO
I'M DEAD INSIDE
NOW
I'M BACK B*TCH!
Guided Medidations
https://www.psychiatry.org/patients-families/depression/what-is-depression


PsyCh ore
File | E:/Tech%20Shaksham%20(Capstone%20Project)/Homepage.html
Guided Medidations
"Mindfulness allows us to live life fully. Fully aware, fully awake, fully alive." -Headspace
Meditation for Anxiety - Yoga With Adriene
MEDITATION FOR
ANXIETY
Meditation for anxiety


PsyCh ore
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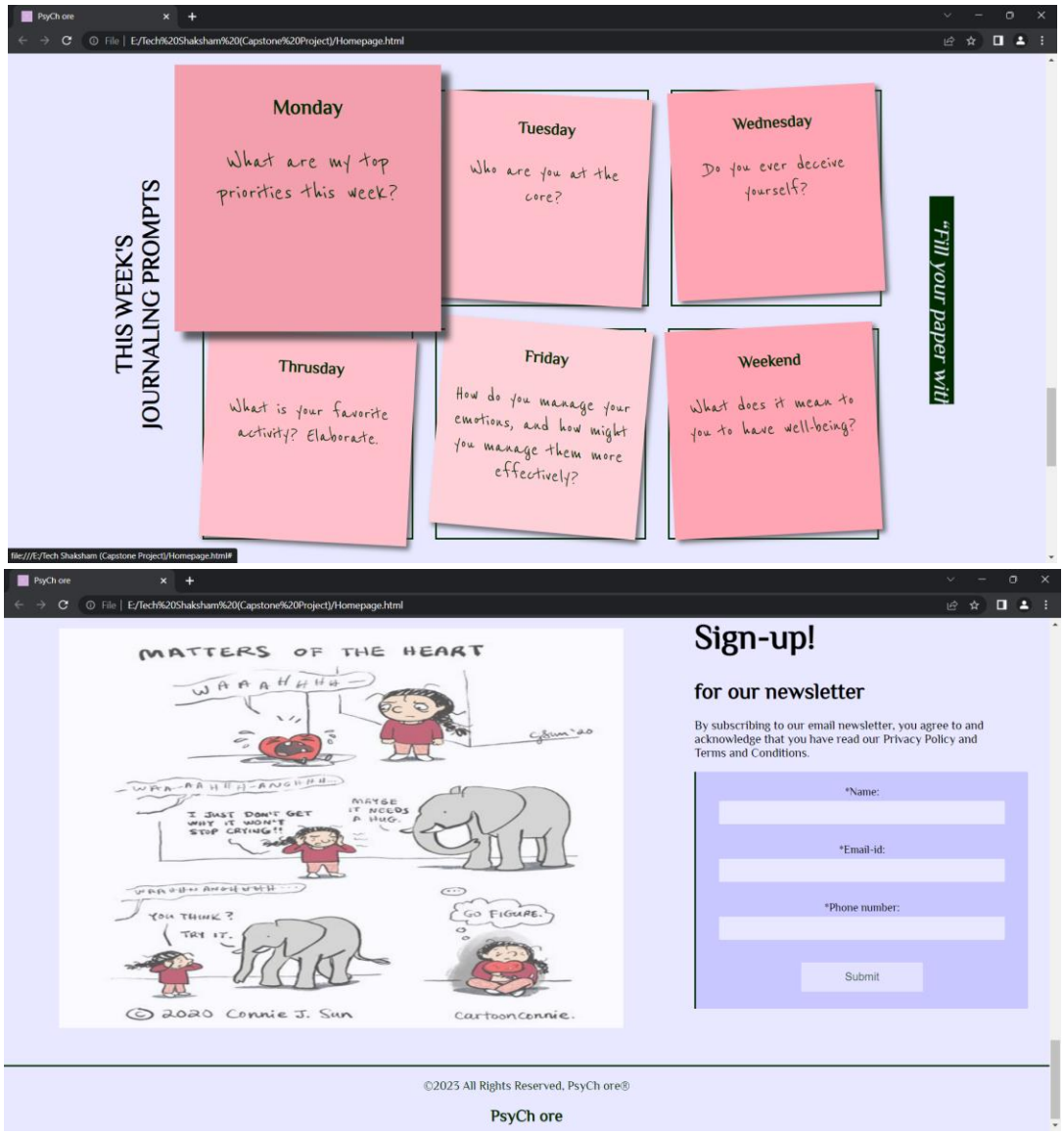
Let's celebrate
Mental Health Day
together every year
World
MENTAL
HEALTH DAY
OCTOBER 10TH



Some other pages in PsyCh ore are,

- Sessions
- PsychoTherapy
- Fun Zone
- Shop
- Contact

Chapter 6

Limitations and Future Scope

6.1 Limitations

While PsyCh ore is a valuable resource for those seeking information and help, there are some limitations to consider:

- Not a substitute for professional care
- Limited Interaction
- Accessibility

6.2 Future Scope

The future scope of PsyCh ore is vast, as mental health continues to be an important and growing area of concern worldwide.

- Increased personalization
- Integration of technology
- Focus on diversity and inclusion
- Increase in Collaboration with mental health professionals
- Community support groups or forums

Conclusion

Websites devoted to mental health can be helpful sources for people looking for advice, comfort, and assistance with their mental health issues. They provide community support, cost-effectiveness, convenient information access, anonymity, and privacy.

Yet it is crucial to understand that online resources for mental health do not replace receiving expert mental health care. While they can offer valuable information and assistance, they cannot take the place of the knowledge and direction of a qualified mental health practitioner.

Before depending on a website for advice or support related to mental health, people should carefully assess its validity and credibility. Also, it is critical to use mental health websites as a supplement to professional mental health therapy as necessary.

In general, mental health websites provide a bright future for mental health treatment, with the ability to give those in need more easily accessible, individualized, and thorough care.

References

- https://nhm.gov.in/index1.php?lang=1&level=2&sublinkid=1043&lid=359
- https://www.who.int/health-topics/mental-health#tab=tab_1
- https://www.youtube.com/@Psych2go
- https://www.16personalities.com/
- https://www.wondermind.com/
- https://www.psychiatry.org/patientsfamilies/psychotherapy
- https://www.talkspace.com/blog/benefits-of-therapy/