**Team Name : NCAS 2**

**Problem Statement :**

The goal of our research is to use artificial intelligence (AI) in the field of psychology to treat the initial stages of mental illness. In today's world, the prevalence of mental health issues is on the rise. We aim to provide an AI-based chatbot as a therapist and counselor to offer accessible and timely support to individuals experiencing mental health challenges.

**AI Solution :**

Our Al solution, named “Mentis-Al”, is an innovative chatbot designed to act as a virtual therapist and counselor. It will Ensure safe and confidential space for users to discuss their mental health concerns, receive emotional support, and access resources for managing stress, anxiety, and depression etc.

**Potential Impact :**

* Accessibility: Mentis-AI will provide mental health support 24/7, making it accessible to individuals who may be hesitant to seek traditional therapy
* Early Intervention: By identifying mental health issues at their initial stages, we can help prevent their escalation into more severe conditions.
* Reducing Stigma: The use of AI chatbots may reduce the stigma associated with seeking mental health assistance.

**Resources Needed :**

* AI development proficiency to develop the conversational model of the chatbot.
* Psychologists or mental health professionals to train the chatbot and provide ongoing guidance.
* The chatbot is being trained with psychologists or other mental health experts, who will provide ongoing support.
* Ethical considerations and compliance with healthcare and data privacy regulations.
* User testing and feedback collection to refine the chatbot's responses.

Our team, believes that Mentis-AI can have a profound impact on the mental well-being of individuals by providing accessible and stigma-free support during their initial struggles with mental health challenges.