Chat Mental Health

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Introduction

Our Mental Health Companion is a mobile-based AI chatbot that offers mental well-being support.
It is able to:

- **Detect mood changes** via voice, text, or facial expressions.
- Offers personalized coping **strategies and mindfulness exercises.**
- **Connects** users **to human therapists** when needed.

Core Features of Our App

Guided Conversations

Offers supportive, empathetic dialogue to help users process their thoughts and feelings.

Emotion Detection

Recognizes emotional cues from text to adapt responses and provide appropriate support

Personalised Wellness Plans

Suggests self-care activities, mindfulness exercises, and mental health tips tailored to user needs.

Crisis Support & Safety Planning

Provides immediate resources, emergency contacts, and step-by-step safety plans in distressing situations.

Mental Health Tools

Journaling & Reflection prompts

Encourages users to write down thoughts, track mood patterns, and reflect on emotions.

Breathing & Grounding exercises

Guides users through techniques like box breathing or the 5-4-3-2-1 method for anxiety relief.
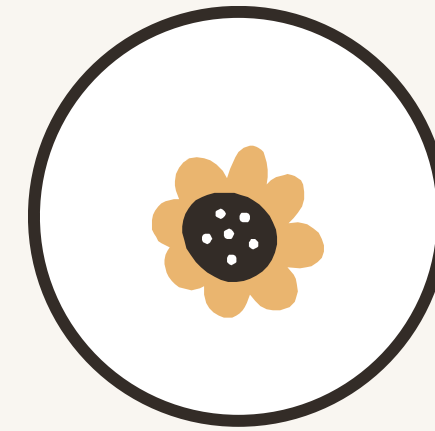
Progress Tracking

Helps users set mental wellness goals and monitors their journey over time.

Community and Support

Community

In the case where intervention or social communication is required, the chatbot gives us a recommended social groups and therapists.
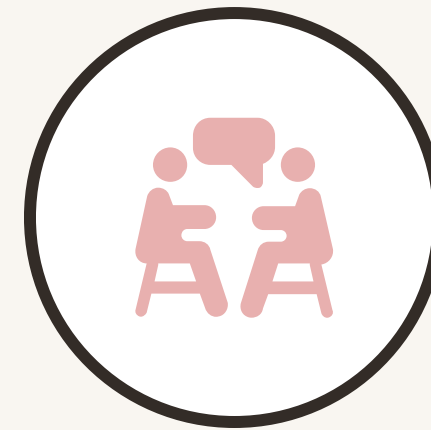
Support

The chatbot provides us with customised support that is similar to real-time therapy. 24-7 support.

Privacy & Customisation

Anonymous Mode
Allows users to interact without sharing personal information.

Conversation History
Saves past chats for continuity but gives users the option to clear data anytime.

Mood-Based Interface
Adjusts chatbot tone, language, and suggested activities based on the user's current mood.

Why Chat Mental Health?

- Timely Intervention Decreasing Loneliness
- A Good Platform for Regular Reflection and Destress Activities
- Personalized Support and Treatment Plans
- Guided Conversations for Emotional Processing

Chat Mental Health will overall positively impact one's mental health.

Future Implementations

- **voice and face recognition** for enhanced emotion detection using multimodal ai
- **integration with wearables** to monitor physical health indicators (e.g., heart rate, sleep patterns)
- **collaboration** with mental health professionals, enabling coordinated care and early intervention
- **continuous learning and adaption** to improve responses and adapt to new mental health challenges and user needs

Thanks!