

Project Name - NeuroPhoenix

Team Name - Nova

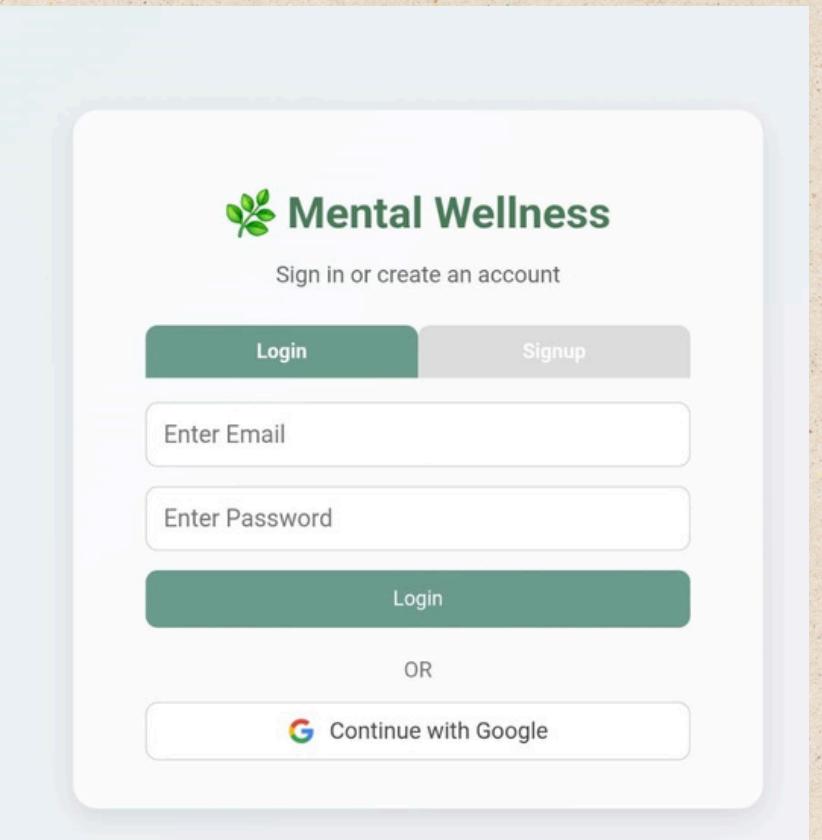
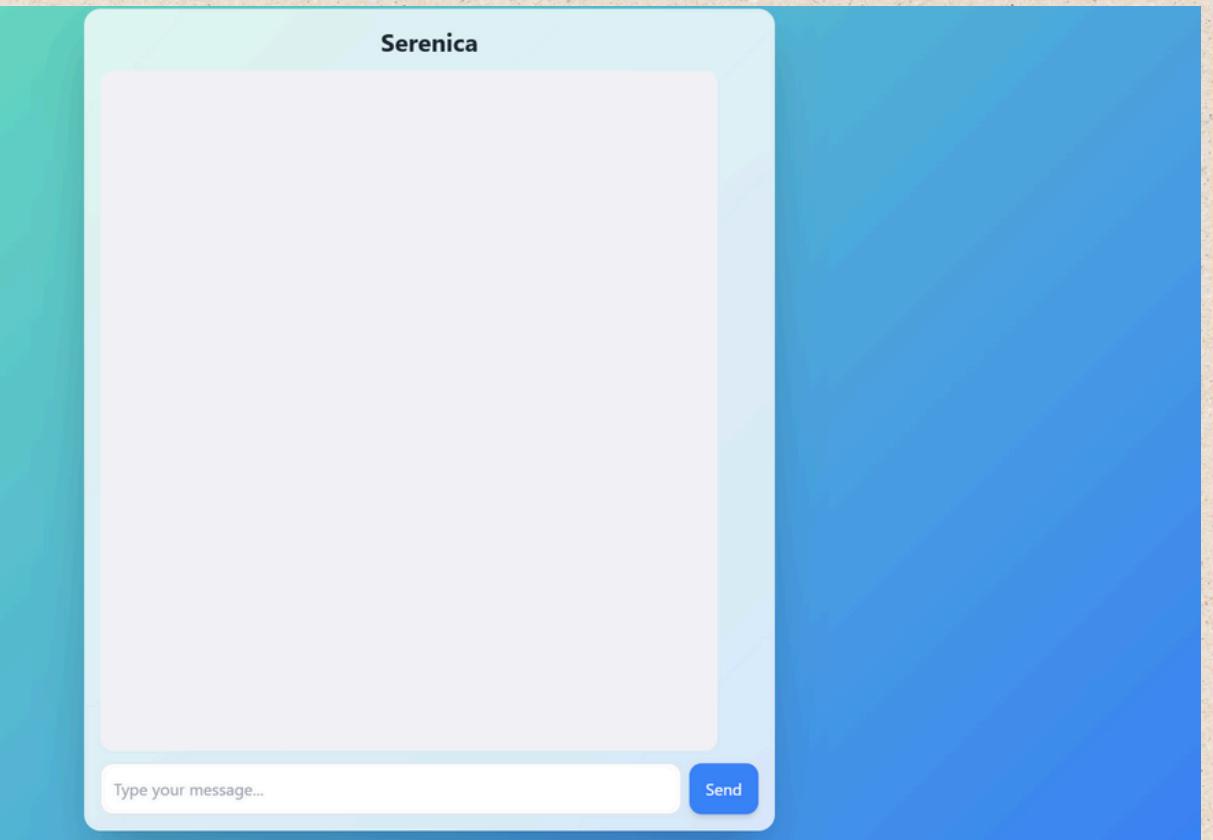
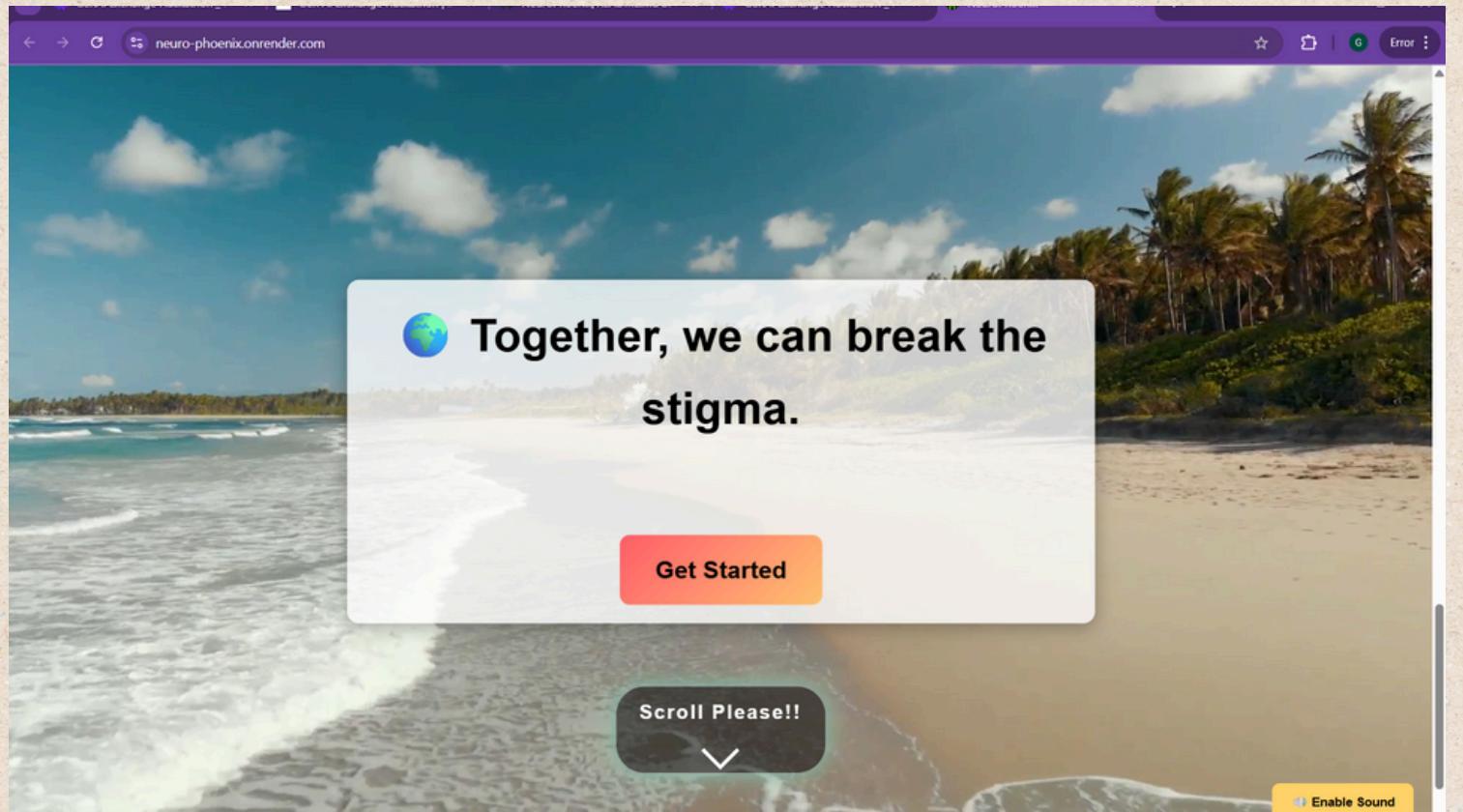
# Project Statement

Mental health among Indian youth remains stigmatized, causing many to hide emotional struggles like anxiety and depression. Limited access to affordable, professional care and fear of judgment worsen the issue. There is a need for a confidential, culturally sensitive platform promoting mental well-being and providing accurate guidance and support.

# **Proposed Solution**

NeuroPhoenix is an AI-driven mental wellness web app offering a safe, private, and culturally sensitive space for youth to manage emotional challenges. It enables anonymous mood tracking, mindfulness activities, and empathetic AI chat support. With personalized self-help plans, verified resources, and professional guidance, NeuroPhoenix promotes early intervention, emotional awareness, and destigmatized mental health care among youth.

# Snapshots of Prototype

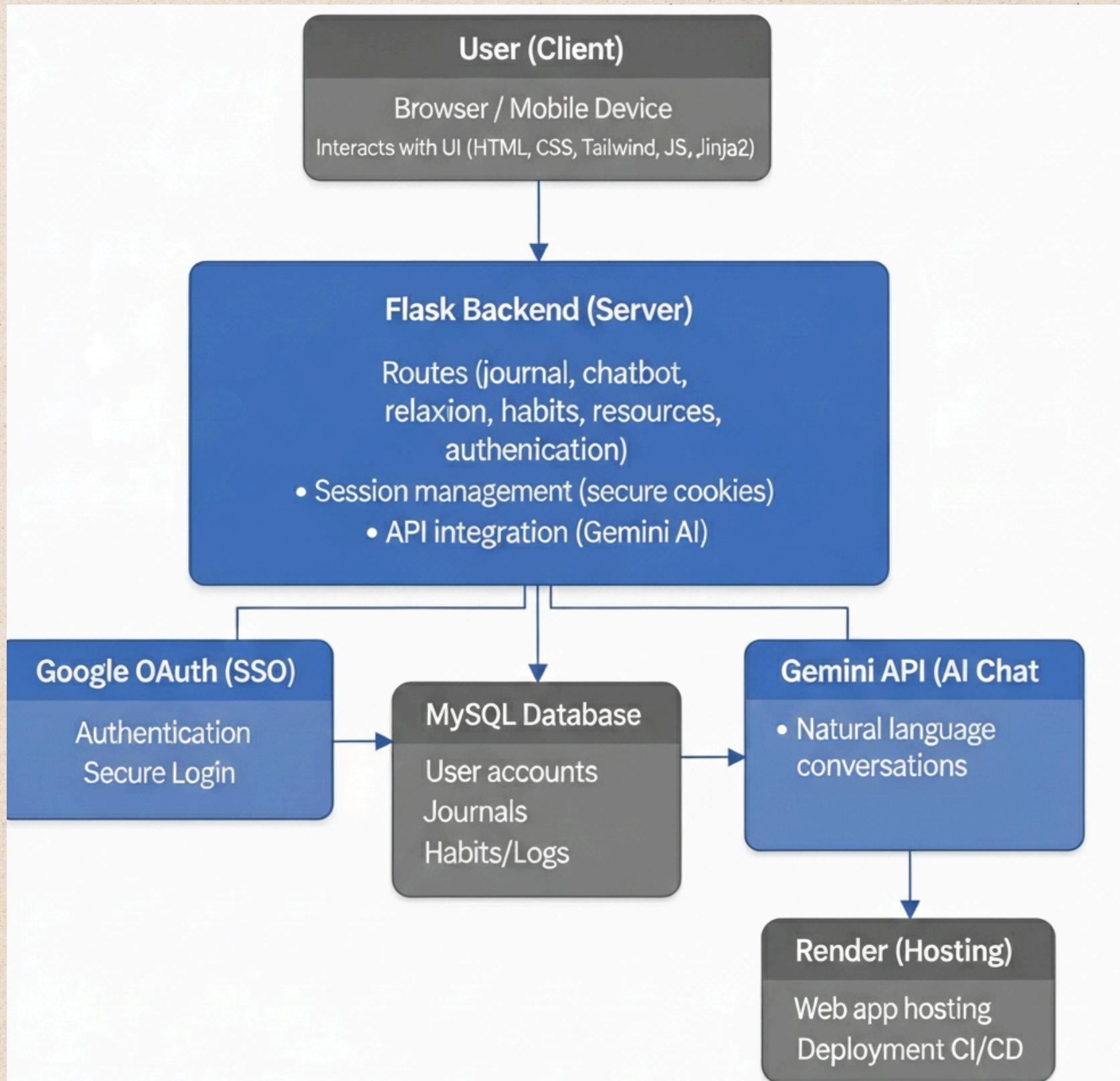


The NeuroPhoenix landing page has a sunset beach background. It displays the text "Welcome to NeuroPhoenix" and "Empowering youth to rise stronger by focusing on mental health, self-care, and growth.". On the right, there's a sidebar with "Hi, User" and a list of features: Relax & Recharge, My Journal, Habit Tracker, Mini Games, Self Massage, Chat with AI, Resources, and Logout. At the bottom are links for "Free Self-Help Books", "Project Gutenberg", "Mental Health Guides", and "NIMH Publications".

The Stress Booster Space page features a landscape background. It includes sections for "How are you feeling today?" with emoji options, "Relax with Sounds" with a play/pause button, and "Daily Motivation" with the quote "Believe in yourself and all that you are." and a "New Quote" button.

The Helpful Resources page has a landscape background. It lists "Free Motivational Books" like "Think and Grow Rich" and "Meditations". It also provides "Support Helplines" for India and "Daily Motivation" quotes, such as "Keep going. Everything you need will come to you at the perfect time.", with a "New Quote" button.

# Architecture diagram of the proposed solution



## Technologies to be used in the solution:

- **Backend:** Flask
- **Frontend:** HTML, CSS, JS
- **Database:** MySQL
- **AI:** Google Gemini API
- **OAuth:** Google Login

We used the Gemini API to power the AI chatbot, ensuring empathetic and guided responses.

The entire application is hosted on Render, making it easily accessible and fast.

Our focus was on creating a secure, privacy-first platform, which is why we implemented Google OAuth for authentication and ensured local session management.

# Impacts

1. Destigmatizes Mental Health: Encourages open and judgment-free conversations about emotional well-being among youth.
2. Promotes Early Intervention: Detects early signs of stress, anxiety, or depression through mood tracking and timely alerts.
3. Improves Accessibility: Provides affordable, 24/7 mental health support, bridging the gap for users in rural and semi-urban areas.
4. Enhances Self-Awareness: Helps users understand emotional patterns and build healthy coping mechanisms through mindfulness and self-reflection.
5. Reduces Dependence on Misinformation: Offers verified, evidence-based mental health guidance instead of unreliable online content.
6. Empowers Youth: Fosters emotional resilience, self-confidence, and proactive mental health management.
7. Supports Crisis Management: Connects users to certified professionals and helplines during critical situations.
8. Promotes Long-Term Well-Being: Encourages consistent emotional care, leading to balanced and mentally healthy lifestyles.