SAUTICARE

Your Safe Space to Talk

TEAM SAUTICARE

INTRODUCTION

Addressing shortages, stigma, language, and vulnerable groups to unlock support

1 Severe shortage of mental health professionals with fewer than one psychiatrist per 100,000 people, well below WHO

2 Widespread stigma discourages open conversation and seeking help for mental health

3 Language barriers limit access as most digital mental health tools are only in English, excluding Hausa and Pidgin English speakers

4 Vulnerable populations, especially youth and internally displaced persons (IDPs), face heightened stress, trauma, and anxiety with

5 These challenges create a vast underserved population unable to access vital mental health support

THE PROBLEM

Overcoming stigma, cost, location, and language divides to reach those who need help most

Stigma fuels fear of judgment and social exclusion, causing silence and untreated

Cost and geographic concentration limit professional help, with services mainly in

Language divides exclude Hausa and Pidgin speakers from English-only apps,

These combined barriers keep vulnerable groups invisible and unsupported

Solutions must be **affordable, anonymous, multilingual, and culturally**

OUR SOLUTION

A lightweight, multilingual chatbot delivering stigma-free, culturally relevant mental health support across Nigeria

AI-powered chatbot providing mental health first aid in English, Pidgin, and

Creates a safe, stigma-free space for users to express feelings and receive

Guides users through coping strategies and calming exercises to manage

Provides direct referrals to professional helplines during mental

Mobile-first design ensures accessibility on low-bandwidth networks,

FEATURES OF SAUTICARE

Key features that break barriers and provide compassionate care

MULTILINGUAL SUPPORT: COMMUNICATES FLUENTLY IN ENGLISH, PIDGIN, AND HAUSA TO ENSURE INCLUSIVE ACCESS.

EMPATHETIC CONVERSATIONS: AI RECOGNIZES EMOTIONAL CUES TO OFFER COMPASSIONATE, UNDERSTANDING

CRISIS DETECTION: INSTANTLY DETECTS KEYWORDS RELATED TO SUICIDE OR HOPELESSNESS AND DIRECTS USERS TO

RESOURCE LIBRARY: PROVIDES PRACTICAL MENTAL HEALTH TIPS, BREATHING EXERCISES, AND CONTACTS FOR NGOS AND

THESE FEATURES COLLECTIVELY ADDRESS STIGMA, IMPROVE ACCESSIBILITY, AND MEET URGENT MENTAL HEALTH NEEDS

WHY SAUTICARE MATTERS

Transforming mental health access through inclusion, scale, and early intervention

Breaks down stigma by enabling **anonymous**, **safe conversations** around mental health, encouraging more

Supports **local languages**, making mental health resources accessible to millions previously excluded by language

Scalable design enables **millions of conversations**, amplifying mental wellness across communities

Contributes to reducing the national mental health burden by fostering **early intervention and awareness**

Empowers individuals to feel **less alone and more resilient** in their mental health journey

PROGRESS & GOALS

Building a multilingual, crisis-ready chatbot with user-centered design

Mapped system architecture and developed initial prototypes

Created chatbot conversation flows to guide user interactions smoothly

Target deliverable: fully functional **multilingual chatbot prototype**

Integrate **crisis keyword detection** with hotline referral for urgent support

Design a **calming, mobile-first user interface** focused on accessibility

Establish foundation for future enhancements and deployment in target communities

TECHNOLOGY STACK

A robust tech stack designed for performance, security, and cultural relevance

React/Next.js with TailwindCSS delivers a responsive, accessible frontend experience

Node.js/Express backend provides secure, efficient APIs for reliable data handling

Rasa or HuggingFace NLP frameworks enable multilingual, empathetic AI conversations
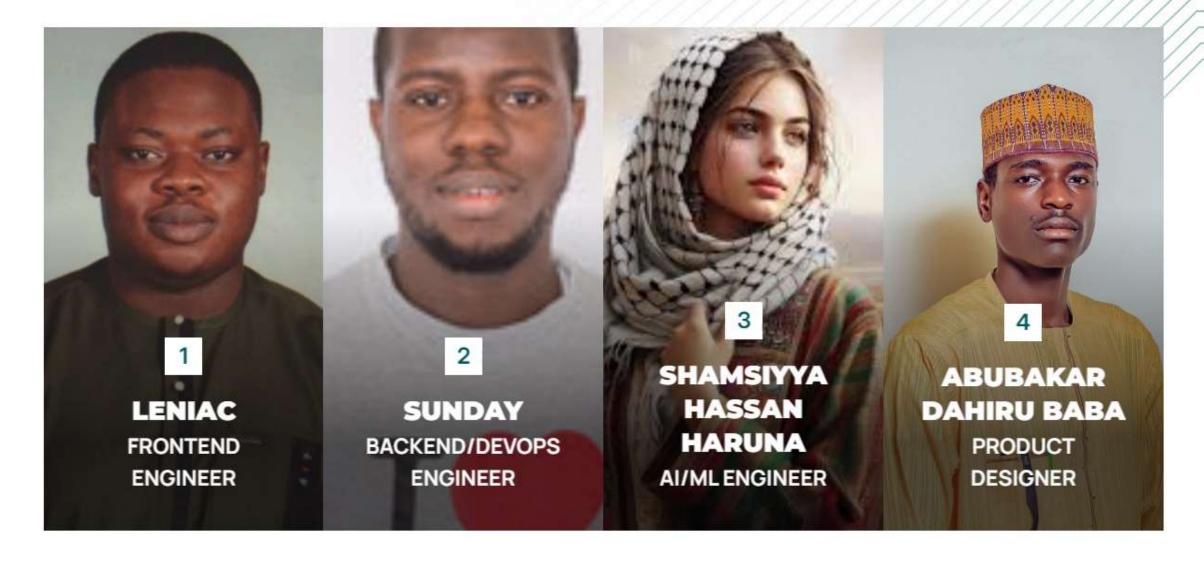
Postgres or MongoDB ensures flexible, reliable data storage for diverse needs

Figma prototypes guide culturally sensitive, user-friendly design iterations

Render or Heroku cloud platforms enable rapid, scalable deployment and updates

MEET TEAM SAUTICARE

Bringing Expertise Together to Bridge Nigeria's Mental Health Gap

1

LENIAC
FRONTEND ENGINEER

2

SUNDAY
BACKEND/DEVOPS ENGINEER

3

SHAMSIYYA HASSAN HARUNA
AI/ML ENGINEER

4

ABUBAKAR DAHIRU BABA
PRODUCT DESIGNER

A CARING VOICE FOR MENTAL HEALTH

SautiCare breaks barriers to support mental wellness across Nigeria

SautiCare is more than technology—it's a compassionate initiative delivering accessible, stigma-free mental health support in the languages people trust and understand. We believe everyone deserves someone to talk to, especially during crisis moments. By bridging language and cultural gaps, SautiCare empowers communities and creates lasting positive impact on mental wellness across Nigeria. Join us in building a healthier, more supported future for all.