

MindMate – Product Requirements Document (PRD)

1. Problem Statement

Mental health support is often inaccessible, stigmatized, or unavailable during critical moments. Many people need

2. Goals & Objectives

- Deliver empathetic, conversational support using AI.
- Offer daily mood tracking and personalized self-care tools.
- Integrate with messaging and wearable platforms for seamless experience.
- Ensure user privacy and emotional safety.

3. Target Users

- Teens and adults seeking emotional wellness tools
- People who prefer anonymous and always-available support
- Individuals looking to track moods, manage anxiety, or develop self-awareness

4. Key Features - Core Features

1. AI Chatbot Support – Conversational AI (powered by GPT) with context-aware responses.
2. Telegram Bot Integration – Chat with MindMate via Telegram for ease of access.
3. Mood Check-ins – Daily prompts and sentiment tracking.
4. Mood Tracker Dashboard – Visual mood trends and exportable summaries.
5. Self-Care Suggestions – Curated resources based on mood inputs.

4. Key Features - Advanced Features

6. Voice Chat Integration – Speech-to-text + text-to-speech using Google APIs.
7. Personalized Self-Care Plans – AI-generated routines and reminders.
8. Crisis Mode / SOS Alerts – Trigger emergency content based on distress signals.
9. Streaks & Positive Reinforcement – Mood journaling streaks and gamification.
10. AI Dream Analyzer – Fun interpretations of user-submitted dreams.
11. Custom AI Personas – Choose between coach, therapist, or friendly voice.
12. Weekly Reports for Therapy – Summarized emotional insights.
13. Local AI Option (Privacy-First) – OpenAI or local LLMs.
14. Wearable Device Integration – Fitbit/Withings support.
15. Animated Mindfulness Tools – Breathing exercises and calming UI features.

5. Tech Stack

Frontend: React.js, Bootstrap

Backend: Flask or Node.js

AI Engine: OpenAI API / Local LLM (Mistral)

Messaging: Telegram Bot API

Wearable API: Fitbit API, Google Fit (optional)

Voice: Google Speech-to-Text / ElevenLabs

Database: PostgreSQL or SQLite

Hosting: Render, Railway, or Heroku

6. User Flow

1. User opens the web app or Telegram bot
2. AI greets the user and optionally checks their mood
3. Based on input, the AI responds with empathy or offers self-care
4. Data is logged (with user permission)
5. Weekly report + plan generated
6. Optional: Sync with Fitbit for deeper insights

7. Privacy & Ethics

- No data is stored without consent
- Anonymous check-ins allowed
- Sensitive keywords like suicide or self-harm trigger crisis mode

8. Future Roadmap

- Mobile app (React Native or Flutter)
- Group support chatrooms (moderated)
- Professional therapist integration
- Emotion recognition from facial expressions