Psych Up

**OBJECTIVE**

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. In the current scenario, mental health has become a very important aspect of human life which is not taken into consideration by majority population.

Our platform aims to make people aware about their mental health.

**WORKING**

Our platform provides a set of questionnaires that will be answered by an individual on a weekly basis. Each questionnaire consists of 10 questions. On the basis of marks scored by the individual, a detailed analysis will be provided regarding their mental health. Each individual will be categorized into three sub-categories:

* Mild Depression Symptoms
* Moderate Depression Symptoms
* Severe Depression Symptoms

It will provide the individual with suggestions which they can inculcate into their lifestyles to improve their mental Health.

We will also be providing the individuals with the details of the consultants who will be better equipped to cure the disorders.

**Tech Stack used**:

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| * HTML | * Java Script | * Git |
| * CSS | * Django | * Bootstrap |