

RELAXMIND

A FLUTTER & FIREBASE APP FOR MENTAL WELLNESS

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Flutter Mini-Project

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Introduction

What is RelaxMind?

- A free mental health app using Flutter & Firebase
- Provides positive affirmations, engaging games, emergency support, meditation, and music
- Personalized memory section for users to store and revisit happy moments

Why Mental Health Matters?

- Mental health is as important as physical health
- Need for easily accessible, tech-driven solutions

Problem Statement

Challenges in Mental Health Support:

- High cost of therapy and wellness programs
- Limited accessibility to mental health resources
- Lack of personalized engagement for mental well-being

Need for a Free, Engaging, and Personalized Solution

Objectives

- Provide free mental health support to users
- Encourage positive thinking through affirmations
- Offer interactive and engaging mental wellness activities
- Create a personalized memory space for users to store happy moments
- Integrate meditation guides, soothing music, and stress-relief tips
- Ensure emergency support features for immediate assistance

Requirements

Functional Requirements:

- User authentication (Firebase Authentication)
- Personalized dashboard
- Upload and view happy memory photos
- Meditation videos and soothing music integration
- Emergency support feature

Technical Requirements:

- Frontend: Flutter (Dart)
- Backend & Database: Firebase (Firestore, Storage)
- API Integrations: Meditation video APIs, music streaming APIs

Literature Survey

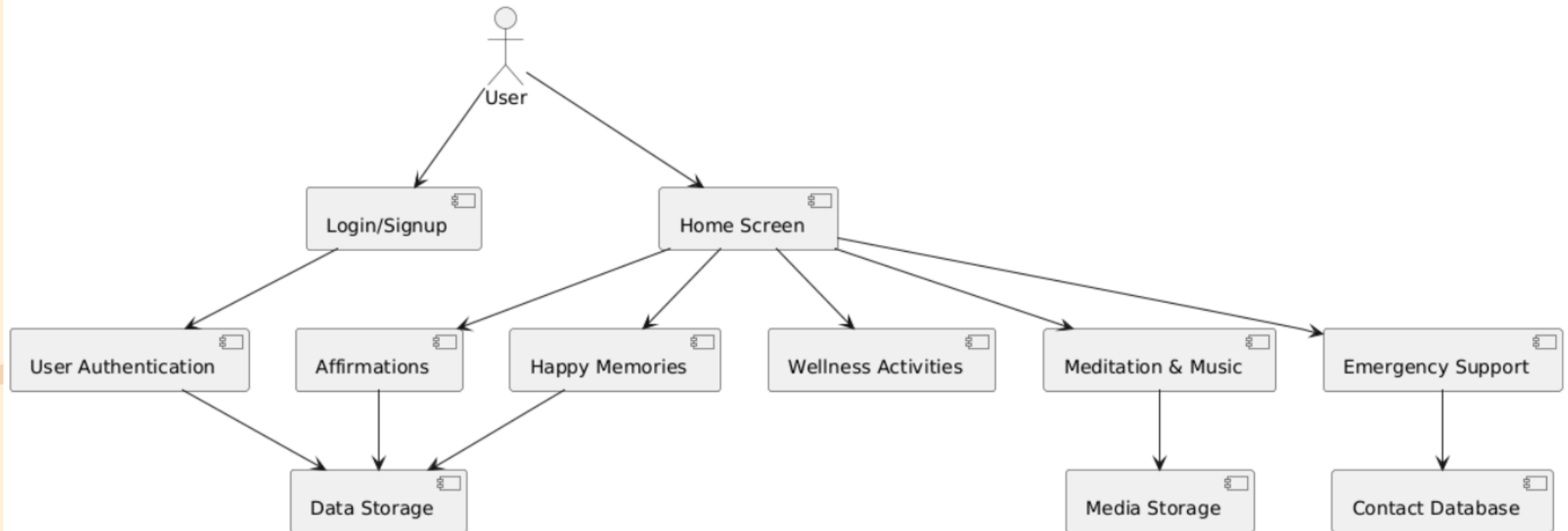
Existing Mental Health Apps & Their Limitations:

- Calm and Headspace: Paid subscriptions, lack personalized memory section
- Woebot and Youper: AI-driven but less engaging, lacks emergency support

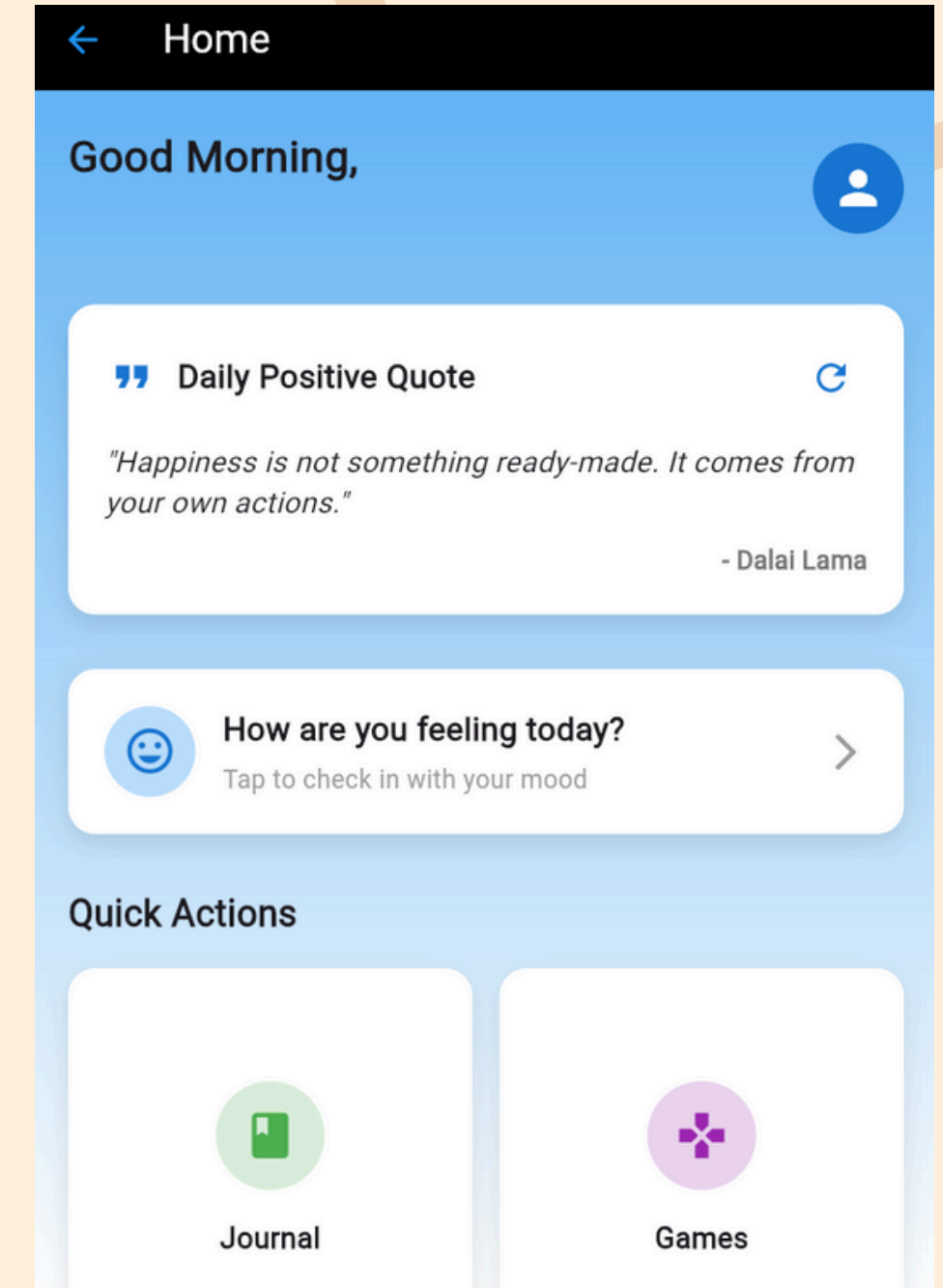
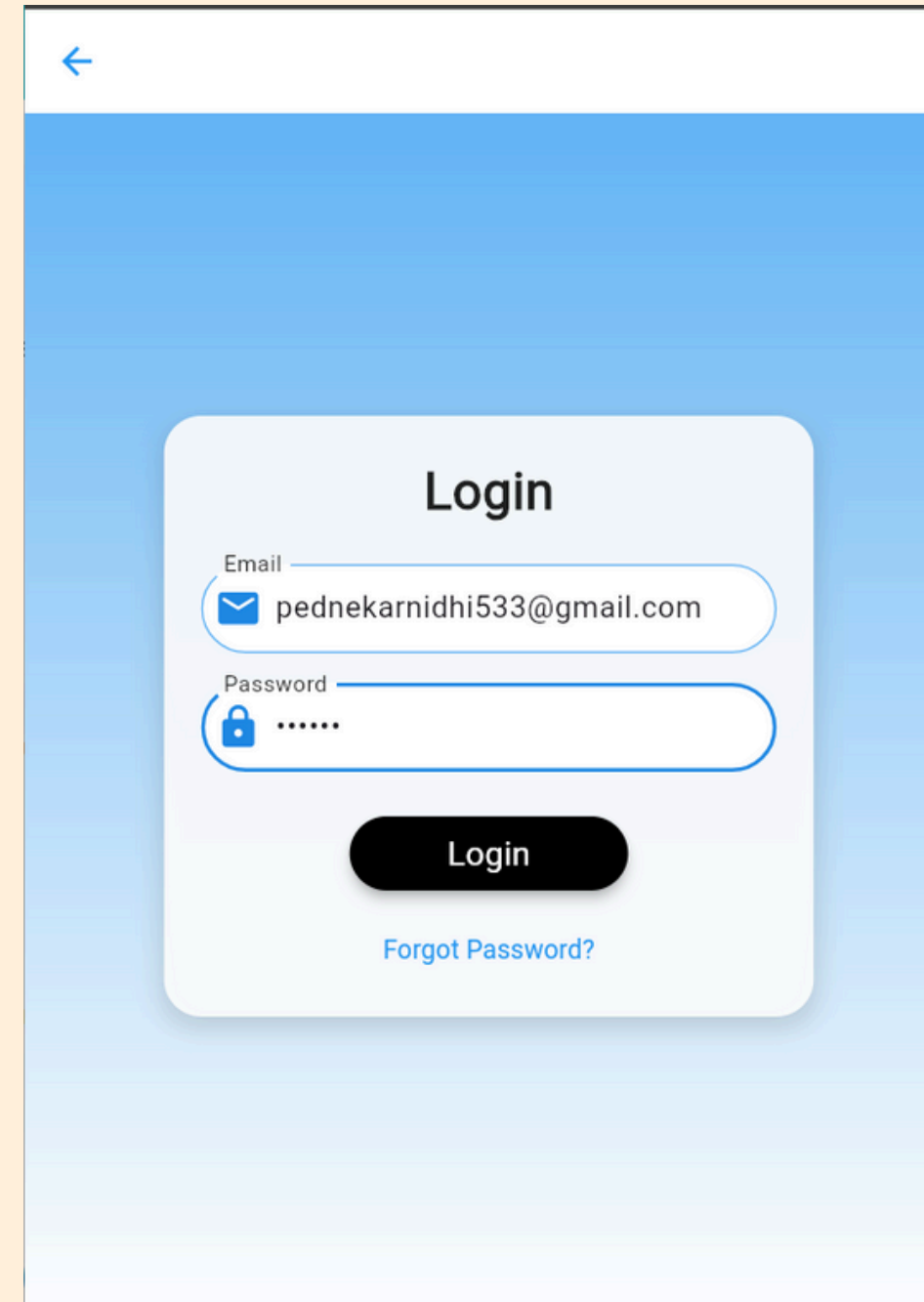
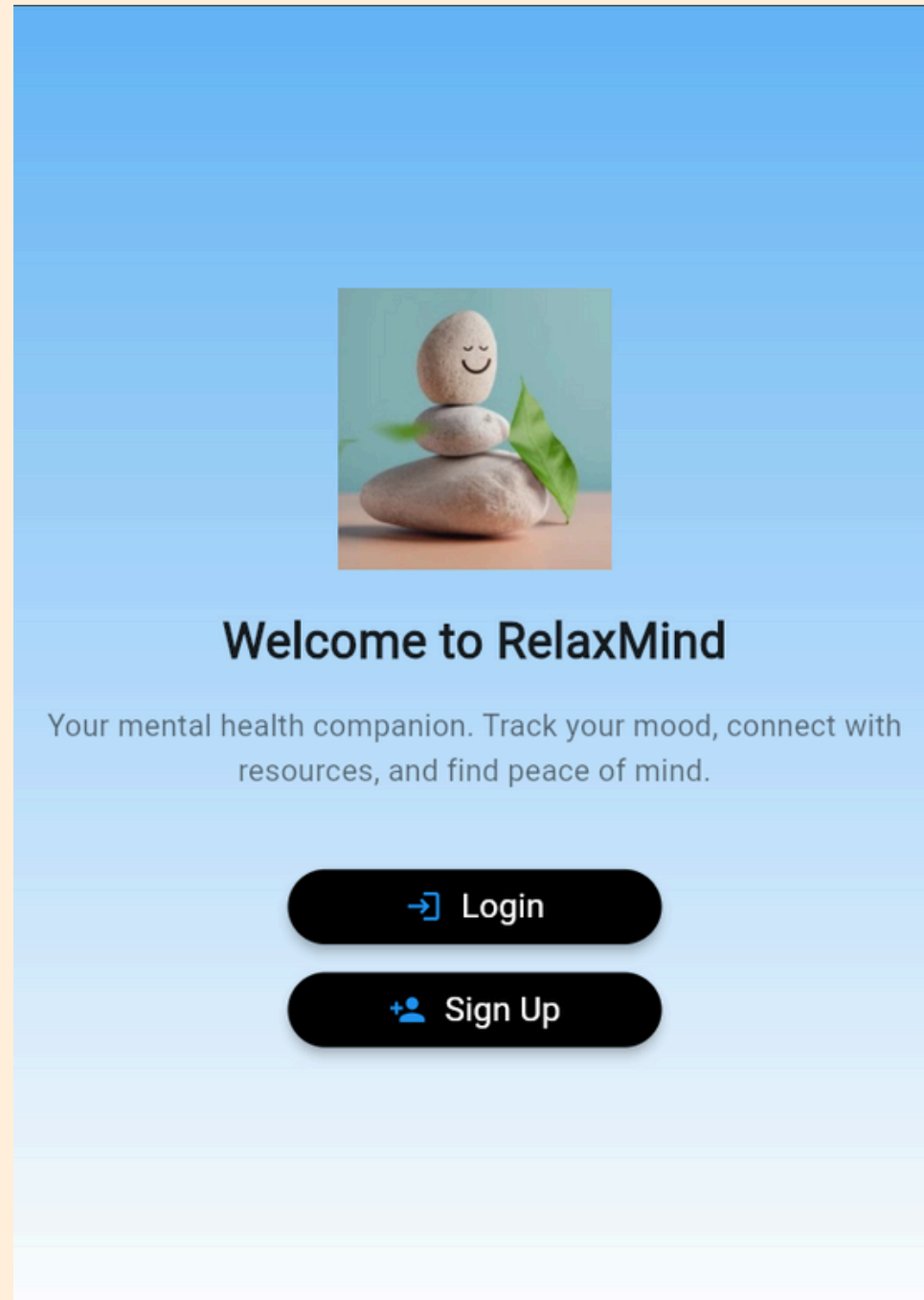
How RelaxMind Stands Out:

- Free of cost
- Personalized memory section
- Positive affirmations & engaging games
- Emergency support for immediate help

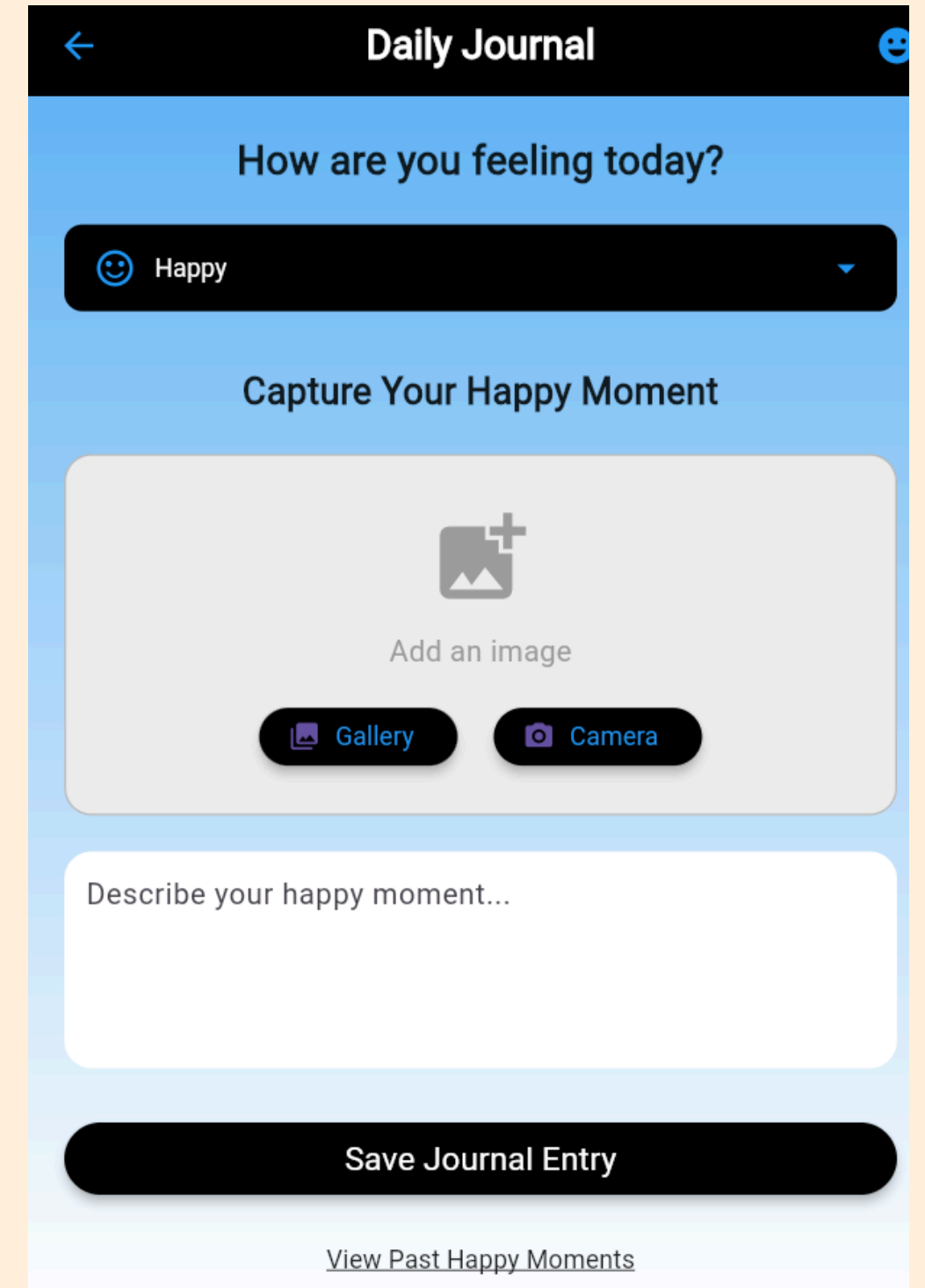
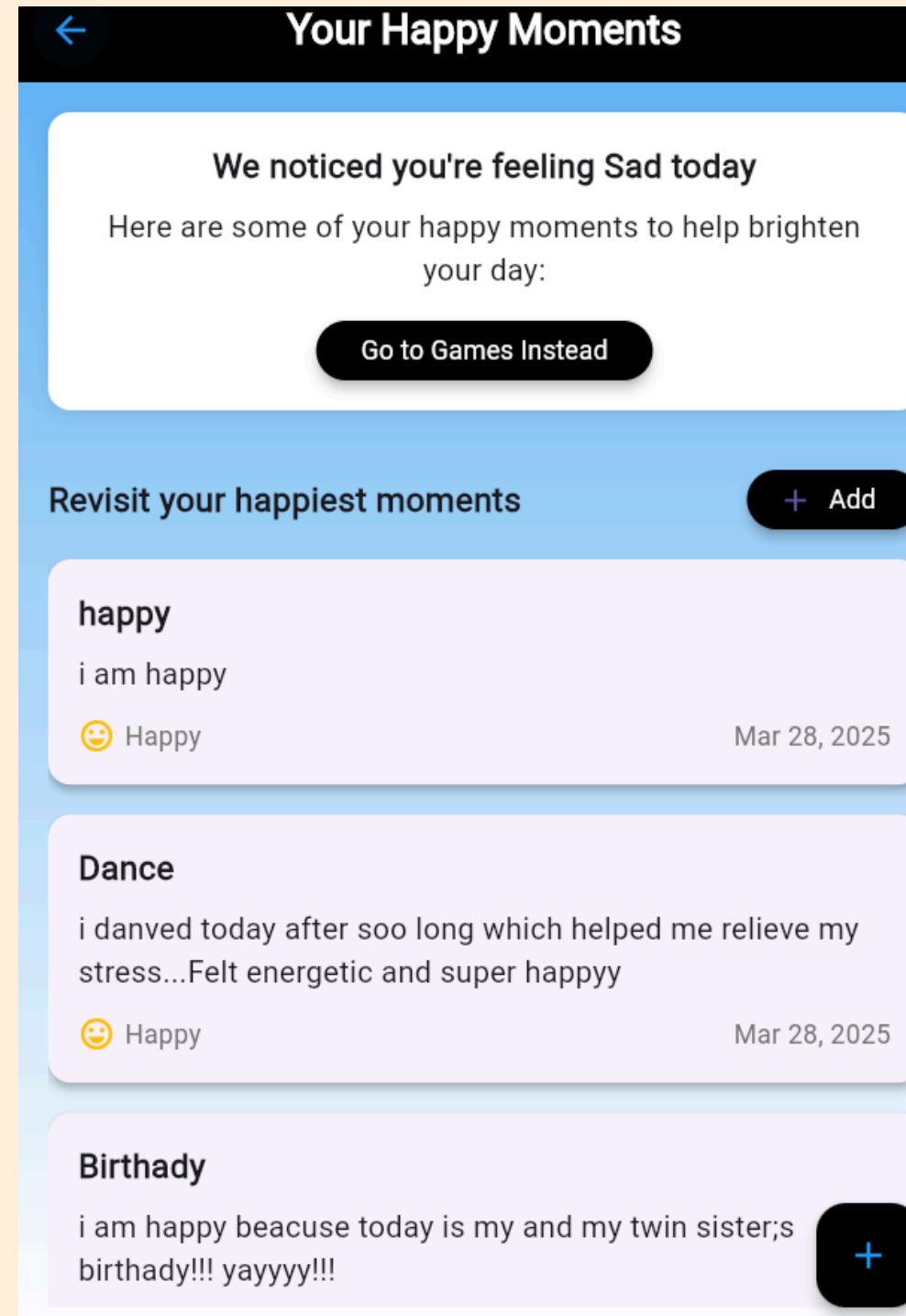
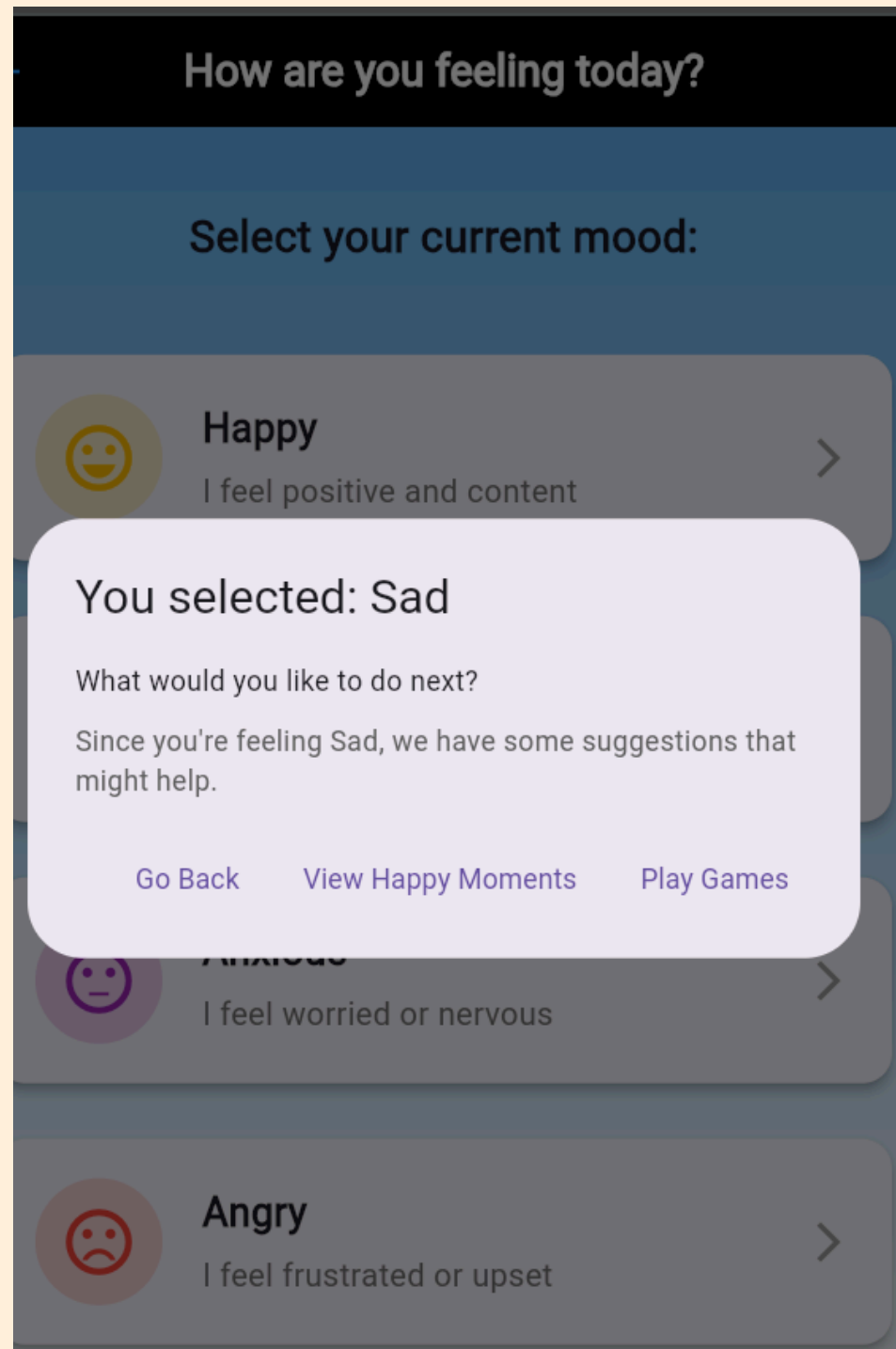
Proposed Design



Implementation




Implementation



Results and Analysis



- Positive affirmations can help users reinforce a healthy mindset and reduce stress.
 - The memory section allows users to revisit happy moments, which can improve mood and emotional well-being.
 - Meditation videos and soothing songs provide relaxation and reduce anxiety levels.
 - Firebase-backed real-time updates ensure that user data, such as uploaded memories, is instantly accessible.
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Conclusion

RelaxMind successfully provides:

- Free and accessible mental health support
- A unique memory section for positive reinforcement
- Engaging games, affirmations, and meditation
- Emergency assistance for immediate help

Future Enhancements:

- AI-driven mood analysis for personalized suggestions
- Integration of therapist chat feature

THANK
YOU

