



# MentalHelp+

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# PROBLEM STATEMENT

During these trying times, the mental health of a lot of individuals has deteriorated. More than half of the people in India suffering from mental disorders do not get the help they need. It is difficult for some people to identify these problems. The goal of the MentalHelp+ website is to make a concise and efficient Test supported with accurate Statistics that should help in making all concerned individuals realise how vulnerable their mental health is and encourage them to seek professional help.

# MARKET SURVEY

## Google Form

We created a Mental health Survey using a Google Form to collect data to train the MentalHelp+ model.



## Professional Help

We sought the advice of two Mental Health professionals while forming the Questionnaire for the survey and while interpreting the results of the test to make the model as authentic and accurate as possible.

## TECHNOLOGIES USED

scikit  
*learn*



**IBM**  
**SPSS**



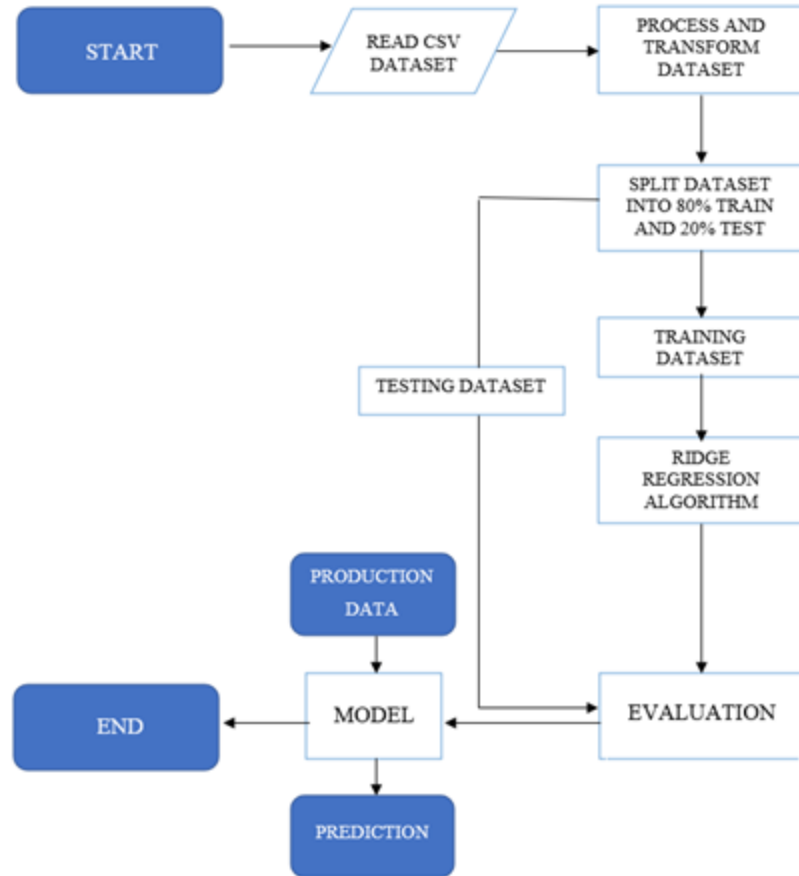
**django**

# CODE

- ❑ All the data was processed and transformed to standardize the dataset.
- ❑ A Ridge Regression pipeline was used due to it's high  $R^2$ .
- ❑ Optimal parameters were set using hyper parameter puring (Grid Search CV).
- ❑ Of all the models compared, Ridge Regression has the highest accuracy (99.9%).
- ❑ All the graphs were constructed on Plotly and are static.
- ❑ Tables and Cross Tabulation were made on SPSS.
- ❑ Framework used for UI is Django.



# FLOWCHART



# DIFFICULTIES FACED



Forming the Questionnaire



Assigning appropriate value to each Question



Selecting the Type of ML Model used



Collecting data with Diversity



## **CONCLUSION**

- ❑ Spread Awareness
- ❑ Overcome the Stigma
- ❑ Learn about one's mental state
- ❑ Encourage to get help
- ❑ Realize they're not alone



# FUTURE SCOPE

1

Better User  
Interface with  
Data Collection

2

Multiple tests  
based on different  
Mental Disorders

3

Make the Website  
live and accessible  
to everyone

4

Modify the Graphs  
to be Dynamic



**THANK YOU**