

An illustration of a woman with long black hair, wearing a blue long-sleeved shirt and blue pants, sitting on a large, stylized orange hand. The background is a light gray with white clouds. There are several green circles and plus signs scattered around. The woman is looking down with a sad expression.

# MentoBliss

GUIDING MINDS, EMPOWERING LIVES

Mental Stress Detection  
and Care

# Problem Statement



- Mental stress has become a widespread issue, affecting millions of people globally. The lack of awareness and timely intervention often leads to prolonged mental stress, impacting individuals' overall health and productivity.
- The need for accessible and proactive mental health solutions has never been more critical.



51% of adults who felt stressed reported feeling depressed, and 61% reported feeling anxious.



Of the people who said they had felt stress at some point in their lives, 16% had self-harmed, and 32% said they had had suicidal thoughts and feelings.



37% of adults who reported feeling stressed reported feeling lonely as a result.



# Approach

## Research and Planning

- Conduct thorough research on mental stress, symptoms, and relevant factors
- Calculation of the stress, depression and anxiety levels based on the DASS-21 test.
- Considering legal and ethical aspects related to mental health applications.



## Application Development

- Design an intuitive User Interface (UI) and User Experience (UX) with seamless integration of features so as to screen the individuals for depression, anxiety and stress
- Conduction of the test.
- Providing assistance to handle mental stress, depression and anxiety.

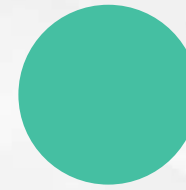
## Collaboration

- Collaborate with mental health organizations, professionals, or academic institutions to enhance credibility and reach
- Enhancing the question set based on the regional and cultural aspects of people of a certain region with help from professionals.





## Key Features



### Personalized Stress Level Detection

Each individual conducts the test himself to determine his stress, anxiety and depression levels which would enable personalized care and support.



### Access to Educational Modules

To handle and manage mild mental health related issues, our app empowers you with evidence-based learning modules covering various topics related to stress management and mental well-being.





## Key Features



### Connect with Mental Health Professionals

Easily find and connect with qualified mental health doctors who can provide guidance and treatment options tailored to your needs.



### Talk to Compassionate Volunteers

Compassionate Volunteers – Share your feelings and concerns with our supportive network of volunteers. Sometimes, a listening ear can make all the difference.





# Tech Stack

## Android



Firebase - For authentication and data storage.

Backend- Kotlin

API's for navigation - to provide uninterrupted navigation

## Intuitive User Interface

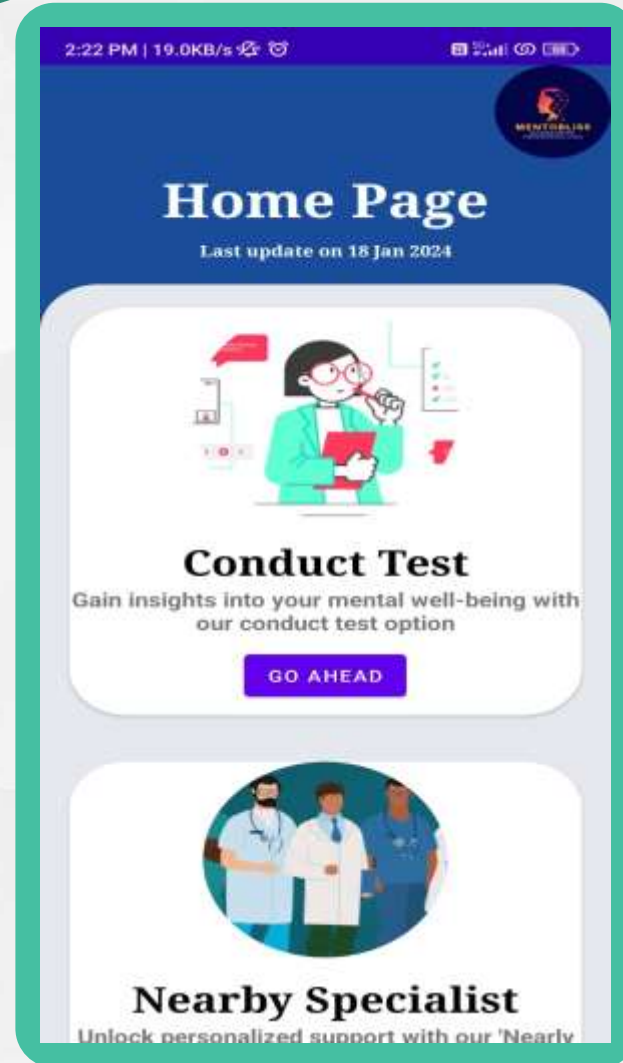
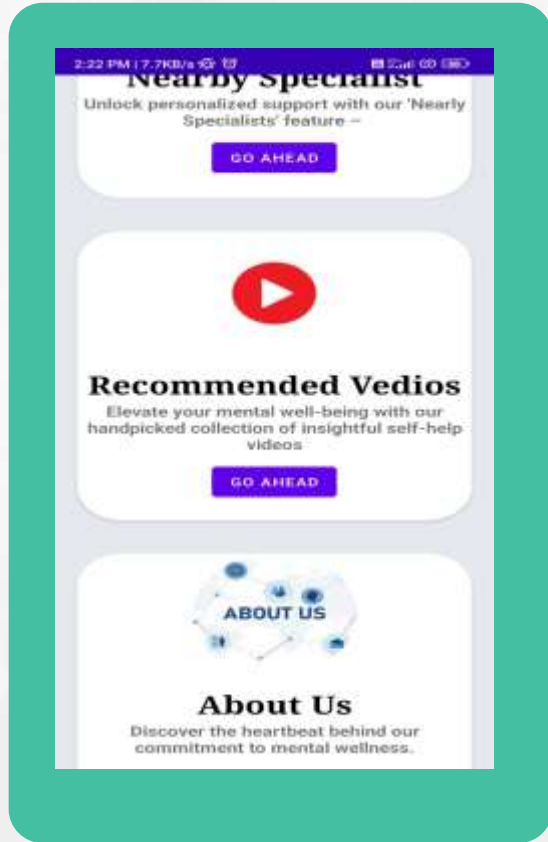


Animation, Gradient, style for interactive UI to offer a seamless and user-friendly experience.






# Our App Looks Like..





2:22 PM | 0.2KB/s



Based on your responses your Mental Health level is:

Stress Score: 16 (Mild)  
Depression Score: 8 (Normal)  
Anxiety Score: 11 (Moderate)

[CLICK HERE TO ACCESS VEDIO MODULES](#)

[CLICK HERE TO VISIT SPECIALISTS](#)

2:22 PM | 74.1KB/s

I found it hard to wind down

☐ Never  
☐ Sometimes  
☐ Fairly Often  
☐ Very Often

I was aware of dryness of my mouth

☐ Never  
☐ Sometimes  
☐ Fairly Often  
☐ Very Often

I couldn't seem to experience any positive feeling at all


☐ Never  
☐ Sometimes  
☐ Fairly Often  
☐ Very Often

I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion)

☐ Never

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## Recommendation



### Stress Control

- [Vedio Link 1](#)
- [Vedio Link 2](#)
- [Vedio Link 3](#)
- [Vedio Link 4](#)

#### Depression Causes





# THANK YOU



Our Team:

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