

MINDMATE - MENTAL HEALTH CHECK-IN BOT

PROBLEM + OBJECTIVE

Problem:

- Mental health often goes unchecked in daily life.
- Many individuals feel low, anxious, or overwhelmed but have no one to talk to.

Objective:

- Build a friendly, always-available AI that offers mental health support through emotional check-ins and journaling prompts.
- Help users feel heard without judgment.





ARCHITECTURE & WORKFLOW

User opens the MindMate AI on Lyzr Studio

→ Agent asks: 'How are you feeling today?'

→ Based on emotion (e.g., sad, okay, happy), the AI offers:

- Empathetic responses
- Suggestions like breathing exercises, journaling

→ Ends with motivation & option to check in later



FEATURES & FUTURE SCOPE

Key Features:

- CBT-based emotional support
- Journaling prompts for reflection
- Mood-aware conversation design
- Lightweight Lyzr-based deployment

Future Scope:

- Mood tracking over time
- Analytics for HR/wellness teams
- Integration with wearable wellness app

THANK YOU

