# PROJECT TITLE: MINDCARE-AI INTEGRATED CHATBOT

# TEAM MEMBER:

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# PROJECT DESCRIPTION

**Mind care** – AI Integrated Chatbot is used enhance access to mental health support. By using AI technology, the chatbot offers a safe, judgment-free space where people can talk about how they're feeling, get emotional support, and learn coping strategies— anytime, anywhere. It's especially useful for individuals who don't have easy access to a therapist due to financial issue.

## Objectives

- Develop an AI platforms that provides individuals with personalized support for mental health and well-being systems, including behavioural health resources.
- Improve access to mental health resources for individuals living in rural and under-served areas.
- Reduce stigma related to mental health by providing an anonymous stigma-free experience for responding and discussing mental health concerns.
- Evaluate the effectiveness of this proposed solution in reducing stress, anxiety, and depressive symptoms from the perspectives of the end users.

## Model Used

- **Gemini 1.5 Flash Model**
  - Utilized for **fast and efficient response times** in real-time conversations.
  - Optimized for low-latency tasks in high-traffic environments.

- # Technology Stack used

  **Frontend:** Next.js, React, TypeScript

  **Styling:** Tailwind CSS

  **UI Components:** Shadcn UI

  **AI Integration:** Google Gemini API

- **FEATURES**

**Stigma-**FREE Support: Provides a helpful, stigma-free, and safe place for users to seek help and to have conversations about their mental health anonymously.

**Behavioral Health Resources**: Connect users with behavioral health resources for supports including emergency hotlines, and referral to and from professional providers.

**AI Model:** Utilizes Gemini 1.5 Flash allowing low latency, as well as targeting real-time responses.

**Access any way you want**: Available on web and mobile.

**Privacy and security**: Provides user security, confidentiality, and privacy.Stigma-FREE Support: Provides a helpful, stigma-free, and safe place for users to seek help and to have conversations about their mental health anonymously.

**Steps to Run/Execute the Project :**

**Clone the Repository:**

- **git clone : Priyanka17-08/Priyanka_A_mindcare**

**2. Install Dependencies:**

- Navigate to the project directory: cd MIND CARE CHATBOT
- Run npm install to install all required packages.

**3. Configure Environment:**

- Set up Firebase or MongoDB credentials in the .env file.

**4. Run the Application:**

- Execute npm start to launch the web app locally.
- For mobile, use a compatible emulator or build with npm run build mobile.

**5. Access the App:**

- **Open https://mindcarechat.vercel.app/**