



AI-Based Mental Health Support Platform

EMPOWERING MINDS THROUGH AI

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The Growing Mental Health Crisis

- ▶ 1 in 4 people globally experience mental health issues.
- ▶ Access to affordable and consistent mental health care is limited.
- ▶ Social stigma prevents many individuals from seeking professional help.
- ▶ Lack of mental health education leads to unawareness of symptoms and when to seek help.
- ▶ Overburdened mental health professionals result in delayed support and long waiting times.
- ▶ Youth and students are increasingly affected, but many lack access to school-based mental health programs.

Introducing “Your Mindful Companion”

- ▶ All-in-one digital platform designed to provide accessible, affordable, and private mental health support.
- ▶ Features include:
 1. **Mood Tracker** : to monitor emotional well-being over time
 2. **AI Chatbot** : offering 24/7 emotional support and guidance
 3. **Meditation Assistance & Peaceful Tunes** : for relaxation and mindfulness
 4. **Certified counselors** : for professional help
- ▶ Accessible anytime, anywhere your mental health companion in your pocket.



Mood Tracker



AI Chatbot



Meditation Assistance

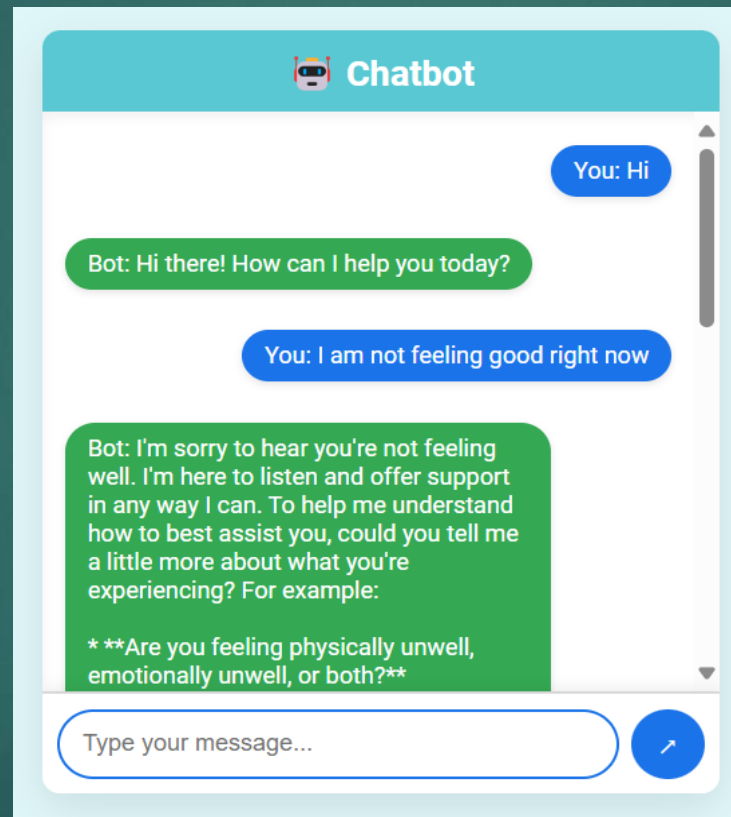
Visual Preview of Our Solution

Home Page



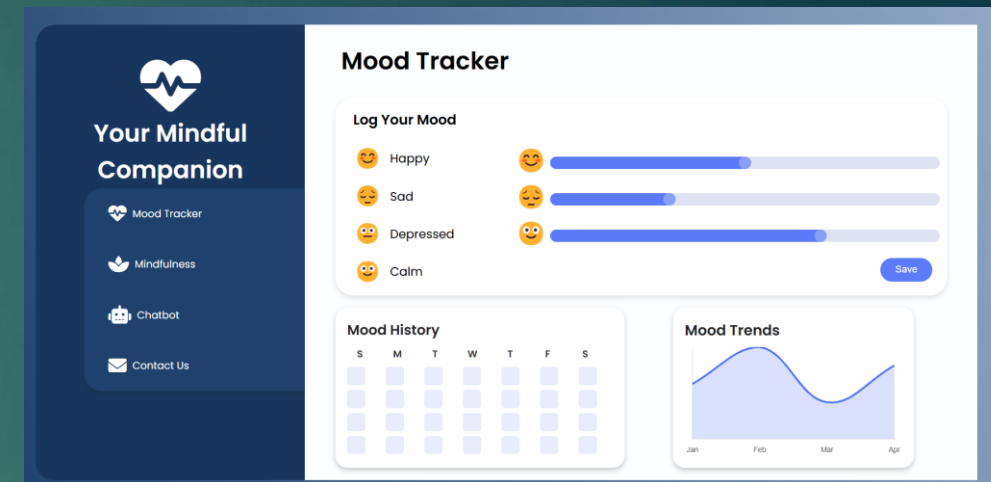
A welcoming and calm interface introducing the platform and its features.

AI Chatbot



Get 24/7 emotional support through an AI-powered conversational assistant.

Mood Tracker








Track your daily mood and reflect on emotional well-being over time.

The Road Ahead – Expanding Capabilities

- ▶  **Counselor Integration:**
Onboarding licensed mental health professionals to offer virtual therapy sessions for deeper, personalized care.
- ▶  **Meditation & Peaceful Tunes:**
Adding guided meditations, nature sounds, and calming music to help users practice mindfulness and manage stress.
- ▶  **Smart Scheduling & Reminders:**
Personalized reminders for mood check-ins, therapy sessions, and mindfulness routines to build healthy habits.
- ▶  **Data-Driven Insights (AI-powered):**
Provide users with personalized emotional trends and mental health tips based on their input and usage.
- ▶  **Multilingual & Regional Support (Future Plan):**
Making the platform accessible in multiple Indian languages to reach rural and underserved areas.

Market Opportunity & Social Impact

- ▶  **Growing Mental Health Concerns:**
Over 56 million Indians suffer from depression and 38 million from anxiety, but most don't receive timely help due to stigma or lack of access. (Source: WHO)
- ▶  **Rise in Digital Health Adoption:**
Increase in smartphone penetration and telehealth solutions makes digital mental wellness more viable and scalable.
- ▶  **Target Audience:**
Young adults, students, and working professionals struggling with stress, anxiety, or burnout—especially in Tier 2/3 cities where resources are limited.
- ▶  **Untapped Market:**
India's mental health tech space is expected to grow rapidly, yet remains largely underdeveloped—this presents a huge opportunity.
- ▶  **Social Impact:**
Enables early intervention, emotional awareness, and support for users who might otherwise stay silent.

Let's Make Minds Healthier Together

- ▶ Thank you for the opportunity to share my vision with you.
- ▶ I'm deeply passionate about making mental health care accessible, empathetic, and personalized for everyone.
- ▶ With Your Mindful Companion, we aim to provide timely support and long-term impact for those struggling with mental health challenges.
- ▶ Together, we can help break the stigma around mental health and create a world where support is just a click away.
- ▶ Let's make a real difference — one mind at a time.