

# Hackon 2.0 Hackathon

**Team**

The Wrecking Ball

**Theme**

Mental Health and Awareness

**Team Members**

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# Introduction



- Mental health is a major concern worldwide and India is not far behind in sharing this.
- If we evaluate developments in the field of mental health, the pace appears to be slow.
- Dr. Brock Chisholm, the first Director-General of the World Health Organization (WHO), in 1954, had presciently declared that “without mental health, there can be no true physical health.”

# Components of mental health literacy

Knowledge of how to seek mental health information

Attitudes that facilitate recognition and help-seeking

Knowledge and beliefs about professional help

Knowledge and beliefs about self-help

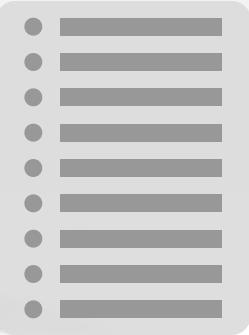
Knowledge and beliefs about causes

Ability to recognise psychological distress

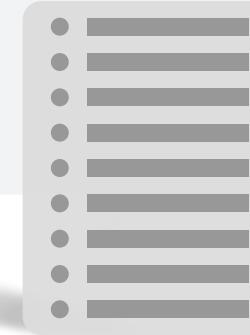
# INDIAN SCENARIO



The suicide rate in India in 2015 at 15.7/100,000 is higher than the regional average of 12.9 and the global average of 10.6.

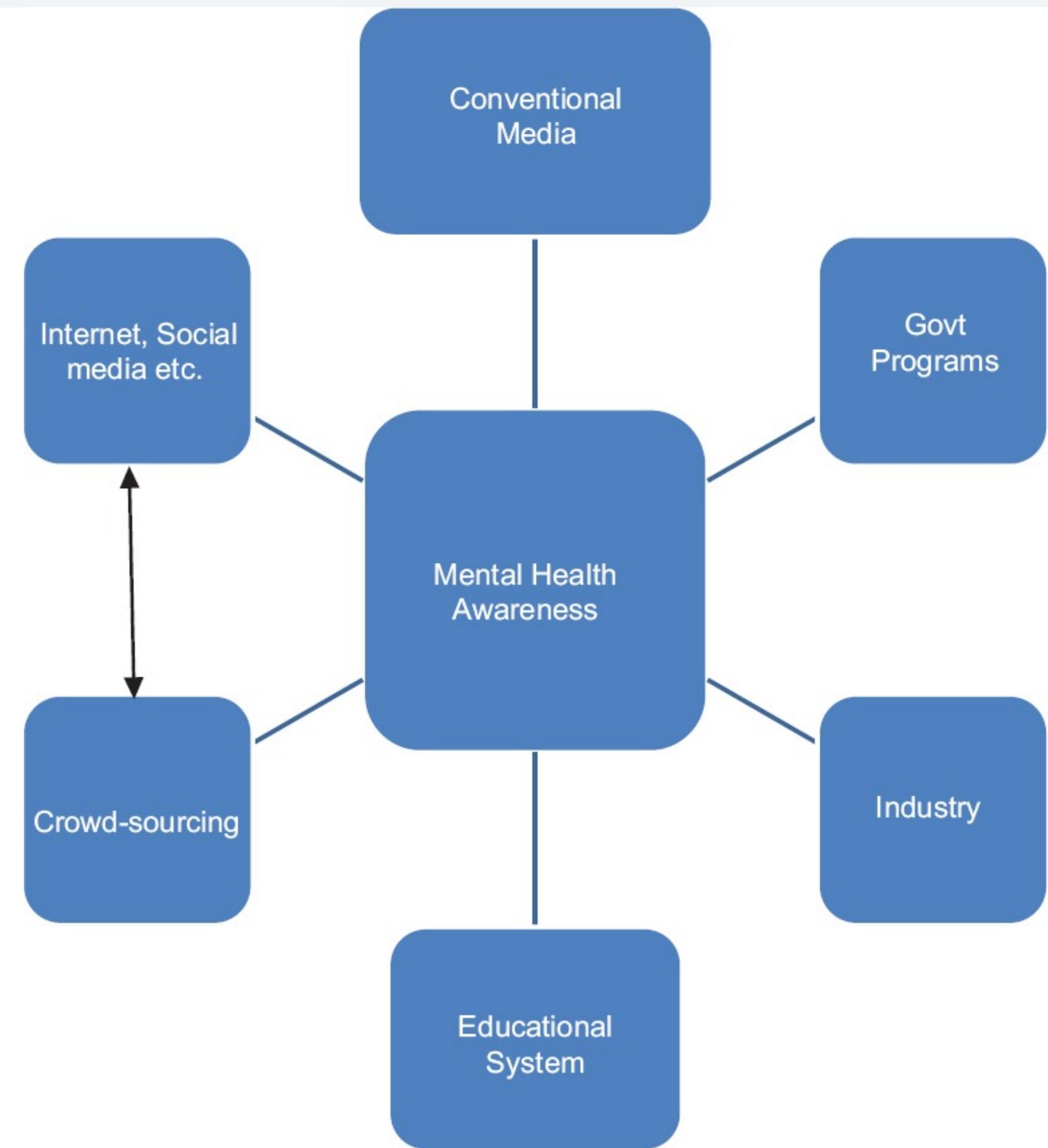


The treatment gap, as measured by the absolute difference between the prevalence of mental illnesses and the treated proportion, has been found to be 76%–85% in less-developed countries

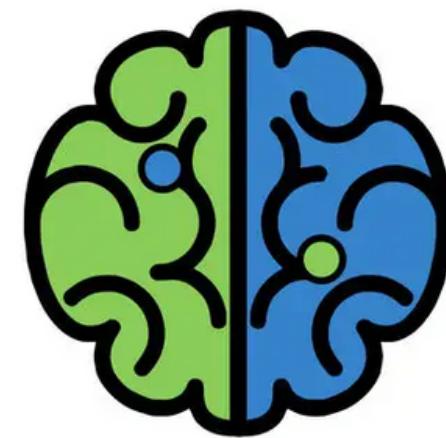


A large proportion of the population ends up impoverished because of high out-of-pocket healthcare expenditures and suffers the adverse consequences of the poor quality of care.

# ROADMAP FOR MENTAL HEALTH AWARENESS



# Our Idea



**MENTAL HEALTH**  
SLOGAN GOES HERE

## The **Healthy** Mind

### Application On Website as well as Mobile

The Health Mind brings you the best platform where you not only find the best consultancy for all your problems by best-trained and renowned counselors but also a community to help and develop with all your mates.

# **Services what we offer**

Provide awareness by reading short articles written by experienced people.

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Weekly Online Assessment to know mental state and improvement.

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Complete Guidance by the trained and renowned psychiatrist at your doorstep online.

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We'll take care of your privacy.

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Will give you the best-suited environment to grow and develop from all your problems with people having similar problems.

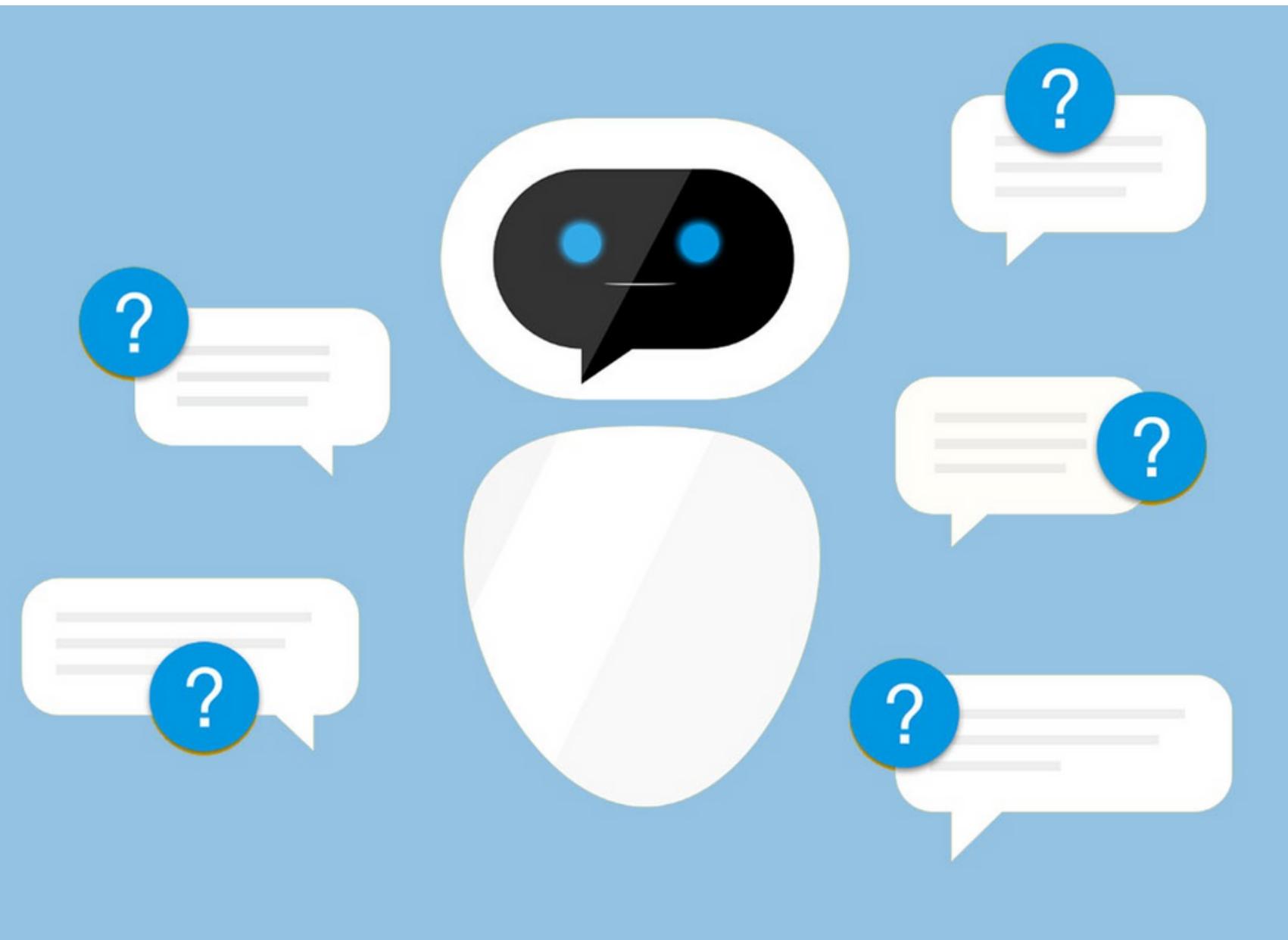
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# Our ChatBot Assistant

A chatbot is a computer program that simulates human conversation through voice commands or text chats or both.

This Bot will ask certain predefined questions and you have to answer in some predefined format.

This ChatBot will analyze your disorder level by your answer keywords and will divide you into groups so that we can have regular meetups and can know and share each other's problems.



# Kumospace Immersive Video Chat

Kumospace is the world's most immersive video chat platform.

Our rich collection of custom spaces and interactive features drive business productivity as well as user enjoyment.

A platform where we all can have group therapy in a particular decided layout to make it interactive and fun.



# One-to-One Consultancy



We offer one-to-one consultancy at your doorstep.

Book your Appointment with a renowned therapist at a genuine price, and get a chance to talk to them directly and find a solution for your problem.



**Some Screenshot  
of Our Application**

# Welcome to The Healthy Mind



The Health Mind brings you the best platform where you not only find the best consultancy for all your problems by best-trained and renowned counselors but also a community to help and develop with all your mates.

[Read More](#)

ABOUT

## WHO WE ARE

We at Healthy Mind will provide all the requirements which one individual needs when he/she is psychologically ill.

- ✓ Provide awareness by reading short articles written by experienced people.
- ✓ Weekly Online Assessment to know mental state and improvement.
- ✓ We'll take care of your privacy.
- ✓ Complete Guidance by the trained and renowned psychiatrist at your doorstep online.
- ✓ Will give you the best-suited environment to grow and develop from all your problems with people having similar problems.





## Healthy-Mind

The Health Mind brings you the best platform where you not only find the best consultancy for all your problems by best-trained and renowned counselors but also a community to help and develop with all your mates.

### FAQ's

**What causes depression?**  
There are lots of reasons why someone might feel depressed, but sometimes there isn't any obvious reason. It can be caused by a difficult life event.

**How can I tell if someone has a mental health problem?**  
If someone has bipolar disorder, they may show significant mood swings, or appear more withdrawn if they are dealing with self-harm or negative thoughts.

**How can I speak to and help someone**



## Register

Name

E-mail

Password

**Register** [SignIn](#)



E-Mail

abc@gmail.com

Password

**Log In**

**Register >**

## Help

B

Bot

Hey there! Good to see you here. Im your personal chatbot for The Healthy Mind.

Me  
hello

M

B

Bot

How are you feeling today?

Depressed

Anxiety

Stress

Other

Send a message



## Blogs

### Lorem Ipsum Rocks

By Archit Kapoor

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Integer risus urna, finibus id placerat vel, lacinia ac ante. Maecenas euismod at augue eu faucibus.

[Read Full Article](#)



## Details

### Dr.John

Lorem ipsum dolor sit amet consectetur adipisicing elit. Consequatur expedita excepturi nobis ex tempore. Sequi facilis voluptas quas sunt, explicabo ducimus ipsam perspiciatis expedita, fugit laudantium minima! Dolor, praesentium ea?



Delhi



9:57 AM 0.0KB/s ...

5G

## Therapists

Dr. John

Psychiatrist

\$8/hour

View Details

Delhi

Home

Search

Messages

Profile

9:55 AM 0.1KB/s ...

5G

## Help

Me  
hello

M

B Bot  
How are you feeling today?  
Depressed  
Anxiety  
Stress  
Other

Me  
Stress

M

B Bot  
Say that one more time?

Me  
other

M

B Bot  
I missed what you said. What was that?

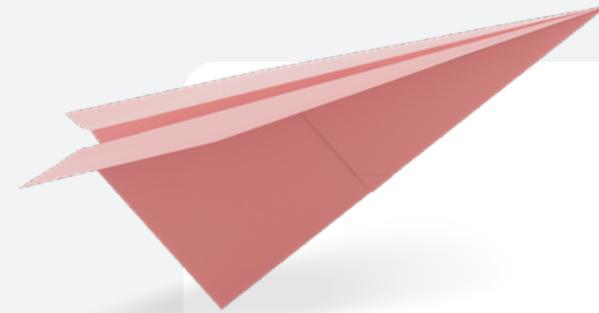
Send a message >

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# Conclusion

Considering that most of the earlier strategies to enhance mental health have not succeeded over the past six decades or more in less-developed countries, the time has come to take on a new approach with renewed vigor.

