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Hack Snippet 3.0

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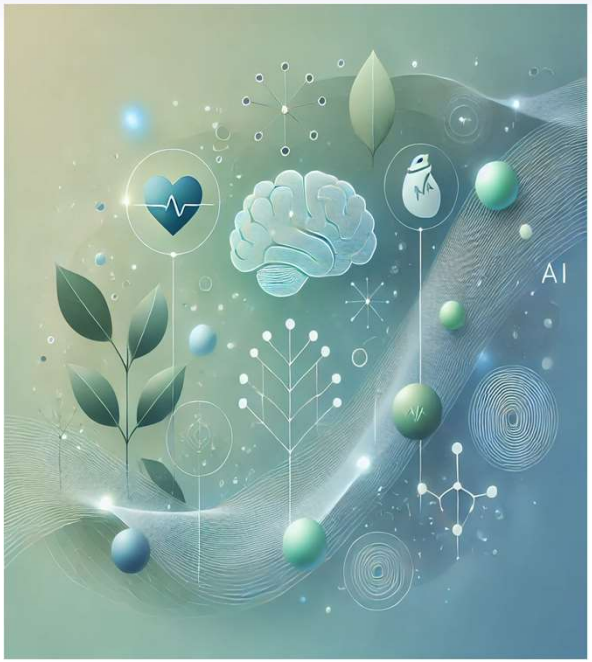
Problem Statement:

- Understanding the problem:
  1. Mental health issues are often stigmatized and overlooked.
  2. Limited access to affordable mental health resources and immediate support.

- Impact:
  1. High levels of stress, anxiety and depression, especially among youth.
  2. Lack of tools for self-care and mental health tracking.

- Brief about approach:
  1. Develop a user-friendly chatbot interface for seamless interactions.
  2. Use AI-powered NLP for empathetic and meaningful conversations.

- **Proposed Solution : Mental Health Companion Chatbot**
  1. Provides mental health tips and resources.
  2. Tracks mood and emotional well-being.
  3. Suggests emergency contacts and helplines when needed.



- **Value Proposition:**
  1. Accessible, affordable, and personalized mental health support.
  2. Promotes emotional well-being through daily interactions.

- **Chatbot Interaction:**
  1. User inputs their emotional state.
  2. Chatbot responds with supportive messages, self-care tips, and resource links.

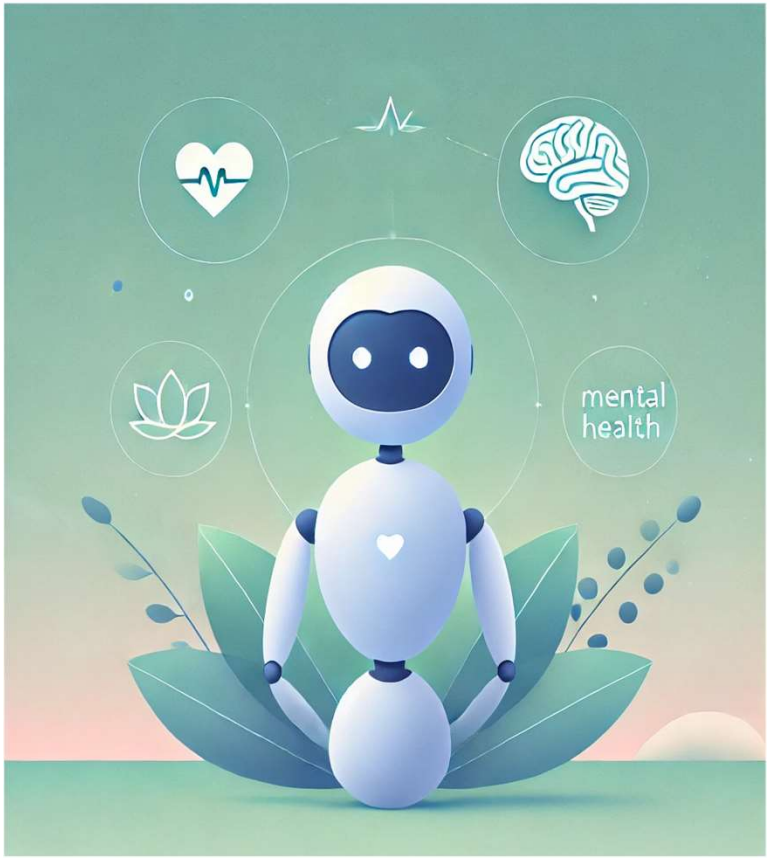
Features :

- **Daily Check-Ins:**
  - I. Users log their mood and thoughts daily.
  - II. Provides personalised journaling prompts.

- **Resource Library:**
  - I. Curated mental health articles, exercises and videos.

- **AI-Driven Interactions:**
  - I. OpenAI-powered chatbot for empathetic conversations.

- **Mood Tracking:**
  - I. Tracks trends in emotional well-being over time.
  - II. Visualizes progress with easy-to-understand graphs.



❖ **Tools and devices used on development**

- Frontend: HTML, CSS, JavaScript, React.js
- Backend: Node.js/Python(Flask/Django)
- Database: MongoDB
- APIs: OpenAI API for chatbot functionality
- Other Tools: Git, GitHub, Figma, etc.

❖ **Technologies involved/used**

- Natural Language Processing(NLP): For empathetic and contextual chatbot conversations.
- Data Visualization: Tracks and displays user mood data over time.
- APIs: Fetching emergency contact details.

❖ **References/Acknowledgement**

- OpenAI Documentation.
- Google Maps API guides.
- Mental health research papers and online resources.
- Mentors, hackathon organizers, and online communities for support.