



MindMend – Mental Wellness Platform

Nurturing Mental Wellness Through Technology

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AI For Bharat – Module Submission

Problem Statement

Limited Accessibility

Mental health support remains out of reach for many individuals seeking help.

Long Wait Times

Extended waiting periods for therapy appointments create barriers to timely care.

No Continuous Tracking

Lack of tools for ongoing emotional monitoring between sessions.

Communication Gaps

Limited channels for patient-therapist interaction outside appointments.

Scalability Needs

Requirement for secure, scalable digital mental wellness solutions.

Proposed Solution



Full-Stack Platform

Complete teletherapy web application connecting patients with certified therapists.



Mood Tracking

Continuous emotional tracking with AI-powered insights for better mental health awareness.



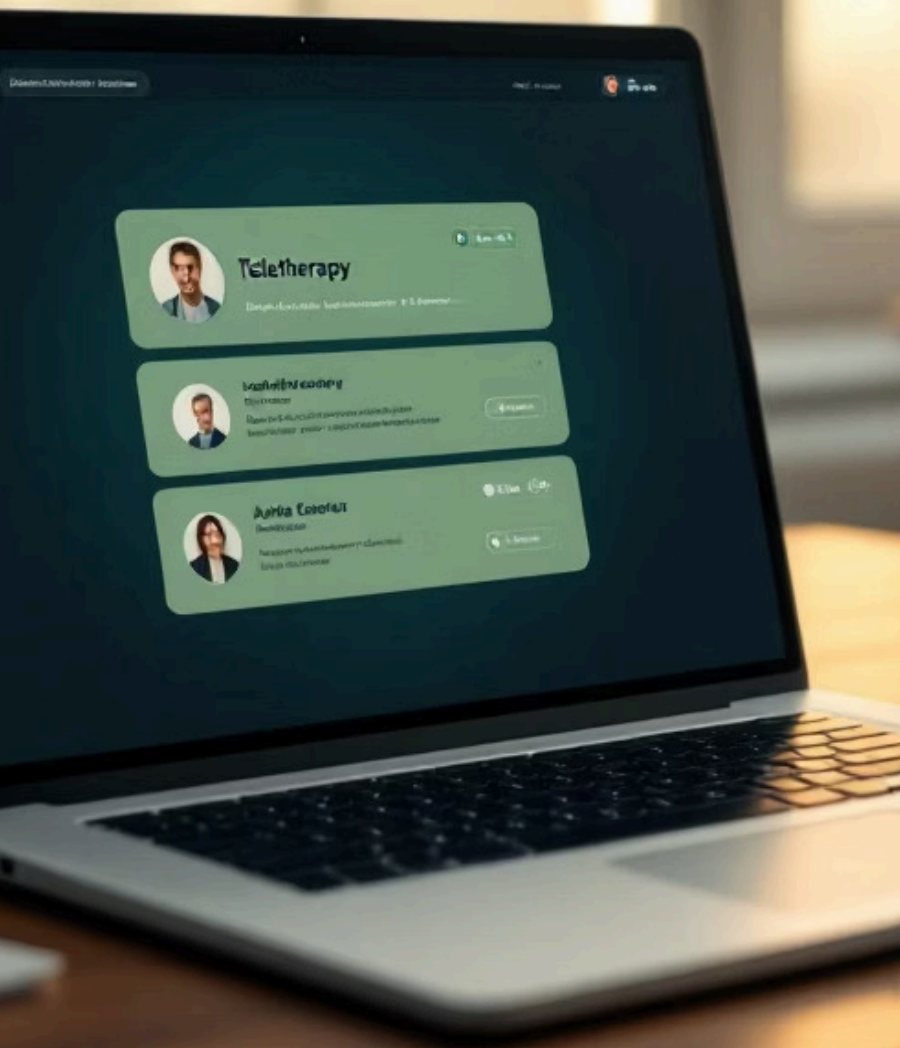
Real-Time Tools

Secure communication channels enabling instant patient-therapist interaction.



Secure Delivery

Built for secure, scalable healthcare delivery with enterprise-grade security.



Key Features



Secure Authentication

Role-based access control ensuring data privacy and security.



Mood Dashboard

Visual tracking of emotional patterns over time.



Appointment Booking

Schedule therapy sessions at convenient times.



Real-Time Chat

Instant messaging with therapists and support team.



Resource Library

Self-help materials and educational content.



AI Insights

Intelligent analysis of mood patterns and trends.



Community Forum

Peer support and shared experiences.



Modules Overview

Patient Module

- Track daily mood patterns
- Book therapy sessions
- Chat with therapists
- Access self-help resources

Therapist Module

- Manage patient roster
- View analytics dashboards
- Write session notes
- Schedule availability

System Architecture

Technology Stack

Frontend

- React.js
- Tailwind CSS

Backend

- Node.js
- Express.js

Database

- MongoDB

Additional Tools

- Socket.io
- JWT Authentication



Security & Scalability



Encrypted Communication

End-to-end encryption for all data transmission.



Access Control

Role-based permissions ensuring appropriate access levels.



Secure Data

Protected storage and handling of sensitive health information.



Cloud Ready

Designed for cloud deployment and elastic scaling.



Scalable Design

Architecture supports growing user base and demand.

Future Scope



Mobile App Version

Native iOS and Android applications for on-the-go access.



Advanced AI Analysis

Deeper mental health insights using machine learning models.



Video Consultations

Face-to-face therapy sessions through integrated video calling.



Multilingual Support

Expanded language options for broader accessibility.



Wearable Integration

Sync with fitness trackers and health devices for holistic monitoring.

A serene sunset scene with a bright sun low on the horizon, casting a long, shimmering reflection on the calm water. The sky is a gradient of warm orange and yellow, and distant mountains are visible on the right side.

Conclusion

MindMend bridges the gap between individuals and mental health support through a secure, accessible, and scalable digital platform that enhances communication, monitoring, and overall wellness management.

Accessible Care

Removing barriers to mental health support

Continuous Monitoring

Ongoing emotional tracking and insights

Secure Platform

Enterprise-grade security and privacy