



# MindMend – Mental Wellness Platform

Nurturing Mental Wellness Through Technology

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# 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

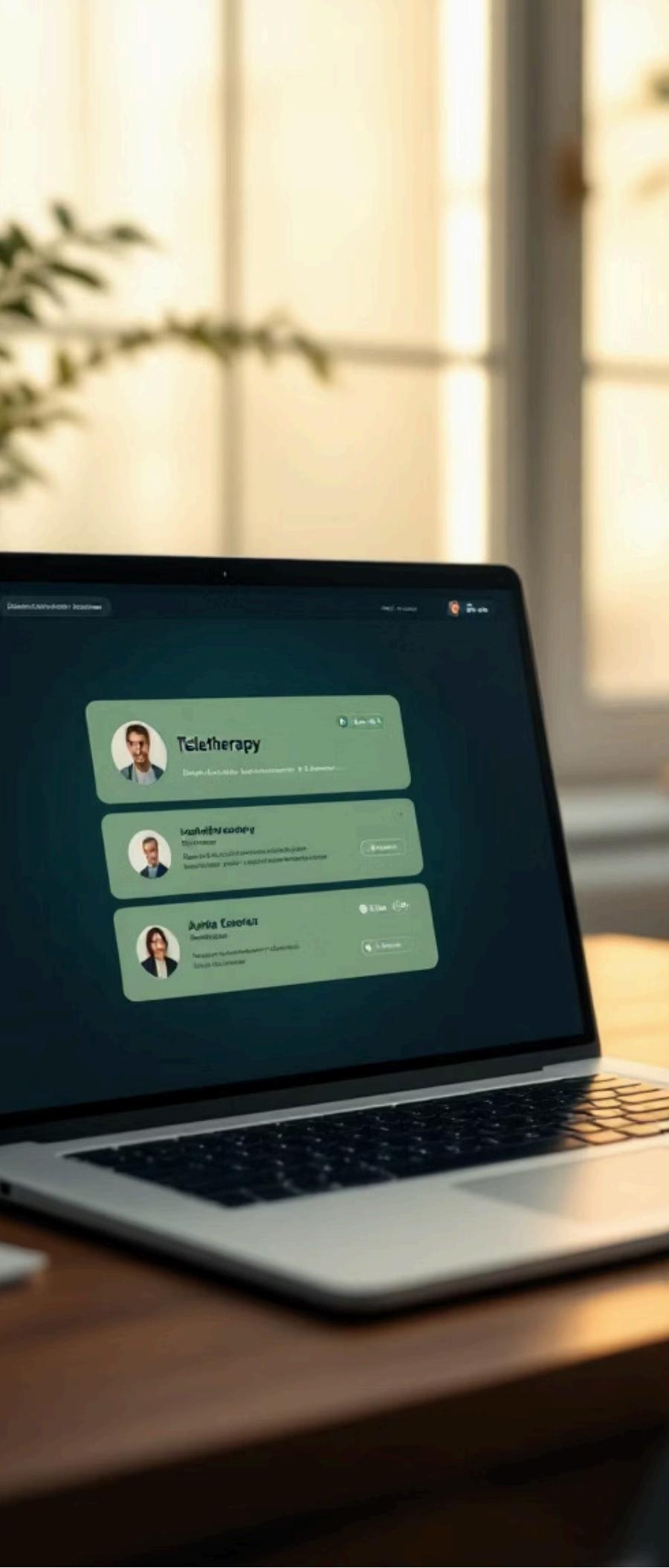
Lack of tools for ongoing emotional monitoring between sessions.

## 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.



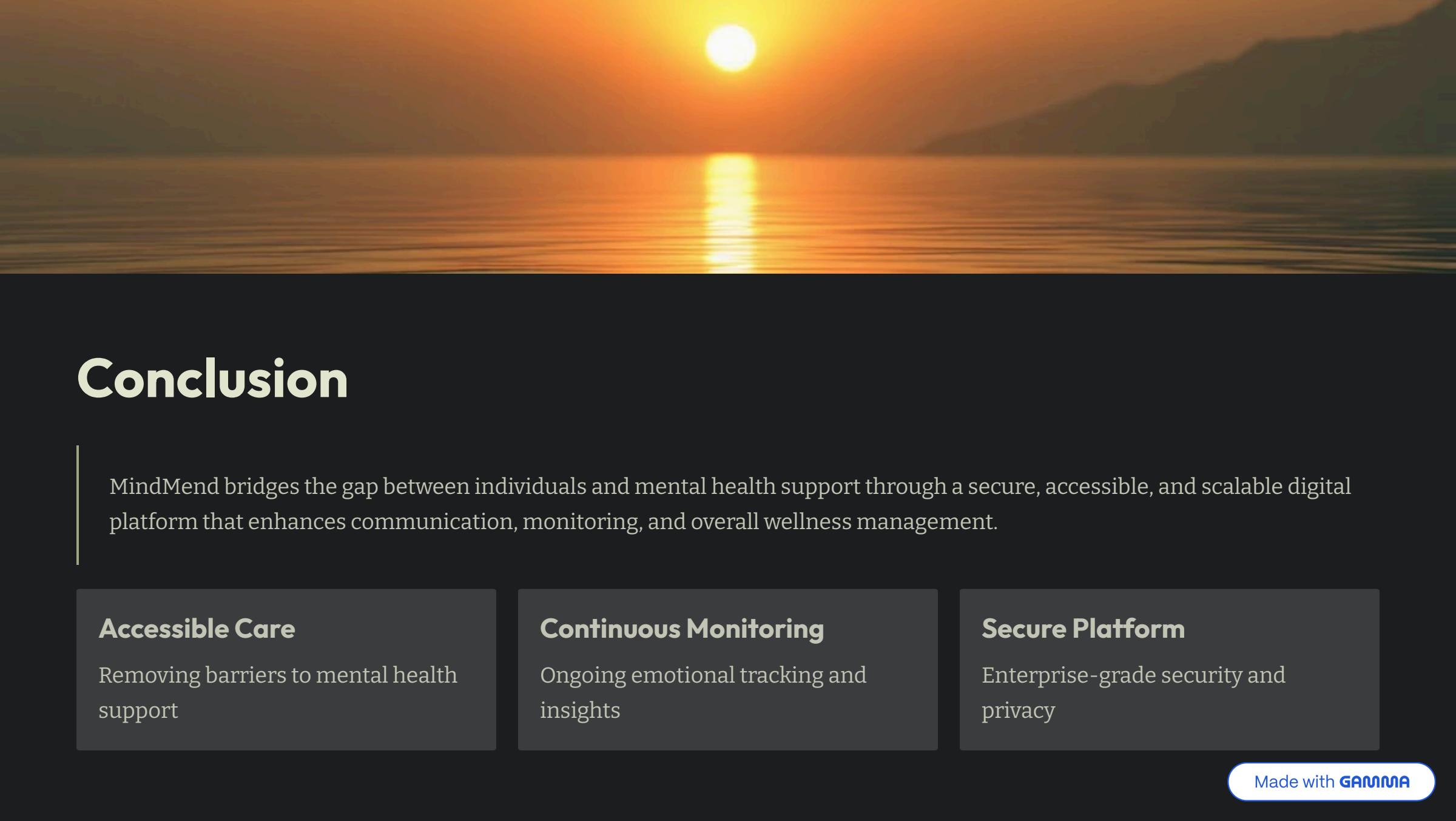
## Multilingual Support

Expanded language options for broader accessibility.



## Wearable Integration

Sync with fitness trackers and health devices for holistic monitoring.

The background of the slide features a serene sunset over a calm body of water, with silhouettes of mountains visible against the orange and yellow sky.

# 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