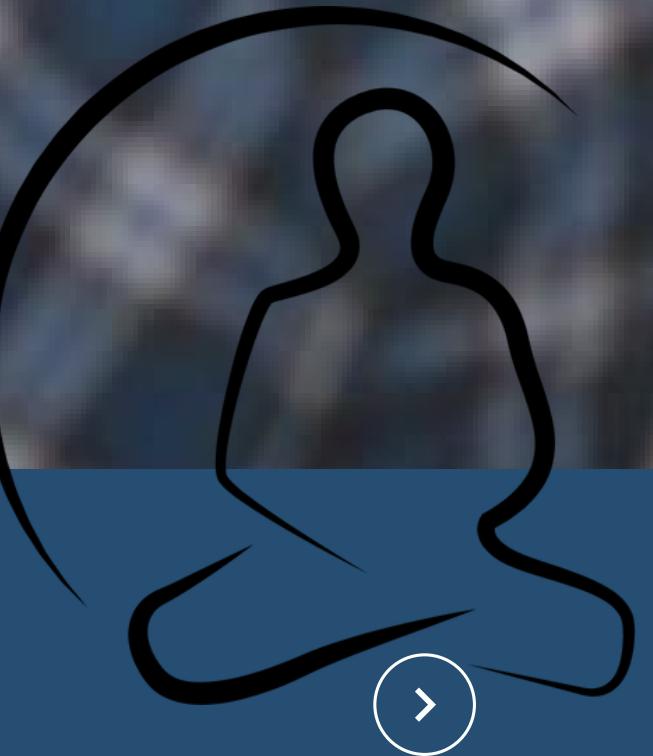
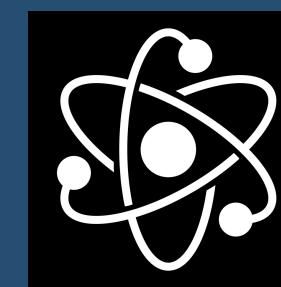




Mindful



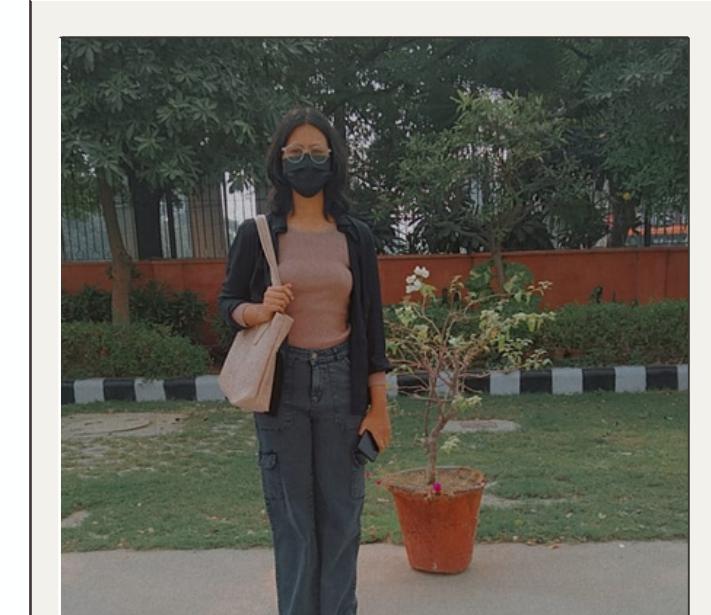
Our Team:



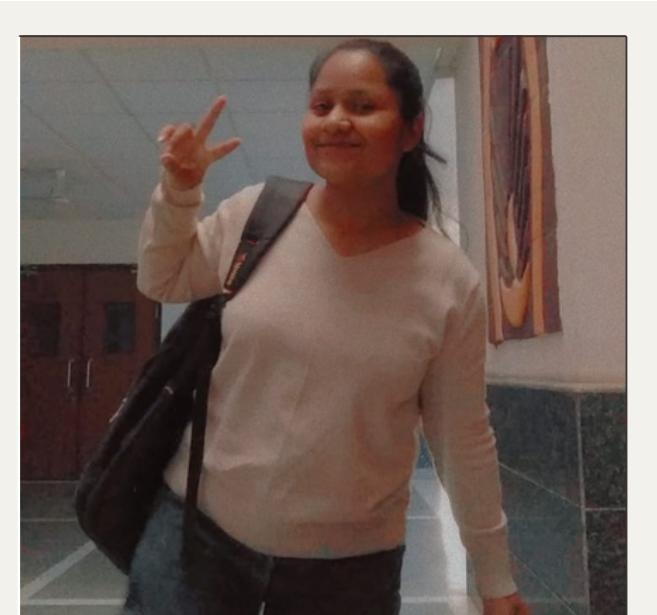
Dhruv Prasad Mukherjee
Our Leader



Soubhagya Ranjan Mishra
Member



Smona Biswas
Member



Diksha Tomar
Member



Content Synopsis

OVERVIEW OF KEY IDEAS

What is Mental Health ?? Signs and Symptoms

Problem Statement

Project Overview

Solutions and Key Benefits

Conclusion

Future plans



How mental health is related to SDFGs



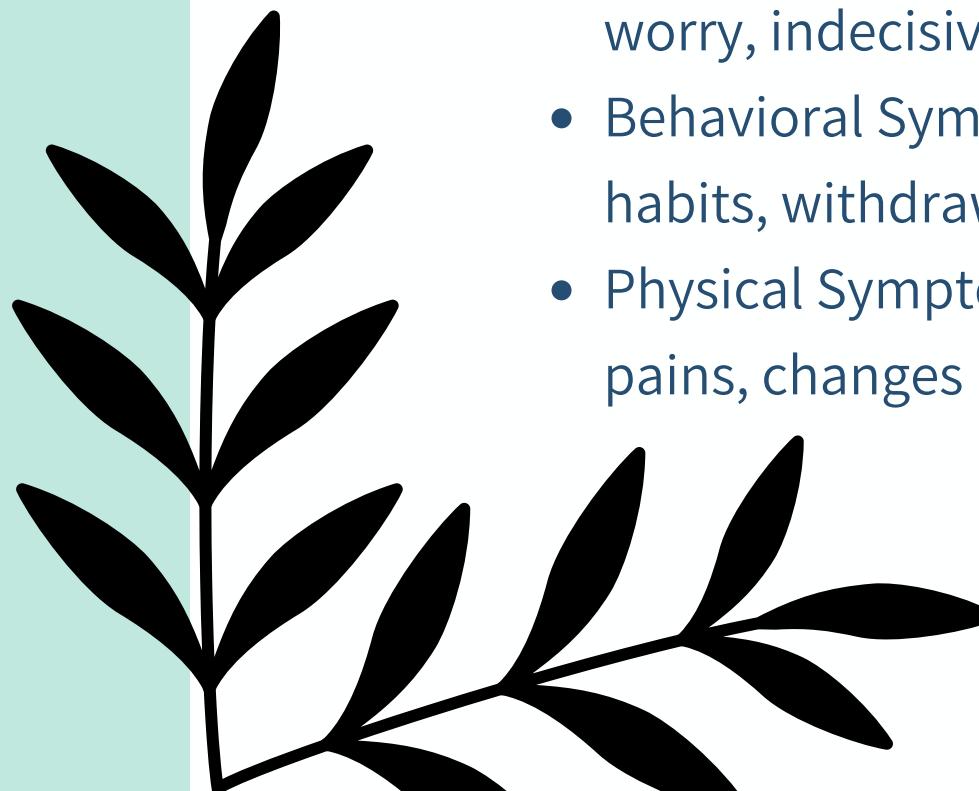
IN SHORT, MENTAL HEALTH IS CLOSELY RELATED TO SOCIAL DETERMINANTS OF HEALTH (SDFGS) BECAUSE THESE DETERMINANTS SHAPE THE CONDITIONS IN WHICH PEOPLE LIVE AND THEIR ACCESS TO RESOURCES. KEY FACTORS INCLUDE:

- **Economic Status:** Lower income or poverty can limit access to mental health care and increase stress, negatively impacting mental health.
-
- **Education and Employment:** Education level and job security influence health behaviors and access to resources, affecting mental wellness.
-
- **Social Support:** Strong social networks can provide emotional support and resilience, while isolation or poor social support can harm mental health.
-
- **Living Environment:** Safe, stable, and healthy environments promote better mental health, whereas exposure to violence, instability, or poor living conditions can contribute to mental health issues.
-
- **Healthcare Access:** Availability and quality of healthcare, including mental health services, are crucial. Disparities in healthcare access can lead to unmet mental health needs.
- Thus, improving these social determinants is vital for enhancing mental health outcomes across communities.





What is Mental Health?



Mental health refers to our cognitive, behavioral, and emotional well-being. It's about how we think, feel, and behave. The term 'mental health' is sometimes used to mean the absence of a mental disorder. Mental health can affect daily living, relationships, and physical health.

Signs and Symptoms of Potential Mental Health Issues:

- Emotional Symptoms: Increased irritability, mood swings, persistent feelings of sadness or hopelessness.
- Cognitive Symptoms: Difficulty concentrating, constant worry, indecisiveness, memory problems.
- Behavioral Symptoms: Changes in eating or sleeping habits, withdrawal from social activities, substance abuse.
- Physical Symptoms: Fatigue, unexplained aches and pains, changes in appetite or weight.



Problem Statement

- ❖ **Lack of Direct Professional Contact:** Difficulty in directly connecting with qualified therapists is a major obstacle for those seeking personalized mental health care.
- ❖ **High Prevalence of Mental Health Issues:** A growing number of individuals are experiencing mental health challenges in today's high-stress society

- ❖ **Affordability of Therapy:** A gap exists in the availability of affordable therapy options, making it difficult for individuals with limited financial resources to seek help.
- ❖ **Bridging the Care Gap:** The overarching problem is the gap between the growing need for mental health care and the limited availability of accessible and affordable resources to meet this demand.

- ❖ **Need for Centralized Information:** There is an absence of a unified platform that offers extensive mental health resources.

Can't find a user-friendly website so that they don't feel alone

Project overview:

“so here is our website **MINDFUL**, to solve the problems like we discussed earlier and also it promotes peace and good well being and this way we are introducing **SDGs**. Through this platform, individuals can access a wealth of **medical resources**, informative **articles**, and direct contacts with qualified therapists who offer their services for a **nominal fee**. By offering easy access to reliable information, affordable therapy options, and personalized support, the website empowers individuals to take control of their mental well-being BY **videos also**. Whether someone is seeking information, **guidance**, or professional help, the mental health”



Solution:

- People who suffer from neurological disorders
- User-friendly interface.
- Can read articles
- Instant explanations.
- Can watch vedios to feel at ease and overcome the illness

Key Benefits:

- Browse through our resources and articles to educate yourself
- Explore therapist profiles and choose one that suits your needs
- Contact the therapist directly to schedule a session or consultation
- Fee structure and timings different for each therapist and psychologist to accomodate people 24/7





Future Plans:

1. Collaborations

2. Community
Engagement

3. User Feedback and
Continuous Improvement

4. Chatbot

5. Global Outreach

CONCLUSION



Mindful is a ray of hope for people who are struggling mentally may find it difficult to find help. With a user-friendly interface that helps people navigate through the website and numerous resources at their service, we at Mindful are willing to do anything possible to make this world a better place bit by bit. After all, good health and well being of citizens is a must for countries that wish to advance ahead to a brighter future.

Thank You

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