**Mental Wellness Interactive Support Engine (MWISE)**

What is MWISE??

The **Mental Wellness Interactive Support Engine (MWISE)** is a chatbot designed to offer support for mental wellness by providing personalized guidance, resources, and encouragement to users in a conversational format. MWISE integrates an extensive library of responses tailored to different mental health topics, such as stress management, anxiety reduction, anger management, and addiction support, and it utilizes natural language processing to recognize specific user concerns based on their input. This allows it to respond effectively to various emotional needs.

At its core, MWISE is programmed to help users explore positive mental health practices by offering strategies like deep breathing exercises, grounding techniques, journaling prompts, and mindfulness exercises. It also provides positive affirmations, gratitude reminders, and motivation, helping individuals cultivate a more optimistic outlook over time. One of its standout features is its versatility in responding to a wide array of inquiries. Whether users seek information on specific mental health challenges, such as managing exam pressure or addressing cyberbullying, or need general support, MWISE is equipped to engage them with compassionate, relevant advice.

MWISE’s functionality operates through a structured codebase where each question triggers a unique response based on keywords. For example, keywords like “self-care” or “sleep hygiene” will prompt MWISE to offer suggestions relevant to those areas. The chatbot’s “Speak” function outputs a response from a pre-defined set of responses, selected randomly to provide a natural conversational feel. The architecture allows it to handle not only specific inquiries but also general greetings, farewells, and even lighthearted requests for jokes, enhancing user engagement.

In daily life, MWISE offers an accessible, non-judgmental space for users to explore mental health topics and build self-care routines, which is especially beneficial for those who may not have access to mental health resources. By providing on-demand support, MWISE encourages people to manage stress and improve emotional resilience actively. Its blend of compassionate responses and actionable advice makes it an ideal digital companion for those navigating day-to-day mental health challenges.

What is it’s significance??

The Mental Wellness Interactive Support Engine (MWISE) holds significant value in everyday life, providing readily accessible mental health support and resources to individuals from all walks of life. In a world where stress, anxiety, and mental health challenges are increasingly common, MWISE offers a tool for support that is both interactive and easy to use.

**Promoting Mental Health Awareness**

One of MWISE's primary contributions is its role in raising awareness about mental health. Often, individuals may not fully understand the scope of mental wellness or recognize their own struggles. MWISE encourages users to engage in mental health discussions, offering guidance on stress management, coping with anxiety, anger management, and addiction support. This accessibility empowers users to become more aware of their emotional well-being and encourages proactive care.

**Immediate Emotional Support**

A unique advantage of MWISE is that it provides immediate responses to those seeking help, which is crucial in moments of distress. For example, if a user experiences anger, MWISE can suggest relaxation techniques, grounding exercises, or journaling ideas, providing support in real-time. It may not replace professional help but serves as a readily available tool for managing emotions, especially in situations where people need instant relief or don’t have access to a counselor or therapist.

**Building Emotional Resilience**

Through personalized advice and tips, MWISE fosters emotional resilience by helping users practice self-care, set personal goals, and establish healthy routines. Its interactive approach allows users to explore a range of techniques for building a support system, setting boundaries, or managing daily stressors, reinforcing positive habits that can improve long-term mental health.

**Accessibility and Inclusivity**

MWISE is designed to be inclusive, supporting a wide range of mental health needs without the barriers associated with traditional therapy, such as cost or availability. It also offers support for various age groups, including advice for children's mental health, exam stress, and coping with bullying, making it relevant across different demographics.

**Bridging the Gap in Mental Health Support**

In regions where, mental health resources are scarce or stigmatized, MWISE bridges a crucial gap, providing a private, stigma-free avenue for users to seek advice. Its broad range of topics—such as addiction recovery, mindfulness, gratitude, and self-affirmation—serves as a starting point for many on their journey toward mental wellness, giving people tools to cope with life’s challenges constructively.

**Conclusion**

In sum, MWISE has become an invaluable tool for promoting daily mental wellness. By offering a blend of emotional support, practical advice, and mental health resources, it encourages self-awareness, emotional management, and resilience. Whether used as a preliminary support system or a companion to professional care, MWISE plays a positive role in enhancing mental health, making it a valuable resource for individuals and society as a whole.

CODE EXPLANATION

This code snippet represents a simple interactive chatbot, possibly geared towards offering mental health support, motivational quotes, and guidance on various personal topics. Let's break down each part to understand its purpose, functionality, and flow in the program.

### 1. **Overview of Code Structure**

The code is structured to:

* Define a dictionary of predefined responses categorized by topics.
* Provide a function, generate\_response, that interprets the user’s input and selects a corresponding response based on keywords.
* Include a main function to initialize the program, engage in a conversation loop with the user, and listen for the "exit" command to end the program.

### 2. ****Dictionary of Responses (**responses**)****

The dictionary, responses, holds different categories and lists of potential responses for each category. Each key in the dictionary is a topic or emotion (e.g., "greeting", "stress management", "motivation", etc.), and the corresponding value is a list of responses relevant to that topic. This allows the chatbot to randomly choose a suitable response when a user query matches a particular category.

#### Explanation of Key Categories:

* **"greeting"**: Contains responses for when a user greets the chatbot, such as "Hi there!" or "Hello! How can I support you today?"
* **"thank you"**: Contains expressions of gratitude the bot will use when the user thanks it, e.g., "You're welcome!" or "I'm here to help anytime."
* **Emotional Categories** (like "stress management", "anger management"): These provide brief coping suggestions or words of encouragement. Each is equipped with responses to guide users in understanding and managing specific emotions.
* **Catch-All ("default")**: Offers general responses for cases where the bot doesn’t understand the input, such as, "I'm sorry, I don't understand," or "Could you rephrase that?"

Using this approach provides flexibility, as each response category can be expanded or modified easily without changing other parts of the code.

### 3. ****Generate response Function****

The generate response function is the core function that handles user queries, interpreting keywords and generating appropriate responses. It takes a question (user’s input) and checks if certain keywords are present to determine the category of the response.

#### Steps within generate response:

* **Lowercasing Input:**

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question = question.lower()

This step converts the input to lowercase to make keyword detection case-insensitive.

* **Keyword Matching and Response Selection:**

The function uses a series of if statements to match keywords within the question. For instance:

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if "hello" in question or "hi" in question or "how's going" in question:

Speak(random.choice(responses["greeting"]))

* + If keywords like "hello" or "hi" appear in the user’s input, the bot interprets this as a greeting and randomly selects a response from the "greeting" category.
  + For phrases like "selfcare", "anger communication", or "addiction support", the chatbot responds with messages aimed at promoting self-care, positive communication, or addiction support, respectively.
* **Topic-Based Categories:**
  + The chatbot covers various specific topics (such as "stress management", "anxiety", "motivation") and matches keywords related to each.
  + When a keyword matches, it triggers a response in that category to offer users relevant support and suggestions.
* **Exit Command and Help Responses:**
  + If the input includes phrases like "exit", "bye", or "goodbye", the function responds with a farewell message, exits the loop, and ends the program.
  + Additionally, there’s a response for queries like "how can you help me", giving the chatbot an opportunity to explain its functions, such as mental health support or motivational guidance.
* **Default Response:**

If no keywords match, the chatbot provides a generic response from the "default" category to prompt the user to rephrase or offer a different question.

#### **The Speak Function**

In this code, the responses are delivered by calling Speak, which is a placeholder function assumed to handle text-to-speech or print output:

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Speak(random.choice(responses["greeting"]))

This function is applied each time the bot generates a response, making it possible for the bot to “speak” or display a randomly chosen response from the matched category.

### 4. ****Main Function****

The main function is where the chatbot’s interaction loop begins. It initializes the conversation, greets the user, and sets up a continuous conversation flow.

#### Steps in main:

1. **Initialization Message**:

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Speak("Initialising MWISE...")

This line signals the bot’s startup sequence, possibly indicating that it’s initializing or loading resources.

1. **Greeting the User**:

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Speak("Hello There How can I help you Today")

After initializing, the chatbot greets the user, opening the line of conversation.

1. **Continuous Loop**:

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while True:

user\_input = input("You: ").strip()

The chatbot enters an infinite loop to continuously process user input until the "exit" keyword is entered. It listens to user input, which is taken via input() and stripped of any leading or trailing whitespace.

1. **Exit Command Check**: If the user inputs "exit", the bot will:
   * Print a random farewell message from the "goodbye" category.
   * Use break to exit the loop and end the program.

### 5. ****Additional Notes on Extensibility****

This code is designed to be extensible:

* **Adding New Categories**: Additional categories and responses can be added to the responses dictionary as needed.
* **More Keyword Matching**: New keywords and categories can be integrated by adding more elif statements to generate\_response, making it adaptable to more complex conversational scenarios.
* **Error Handling**: The bot currently lacks error handling, such as managing empty input or unintended responses, which could be an improvement.

### 6. ****Enhancements and Potential Uses****

With a few enhancements, this chatbot could be more versatile:

* **Adding Natural Language Processing (NLP)**: Using NLP libraries, such as NLTK or spaCy, would allow the bot to understand context and sentiment, providing more appropriate responses.
* **User Emotion Detection**: Adding sentiment detection could help the bot adjust responses based on the detected mood of the user, providing gentler or more enthusiastic responses as needed.
* **Personalization**: A memory layer could allow it to remember users, adapting responses based on previous conversations.
* **Integration with External APIs**: APIs like OpenAI’s GPT can enhance its conversational abilities by generating responses based on broader knowledge bases.

This chatbot, though simple, serves as a foundational example for providing responses based on user input, making it a starting point for creating an intelligent assistant.

**SOURCE CODE**

import random

import pyttsx3

Assistant = pyttsx3.init('sapi5')

voices = Assistant.getProperty('voices')

Assistant.setProperty('voices',voices[0].id)

Assistant.setProperty('rate',170)

def Speak(audio):

print(" ")

Assistant.say(audio)

print(f"==> MWISE :{audio}")

print(" ")

Assistant.runAndWait()

responses = {

"greeting": ["Hello! How are you feeling today?", "Hi there! What's on your mind?", "Hey! How can I support you today?", "Greetings! How can I assist you?"],

"goodbye": ["Goodbye! Remember, I'm here whenever you need me.", "See you later! Take care of yourself.", "Bye! Take some time for self-care.", "Take care! Remember, you're not alone."],

"thanks": ["You're welcome! Remember, reaching out is a sign of strength.", "No problem! I'm here to support you.", "Anytime! Don't hesitate to reach out whenever you need to."],

"name": [ "My name is MWISE , Mental Wellness Interactive Support Engine"],

"feeling": ["It's okay to feel the way you do. Can you tell me more about what's been going on?", "Your feelings are valid. Would you like to talk more about them?", "Acknowledging your feelings is an important step. What's been on your mind?"],

"selfcare": ["Self-care is crucial for your well-being. What are some activities that help you relax?", "Taking care of yourself is important. What self-care practices do you enjoy?", "Self-care looks different for everyone. How do you like to take care of yourself?"],

"positive affirmation": ["You're doing great! Keep going, one step at a time.", "Remember, you are worthy of love and respect.", "You're stronger than you think. Keep pushing forward."],

"deep breathing": ["Let's take a moment to breathe deeply. Inhale for 4 counts, hold for 4 counts, and exhale for 4 counts.", "Deep breathing can help calm your mind. Let's try it together. Inhale deeply through your nose, hold, and exhale slowly."],

"mindfulness": ["Mindfulness can help bring you back to the present moment. Let's take a moment to notice our surroundings and how we feel.", "Being mindful can help reduce stress and anxiety. Take a moment to focus on your breath and the sensations in your body."],

"gratitude": ["Practicing gratitude can improve your mood. What's something you're grateful for today?", "Even in difficult times, there's always something to be grateful for. What's brought you joy recently?"],

"grounding techniques": ["Grounding techniques can help when you're feeling overwhelmed. Let's try focusing on your senses. What can you see, hear, smell, taste, and touch right now?", "When you feel anxious, grounding techniques can help bring you back to the present moment. Let's try counting objects in the room or naming things you can see."],

"sad": ["I'm sorry to hear that you're feeling sad. Let's work through it together.", "It's okay to feel sad sometimes. I'm here to support you.", "I understand. It's important to acknowledge your emotions. What's been bothering you?"],

"setting boundaries": ["Setting boundaries is important for your mental health. Have you thought about what boundaries you need to set?", "It's okay to say no and set boundaries that protect your well-being. What boundaries do you need to establish in your life?"],

"coping strategies": ["Coping strategies can help you manage difficult emotions. What are some healthy ways you cope with stress?", "Having coping strategies in place can make challenging situations more manageable. What techniques have worked for you in the past?"],

"goal setting": ["Setting small, achievable goals can help improve your mood and motivation. What's one thing you'd like to accomplish today?", "Setting goals gives you something to strive for. What's a goal you'd like to work towards?"],

"support system": ["Having a support system is crucial for your mental health. Who can you reach out to for support when you're feeling down?", "It's important to have people you can lean on during tough times. Who can you turn to for support?"],

"positive activity": ["Engaging in positive activities can improve your mood. What's something you enjoy doing?", "Doing things you love can boost your mood. What positive activity can you engage in today?"],

"sleep hygiene": ["Good sleep hygiene is important for your mental health. Have you tried establishing a bedtime routine?", "Getting enough sleep is essential for your well-being. What steps can you take to improve your sleep hygiene?"],

"stress management": ["Managing stress is key to maintaining good mental health. What are some techniques you've used to cope with stress in the past?", "Stress is a normal part of life, but it's important to find healthy ways to manage it. What helps you relax when you're feeling stressed?"],

"mindful eating": ["Mindful eating can help you develop a healthier relationship with food. Have you tried paying attention to the taste, texture, and smell of your food?", "Eating mindfully can help you enjoy your meals more and make healthier choices. How can you incorporate mindful eating into your routine?"],

"validation": ["Your feelings are valid, and it's okay to express them. I'm here to listen without judgment.", "Feeling understood is important. I hear you, and I'm here to support you."],

"relaxation\_techniques": ["Relaxation techniques can help reduce stress and anxiety. Let's try a progressive muscle relaxation exercise. Start by tensing and then relaxing each muscle group in your body, one by one.", "Finding ways to relax is important for your well-being. What relaxation techniques do you find helpful?"],

"emotional\_support": ["Emotional support is crucial during difficult times. How can I support you emotionally right now?", "You're not alone. I'm here to offer emotional support whenever you need it."],

"meditation": ["Meditation can help calm your mind and reduce stress. Let's try a guided meditation together.", "Practicing meditation regularly can have numerous benefits for your mental health. Would you like to try a meditation exercise?"],

"journaling": ["Journaling can help you process your thoughts and emotions. Have you tried keeping a journal?", "Writing down your thoughts and feelings can be therapeutic. How do you feel about starting a journaling practice?"],

"therapy": ["Therapy can provide you with the support and tools you need to cope with life's challenges. Have you considered reaching out to a therapist?", "Speaking to a therapist can help you gain insight into your thoughts and behaviors. Would you like assistance finding a therapist?"],

"medication": ["Medication can be helpful for managing certain mental health conditions. Have you discussed medication options with a healthcare professional?", "If you're struggling with your mental health, medication may be part of your treatment plan. Have you considered speaking to a doctor about your options?"],

"joke": ["Why did the scarecrow win an award? Because he was outstanding in his field!", "How does a penguin build its house? Igloos it together!", "Why don't skeletons fight each other? They don't have the guts!", "Why did the tomato turn red? Because it saw the salad dressing!", "Why don't scientists trust atoms? Because they make up everything!", "What do you call fake spaghetti? An impasta!", "Why did the bicycle fall over? Because it was two-tired!"],

"stress reduction": ["Reducing stress is important for your overall well-being. What steps can you take to decrease your stress levels?", "Stress can take a toll on your mental"],

"anger management": ["Feeling angry is normal, but it's important to express it in healthy ways. How do you usually cope with anger?", "Anger is a powerful emotion. Let's explore some strategies to help you manage it more effectively.", "When you're feeling angry, taking a step back and counting to ten can help you cool down. Have you tried this technique before?"],

"addiction support": ["Struggling with addiction can be tough, but you're not alone. Have you considered reaching out for support?", "Taking the first step towards recovery can be daunting, but it's worth it. How can I support you on your journey?", "Recovery is possible, and there are many resources available to help you overcome addiction. Would you like assistance finding support groups or treatment programs?"],

"addiction recovery": ["Recovery is a journey, and it's okay to take it one day at a time. How are you feeling about your progress?", "Every small step you take towards recovery is a victory. What's one positive change you've noticed since starting your journey?", "Remember, relapse is a part of recovery, not a failure. What strategies can you implement to prevent relapse in the future?"],

"anger coping strategies": ["Finding healthy ways to cope with anger is crucial for your well-being. What activities help you feel calmer?", "Anger can be overwhelming, but there are techniques you can use to manage it. Have you tried deep breathing or visualization exercises?", "Identifying the triggers that make you angry can help you develop coping strategies. What situations tend to provoke your anger?"],

"addiction triggers": ["Understanding your addiction triggers is an important part of recovery. What situations or emotions make you more likely to use?", "Identifying your triggers can help you develop strategies to avoid them or cope with them more effectively. What are some triggers you've noticed in the past?", "Certain people, places, or activities can trigger cravings. How can you minimize your exposure to these triggers?"],

"anger expression": ["Expressing your anger in a healthy way can help prevent it from building up. Have you tried journaling or talking to a trusted friend about what's bothering you?", "Suppressing your anger can lead to negative consequences. How can you express your feelings in a constructive manner?", "Finding healthy outlets for your anger, such as exercise or creative activities, can help you release tension. What activities do you enjoy that help you feel more relaxed?"],

"addiction recovery resources": ["There are many resources available to support you on your journey to recovery, including support groups, therapy, and rehabilitation programs. Have you explored any of these options?", "Recovery is a personal journey, but you don't have to go through it alone. Would you like help finding addiction recovery resources in your area?", "Taking the first step towards recovery can be intimidating, but there are people who want to help you succeed. How can I assist you in finding the support you need?"],

"anger communication": ["Communicating assertively can help you express your feelings without resorting to anger. Have you tried using 'I' statements to express how you feel?", "Effective communication can help resolve conflicts and reduce anger. How can you improve your communication skills in challenging situations?", "When discussing difficult topics, it's important to listen actively and validate the other person's feelings. How can you practice active listening in your interactions?"],

"addiction support\_network": ["Building a strong support network is crucial for maintaining sobriety. Who can you turn to for support when you're struggling?", "Having friends and family who understand what you're going through can make a big difference in your recovery. How can you strengthen your support network?", "Support groups provide a sense of community and understanding. Have you considered joining a support group for people in recovery?"],

"anger relaxation": ["Finding relaxation techniques that work for you can help you manage your anger more effectively. Have you tried deep breathing, progressive muscle relaxation, or mindfulness exercises?", "When you're feeling angry, taking a break and engaging in a calming activity can help you regain control. What activities help you relax?", "Practicing relaxation techniques regularly can help reduce your overall stress levels and prevent anger from building up. How can you incorporate relaxation into your daily routine?"],

"addiction triggers\_management": ["Identifying your triggers is the first step towards managing them effectively. What strategies can you use to avoid or cope with your triggers?", "Developing a plan for how to handle your triggers can help you stay on track with your recovery. How can you prepare yourself for situations that might trigger cravings?", "When you encounter a trigger, it's important to have healthy coping mechanisms in place. What coping strategies do you find helpful in challenging situations?"],

"anger journaling": ["Keeping a journal can help you gain insight into your anger triggers and patterns. Have you tried journaling about your feelings when you're angry?", "Writing down your thoughts and feelings can be a cathartic way to process your emotions. "],

"anger issues": ["It's okay to feel angry, but it's important to manage it in healthy ways. How do you typically cope with your anger?", "Anger can be overwhelming, but learning to manage it can greatly improve your quality of life. How can I support you in dealing with your anger?", "Recognizing and addressing your anger issues is a positive step towards emotional well-being. What are some triggers that make you feel angry?"],

"social media": ["Social media can sometimes make us feel pressured or inadequate. Remember to take breaks and prioritize your mental health. It's okay to log off and take time for yourself.", "Social media can have both positive and negative effects on our mental health. It's important to be mindful of how much time you spend online and how it makes you feel.", "It's common to feel overwhelmed by social media. Remember, you are more than your online presence. Take time to connect with yourself and those around you offline."],

"mental health": ["Your mental health is important. It's okay to ask for help when you need it. You're not alone in your struggles.", "Taking care of your mental health is just as important as your physical health. Remember to prioritize self-care and seek support when you need it.", "It's okay to not be okay. Your feelings are valid, and it's important to talk about them. You deserve support and understanding."],

"bullying": ["I'm really sorry to hear that you're experiencing bullying. Remember, it's not your fault. You deserve to feel safe and respected. Is there anything specific you'd like to talk about or any support you need?"],

"depression": ["Dealing with depression can be incredibly tough, but you're not alone. It's important to reach out for support. Would you like to discuss your feelings further or explore coping strategies together?"],

"anxiety": ["Anxiety can be overwhelming, but there are ways to manage it. Would you like to talk about what's been causing your anxiety or explore relaxation techniques that might help?"],

"exam\_pressure": ["Feeling stressed about exams is completely normal, but it's important to take care of yourself too. Let's discuss some strategies for managing exam pressure and stress. Remember, your well-being is just as important as your grades."],

"children\_mental\_health": ["Children's mental health is incredibly important. If you're concerned about a child's well-being, it's essential to provide support and understanding. How can I assist you in supporting a child's mental health?"],

"coping\_strategies\_bullying": ["When facing bullying, it's crucial to prioritize your well-being. Consider talking to a trusted adult, practicing assertiveness, and focusing on activities that bring you joy and confidence. You deserve to feel safe and supported."],

"coping\_strategies\_depression": ["Managing depression can involve various strategies such as reaching out to supportive friends or family, engaging in regular physical activity, practicing mindfulness or meditation, and seeking professional help if needed. Remember, it's okay to ask for support."],

"coping\_strategies\_anxiety": ["To cope with anxiety, it can be helpful to practice deep breathing exercises, progressive muscle relaxation, journaling your thoughts and feelings, challenging negative thoughts, and gradually facing fears through exposure therapy. Don't hesitate to reach out for support."],

"cyberbullying": ["I'm sorry to hear that you're experiencing cyberbullying. It's important to take steps to protect yourself and seek support. Remember, you're not alone in this. "],

"default": ["Hmm, looks like you caught me off guard with that one!","I'm sorry, I'm not sure how to respond to that. Could you rephrase your question or try asking something else?", "It seems like I don't have the information you're looking for at the moment. Is there anything else I can help you with?", "I'm still learning, and it appears I don't have an answer for that right now. Is there another topic you'd like to discuss?", "I'm sorry, I don't have the knowledge to address that question. Would you like assistance with a different topic?", "Hmm, it seems I'm not familiar with that. Let's try talking about something else. What's on your mind?", "I'm sorry, I didn't understand that.", "Could you please rephrase that?", "I'm not sure I follow."]

}

def generate\_response(question):

question = question.lower()

if "hello" in question or "hi" in question or "how's going" in question or "how r u" in question or "how are you" in question:

Speak(random.choice(responses["greeting"]))

elif "your name" in question or "who are you" in question or "introduce yourself" in question:

Speak(random.choice(responses["name"]))

elif "thank" in question:

Speak(random.choice(responses["thanks"]))

elif "feeling" in question:

Speak(random.choice(responses["feeling"]))

elif "selfcare" in question:

Speak(random.choice(responses["selfcare"]))

elif "positive affirmation" in question:

Speak(random.choice(responses["positive affirmation"]))

elif "deep breathing" in question:

Speak(random.choice(responses["deep breathing"]))

elif "mindfulness" in question:

Speak(random.choice(responses["mindfulness"]))

elif "gratitude" in question:

Speak(random.choice(responses["gratitude"]))

elif "grounding techniques" in question:

Speak(random.choice(responses["grounding techniques"]))

elif "setting boundaries" in question:

Speak(random.choice(responses["setting boundaries"]))

elif "coping strategies" in question:

Speak(random.choice(responses["coping strategies"]))

elif "goal setting" in question:

Speak(random.choice(responses["goal setting"]))

elif "support system" in question:

Speak(random.choice(responses["support system"]))

elif "positive activity" in question:

Speak(random.choice(responses["positive activity"]))

elif "sleep hygiene" in question:

Speak(random.choice(responses["sleep hygiene"]))

elif "stress management" in question:

Speak(random.choice(responses["stress management"]))

elif "relaxation techniques" in question:

Speak(random.choice(responses["relaxation techniques"]))

elif "emotional support" in question:

Speak(random.choice(responses["emotional support"]))

elif "meditation" in question:

Speak(random.choice(responses["meditation"]))

elif "therapy" in question:

Speak(random.choice(responses["therapy"]))

elif "medication" in question:

Speak(random.choice(responses["medication"]))

elif "stress reduction" in question:

Speak(random.choice(responses["stress reduction"]))

elif "anger management" in question:

Speak(random.choice(responses["anger management"]))

elif "addiction support" in question or "addiction" in question or "addicted" in question:

Speak(random.choice(responses["addiction support"]))

elif "addiction recovery" in question:

Speak(random.choice(responses["addiction recovery"]))

elif "addiction triggers" in question:

Speak(random.choice(responses["addiction triggers"]))

elif "anger expression" in question:

Speak(random.choice(responses["anger expression"]))

elif "addiction recovery resources" in question:

Speak(random.choice(responses["addiction recovery resources"]))

elif "anger communication" in question:

Speak(random.choice(responses["anger communication"]))

elif "anger relaxation" in question:

Speak(random.choice(responses["anger relaxation"]))

elif "anger issues" in question:

Speak(random.choice(responses["anger issues"]))

elif "cyberbullying" in question or "cyberbullied" in question:

Speak(random.choice(responses["cyberbullying"]))

elif "social media" in question:

Speak(random.choice(responses["social media"]))

elif "mental health" in question:

Speak(random.choice(responses["mental health"]))

elif "not yet" in question:

Speak("Do you need more help??")

elif "yes" in question or "yeah" in question:

Speak("Nice to hear that")

elif "you need a break" in question or "exit" in question or "bye" in question or "goodbye" in question:

Speak(random.choice(responses["goodbye"]))

exit()

elif "how can you help me" in question:

Speak("I'm here to provide support and guidance on various aspects of mental health and well-being. Whether you're struggling with stress, anxiety, depression, or any other challenges, I can offer coping strategies, relaxation techniques, and resources to help you navigate through difficult times. Additionally, I can provide information on self-care practices, goal setting, and building a support system. Feel free to ask me anything, and I'll do my best to assist you.")

elif "motivation" in question:

Speak("Motivation is crucial for achieving your goals and overcoming challenges. Remember, you have the strength and resilience to face whatever comes your way. Take one step at a time, celebrate your progress, and keep moving forward. Believe in yourself and your abilities, and never underestimate the power of perseverance. You've got this!")

elif "joke" in question or "make me laugh" in question:

Speak("Sure")

Speak(random.choice(responses["joke"]))

elif "sad" in question:

Speak(random.choice(responses["sad"]))

elif "bullied" in question:

Speak(random.choice(responses["bullying"]))

elif "depressed" in question:

Speak(random.choice(responses["depression"]))

elif "anxious" in question:

Speak(random.choice(responses["anxiety"]))

elif "exam" in question :

Speak(random.choice(responses["exam\_pressure"]))

elif "children" in question:

Speak(random.choice(responses["children\_mental\_health"]))

elif "anxiety" in question and "strategies" in question:

Speak(random.choice(responses["coping\_startegies\_anxiety"]))

elif "depression" in question and "strategies" in question:

Speak(random.choice(responses["coping\_strategies\_depression"]))

elif "bullying" in question and "strategies" in question:

Speak(random.choice(responses["coping\_strategies\_bullying"]))

else:

Speak(random.choice(responses["default"]))

def main():

Speak("Initialising MWISE...")

Speak("Hello There How can I help you Today")

while True:

user\_input = input("You: ").strip()

if user\_input.lower() == "exit":

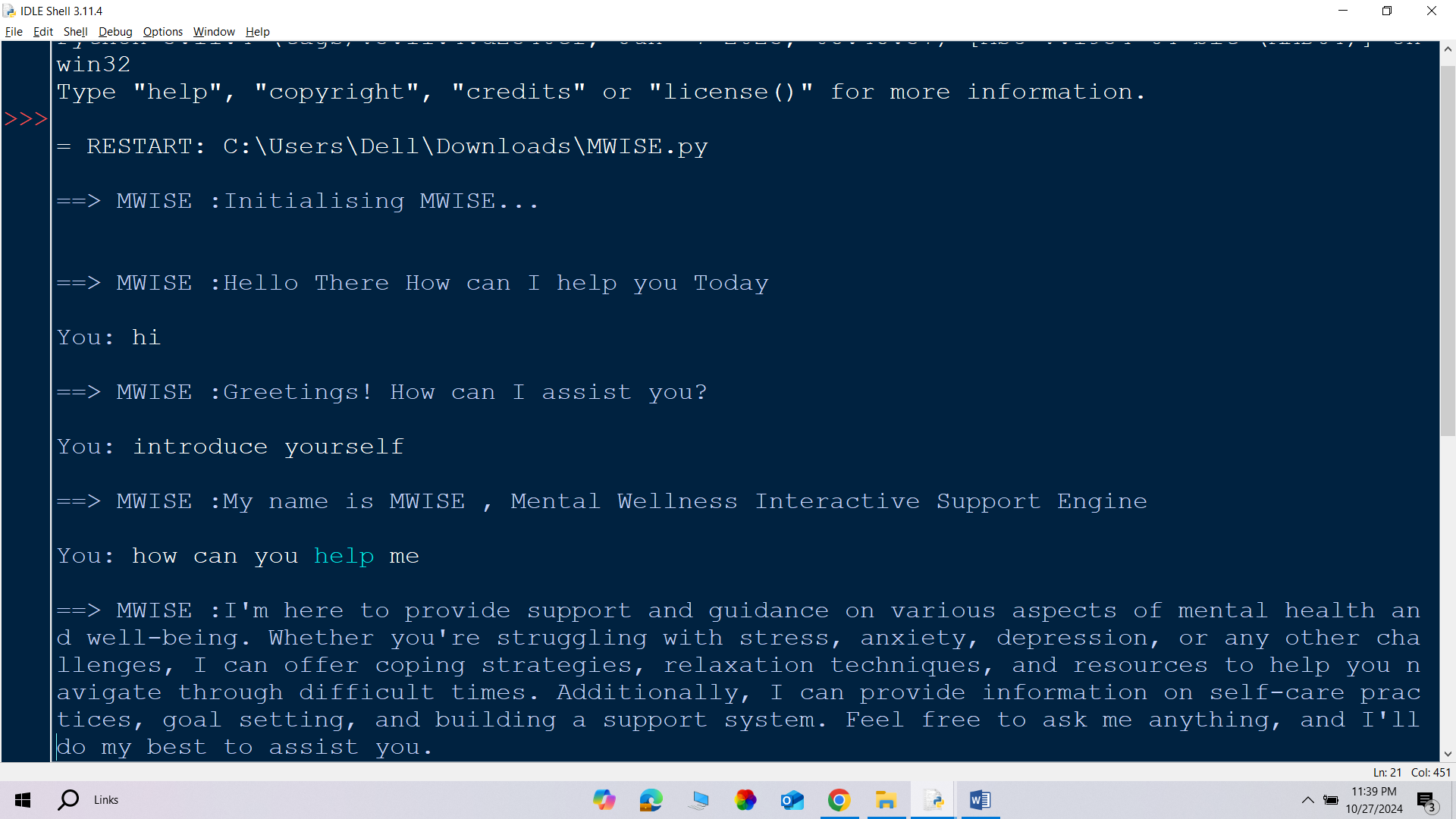
print(random.choice(responses["goodbye"]))

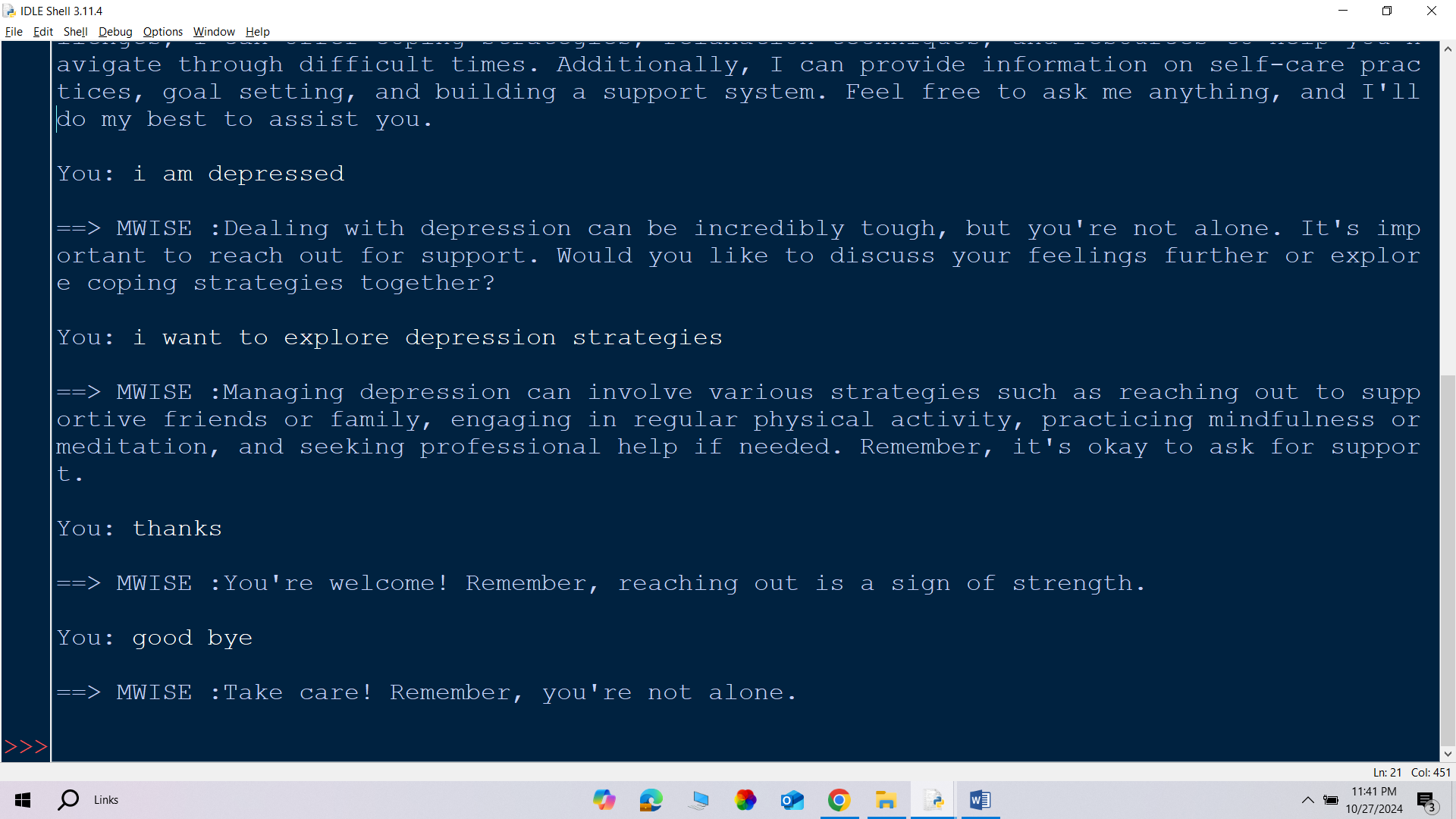
break

response = generate\_response(user\_input)

main()

Screenshots Of Output





CONCLUSION

The Mental Wellness Interactive Support Engine (MWISE) project stands as a valuable resource in addressing the pressing need for accessible mental health support. In a time when mental health challenges are becoming increasingly prevalent, MWISE offers an innovative solution to help individuals manage their emotional and psychological well-being effectively. This project highlights the potential of technology to make mental health resources available to everyone, regardless of location, time, or personal circumstances. By offering instant, practical guidance on a range of issues—from stress management and anxiety to coping with bullying and addiction—MWISE demonstrates the feasibility and impact of interactive support for mental wellness.

Through its design, MWISE fosters a supportive and stigma-free environment, enabling users to seek guidance without the barriers often associated with mental health care, such as cost, social stigma, and access limitations. Its features provide users with actionable advice, tips, and techniques that promote self-awareness, resilience, and proactive emotional management. The inclusion of varied topics such as goal-setting, self-care practices, relaxation techniques, and building support networks reflects MWISE’s commitment to offering a comprehensive mental wellness toolkit.

Moreover, MWISE’s conversational approach makes it approachable and user-friendly, catering to individuals across various age groups and mental health needs. It serves as a readily available companion for those who might need immediate support, guidance in managing daily stressors, or simply a reminder to engage in self-care. Its role in mental health awareness and empowerment is significant, as it provides a stepping-stone for users to explore their emotions, identify coping mechanisms, and take constructive actions toward improving their mental health.

In conclusion, MWISE not only addresses individual mental health needs but also contributes to the broader effort of normalizing conversations around mental wellness. The project highlights how technology can be used responsibly and effectively to support mental health, offering immediate relief, fostering resilience, and enhancing overall well-being. Moving forward, further iterations of MWISE can continue to expand its capabilities, providing even more robust, accessible, and inclusive mental health support for a global audience. This project has proven that mental wellness support can indeed be interactive, approachable, and integrated into our daily lives, marking a meaningful step forward in the intersection of technology and mental health.

**Limitations of the Mental Wellness Interactive Support Engine (MWISE)**

While MWISE presents valuable support for mental wellness by offering guided responses to a variety of mental health concerns, it has certain limitations due to its design, underlying technology, and the inherent complexity of mental health support.

1. **Limited Scope of Responses**  
   MWISE operates on a pre-set array of responses to frequently asked questions on mental health topics like stress, anxiety, depression, and anger management. While these responses can provide general guidance, they may not fully address the unique and complex needs of every user. Unlike human mental health professionals who can interpret nuanced emotions and tailor advice accordingly, MWISE’s responses are finite and may sometimes fall short in offering the depth or specificity needed in highly personalized situations.
2. **Lack of Real-time Emotional Interpretation**  
   MWISE lacks the capability to detect emotional nuances in real time, which is often essential in mental health support. Unlike a human therapist who can interpret tone, body language, or changes in speech patterns, MWISE can only respond to literal keywords. This restricts its ability to accurately assess the emotional state of users and adapt responses based on such cues, which can be critical for effective support, particularly in crises.
3. **Absence of Clinical Training and Diagnosis Capabilities**  
   MWISE is not a substitute for professional diagnosis or treatment. It lacks the clinical training that mental health professionals undergo, which limits its ability to diagnose or offer specific therapeutic advice. Users with severe mental health concerns, complex disorders, or those in need of psychiatric evaluation might require professional support beyond MWISE's capabilities. Relying on MWISE in such cases could delay necessary treatment or provide a false sense of adequate support.
4. **Dependency on Keyword Matching**  
   MWISE relies on keyword matching to categorize and respond to user inquiries. This method can sometimes lead to misinterpretation if the user’s query is phrased in an unexpected way or includes multiple complex topics. The engine might provide an irrelevant or incorrect response if it does not accurately interpret the user’s intention, reducing the effectiveness of the support provided.
5. **Privacy and Data Sensitivity Concerns**Handling personal information sensitively is critical in mental health contexts, as users may disclose sensitive details. Depending on MWISE's design, limitations in its privacy and data security protocols might pose risks. If MWISE stores or processes data insecurely, there could be concerns around confidentiality and data protection, which are essential in mental health services.
6. **Inability to Respond to Emergencies**In cases of severe distress or emergencies, such as suicidal ideation or panic attacks, MWISE lacks the functionality to intervene effectively. Unlike crisis hotlines or trained professionals, it cannot take action beyond offering static advice. This limitation could potentially place users at risk if they rely solely on MWISE for urgent help instead of seeking appropriate crisis intervention services.
7. **Potential for Miscommunication and Unmet Expectations**Since MWISE functions based on predefined answers, users may sometimes find responses unhelpful or frustrating, especially if they seek in-depth conversation or empathy that a machine cannot genuinely provide. This limitation could lead to feelings of isolation or disappointment if users expected more dynamic support, potentially worsening their mental state rather than helping.

In summary, while MWISE can provide initial mental health support and resources, its limitations highlight the importance of viewing it as a complementary tool rather than a primary or comprehensive mental health resource. For individuals requiring nuanced care, real-time support, or clinical interventions, professional mental health services remain irreplaceable.

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