Mental Health Buddy

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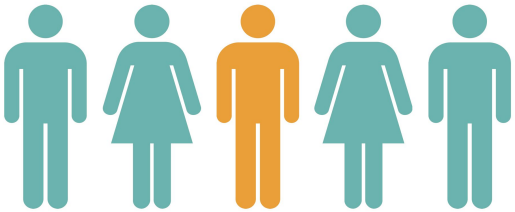
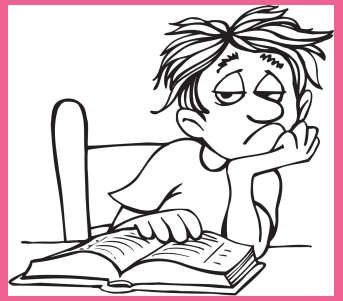
The Problem

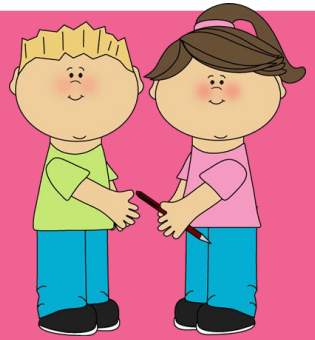


Online education creates stress and anxiety

Mental health ignored, leads to depression



Worse for teenagers; 1 in 5 mentally ill

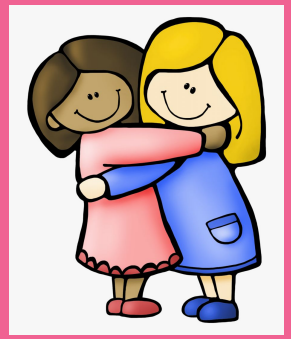


Teenagers uncomfortable sharing problems

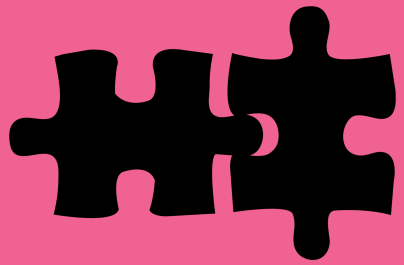
Our Inspiration

- Many eminent sportsmen have acknowledged mental health issues
  - Virat Kohli
  - Glenn Maxwell
  - Ben Stokes
  - ..

Our Solution



Teenagers comfortable to open up with friends



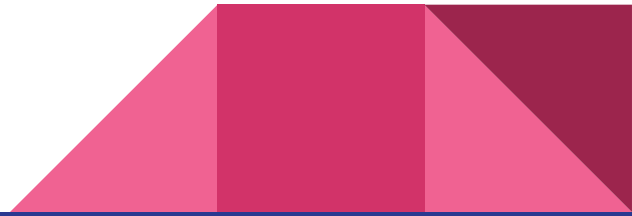
Create a platform to connect 1:1

Interest based pairing

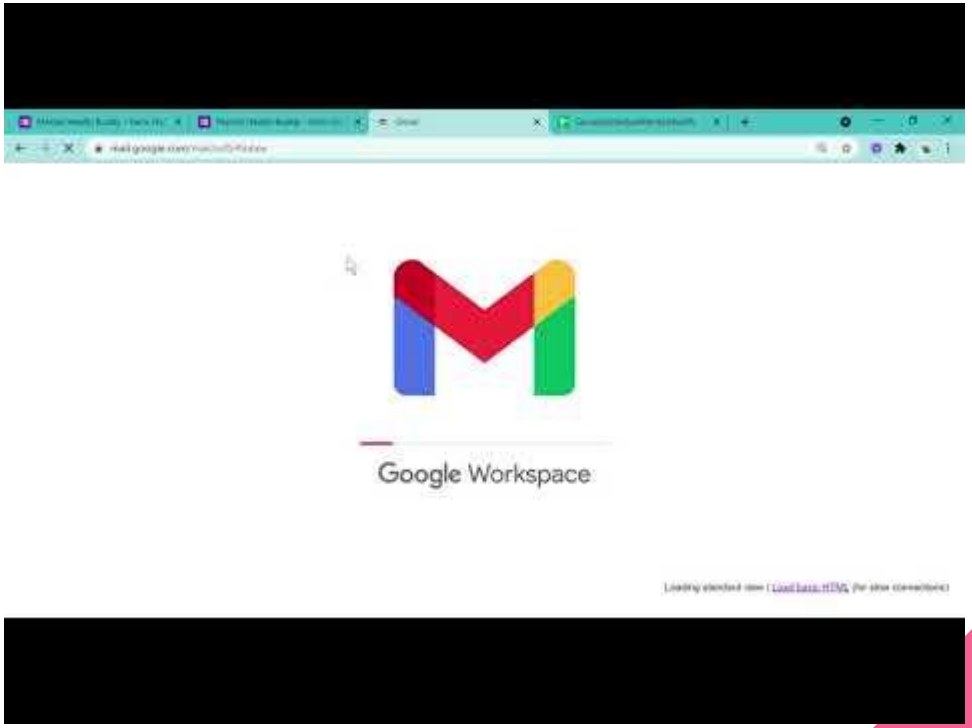
Set up calls to catch up / play games

Our Hackathon Project

- Google Apps based platform
- Google Form to know the interests
- Code is in Google Apps Script.
  - Implemented pairing algo based on interests. (Simplified version of “Stable Marriage Problem” algo)
- Demo of the code.



Demo + Code

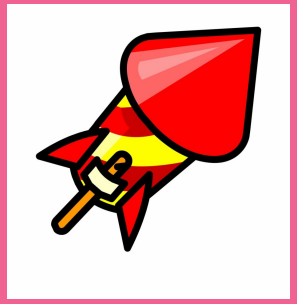


Future Vision

- Targeting Grades 7 to 10
  - Workload and stress starts to increase significantly
  - Pilot in the school
  - Add enhancements
    - Set up professional website
    - Gamification
    - Enhance quality of conversations
- Business model: non-profit organisation
  - Minimal resources required to run

Why should our project win?

Simple solution to a complex problem



Working prototype in 1 day

Minimal impact to environment

Massive impact to mental well-being

Challenges faced

- Difference in time zones.
  - concentration levels were down, tired.
- Our first hackathon
  - didn’t know what to expect, nervous.
- Make a functional prototype in a day.
  - Ton of Bugs and confusions, but we overcame them to create “Mental Health Buddy”.

Appendix

Code:

https://script.google.com/d/1dTsEjNmuMZ5z5AfsKNGZrlaAIO8GByay_06e28FSjtJjeRmLluQwv5PM/edit?usp=sharing

Demo:

https://www.youtube.com/watch?v=f4s1bvKVcXs

Form:

https://docs.google.com/forms/d/1c_RszkLuJRFoILFOrNHB2CGocPy4L-9qBv27WuuuZkk/

Thank You!