Title :- Checkpoint to Mental health

Team name:- SMC T-7

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Problem it solves and motivation

It helps an individual in recognizing his/her mental state. And also suggests ways to overcome their stress or anxiety at various levels.

More than half of participants reported contact with individuals experiencing mental health problems (55%; n = 77); approximately a third (35.8%) reported limited confidence to assist. Those in the previous contact with someone with a mental health problem (71.5%; n = 55) were significantly more likely to feel confident in helping (p = 0.044). Mental health literacy, helping others, career and experiences were described as training motivators.

Technology used

* Html
* Css
* JavaScript

Link to github

<https://github.com/Velvet-Elviss/mental_health.git>

1. Video demo