



# Your Daily Mental Fitness Companion

A gym for your mind. One check-in at a time.



Brought to you by  
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“Meet Amina...”

## One of among millions silently struggling with emotional overload

Amina is 27. She works hard, smiles often, but inside—she's overwhelmed.

Therapy feels out of reach. So, like many, she keeps going... silently struggling.

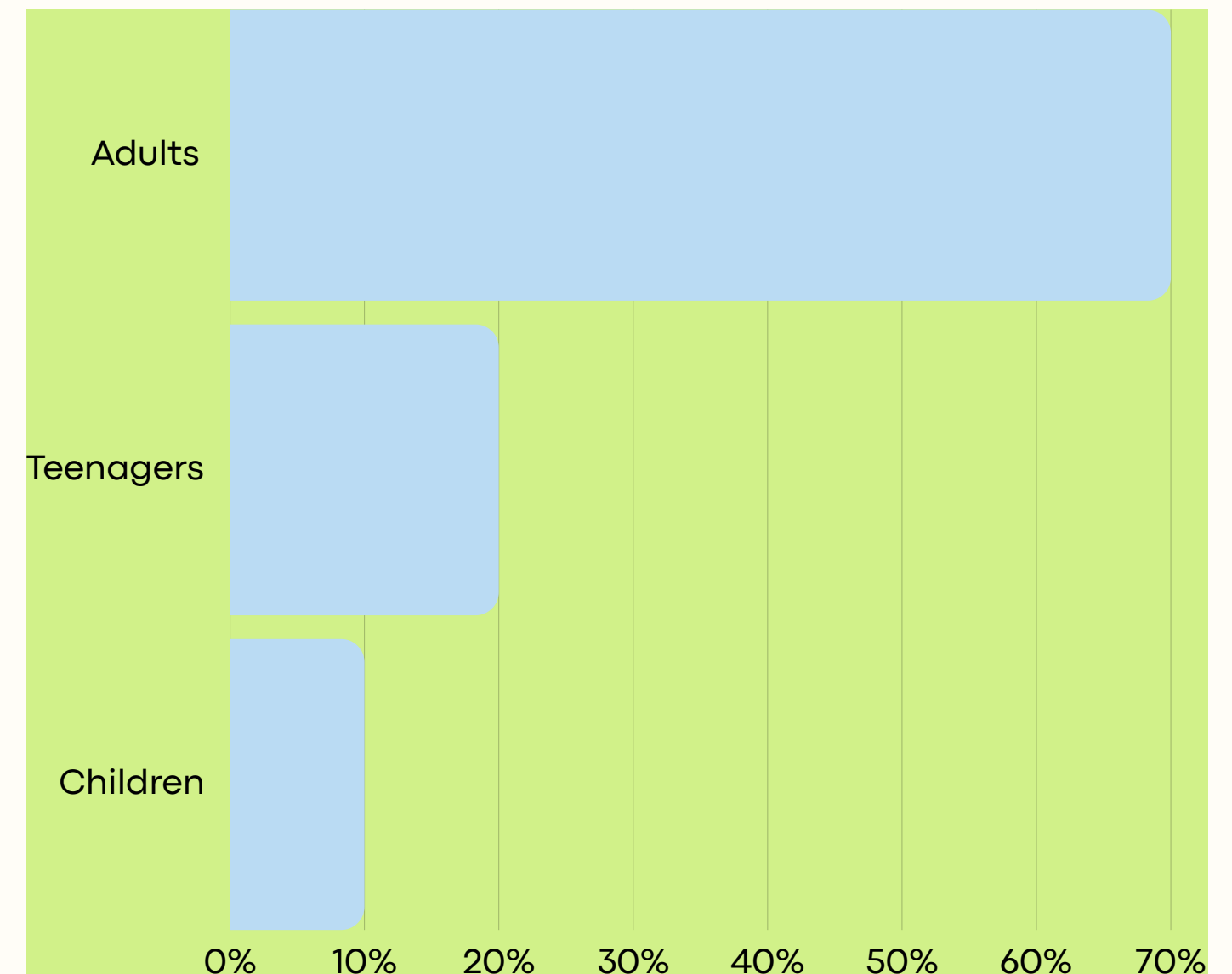
Then she tries MindMate—a simple chatbot that checks in, listens, and helps her feel a little more in control each day.

# Problem

The Mental Health Crisis Is Silent – and Growing.

- Mental wellness is being ignored until it's too late.
- People track calories, steps, and sleep—why not their emotional fitness?

- 1 in 4 adults experiences mental distress, yet 70% receive no help.
- Therapy is expensive, stigmatized, or inaccessible in many regions.
- Unlike physical health, emotional fitness is rarely tracked.



# Solution

“Introducing MindMate”



# MindMate is a chatbot

- Checks in daily to track moods and mental state
- Sets weekly wellness goals
- Offers AI-guided reflection and affirmations
- Visualizes emotional trends to help users understand their triggers
- Provides resources or crisis support when needed



Your pocket therapist—without judgment or high costs.





Why It Works

# 70% efficiency

## Engagement over 2 weeks & medical approved

- 🧠 Backed by behavioral science (CBT, mindfulness micro-interventions)
- 🤖 Built on trusted NLP and LLMs (Whisper, GPT, HuggingFace)
- 🔒 Privacy-first design with offline and encrypted journaling
- 🏢 Piloting with 2 local community groups + 1 university mental wellness club





# Market opportunity

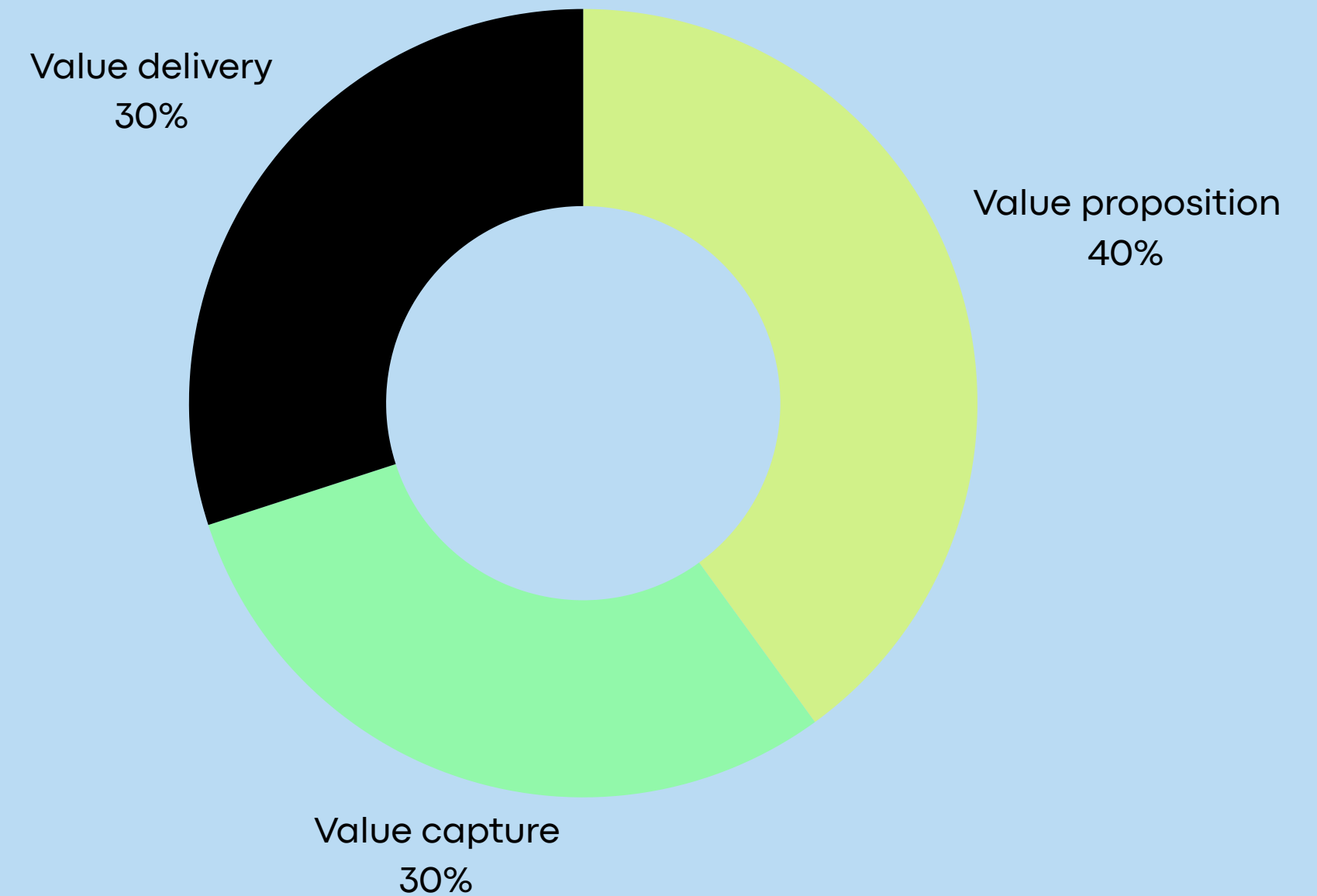
## A Growing \$120B Global Wellness Market

- Digital mental health is booming post-COVID.
- Huge unmet need in Africa, Asia, and underserved regions.
- First-mover advantage in the "daily emotional fitness" niche.



# Sustainable and Scalable

- Freemium model: Daily check-ins free, premium insights/tools optional.
- B2B: Offer branded versions for universities, NGOs, or workplaces.
- Sponsorship from wellness brands, meditation partners, or insurers.





# What If Millions Had Daily Mental Fitness Support?

A future where emotional check-ins are as normal as brushing your teeth.





# Let's Build Mental Fitness for All

We're looking for:

- 🧠 Advisors in behavioral health and AI
- 💰 Seed capital for MVP refinement + rollout
- 🤝 Partners in education, wellness, and community orgs



Join us. Let's make mental  
well-being a daily habit.

[“www.MindMate.com”](http://www.MindMate.com)

Thank You