



GLOWMINDS.

Mental wellness

CHATBOT

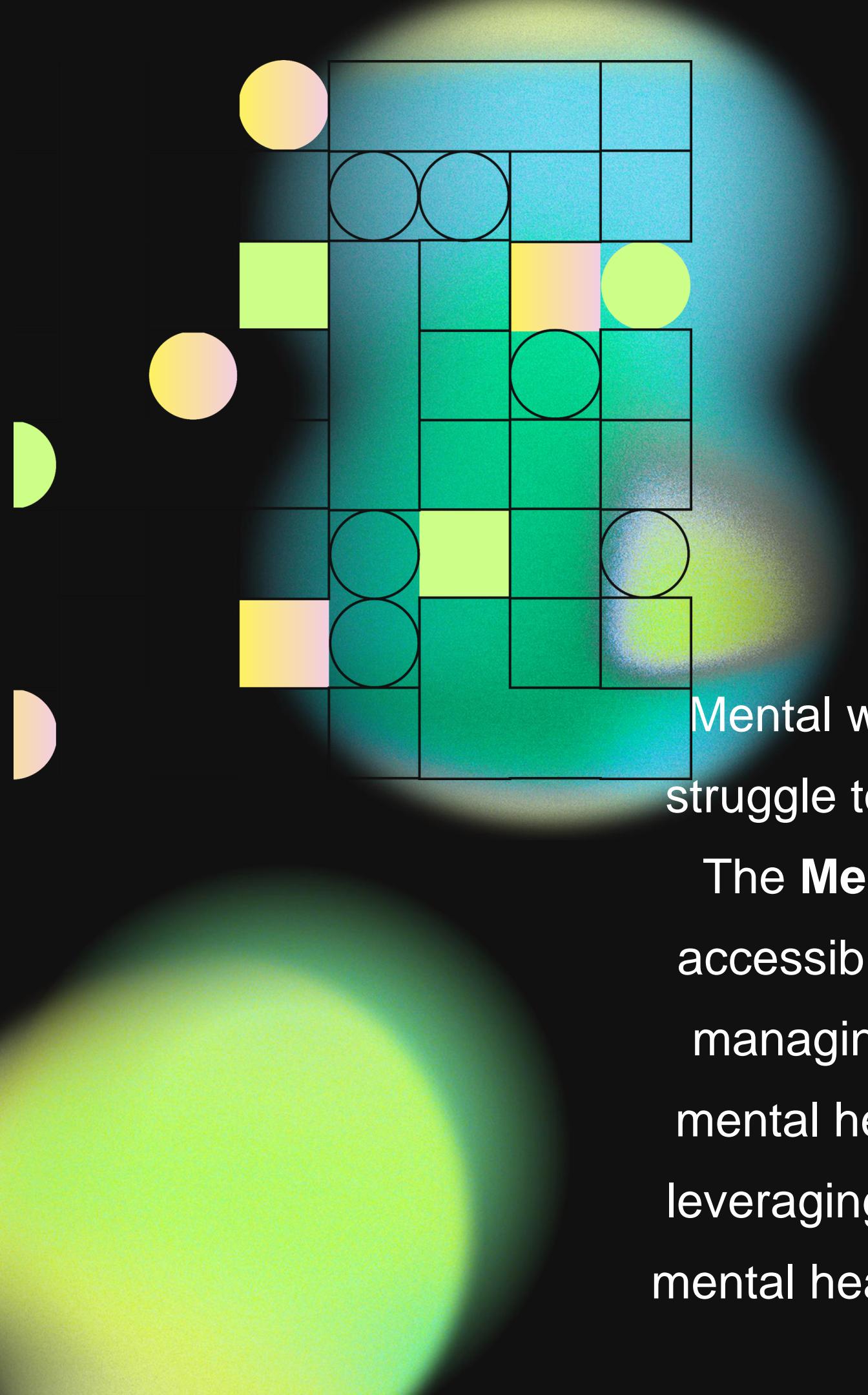
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Under Supervision of MS.LUCKY VERMA



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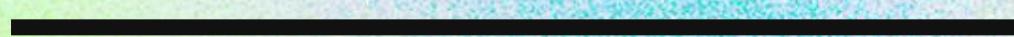
INTRODUCTION TO Mental Wellness Chatbot

Quick Overview

Mental wellness is an essential aspect of overall well-being, yet many individuals struggle to access timely and effective support due to stigma, cost, and availability.

The **Mental Wellness Chatbot** is designed to provide instant, anonymous, and accessible emotional support through interactive conversations. It assists users in managing stress, tracking their moods, and accessing coping strategies, making mental health resources more approachable and available anytime, anywhere. By leveraging technology, this chatbot aims to bridge the gap between individuals and mental health assistance, promoting well-being in a non-judgmental and confidential manner.

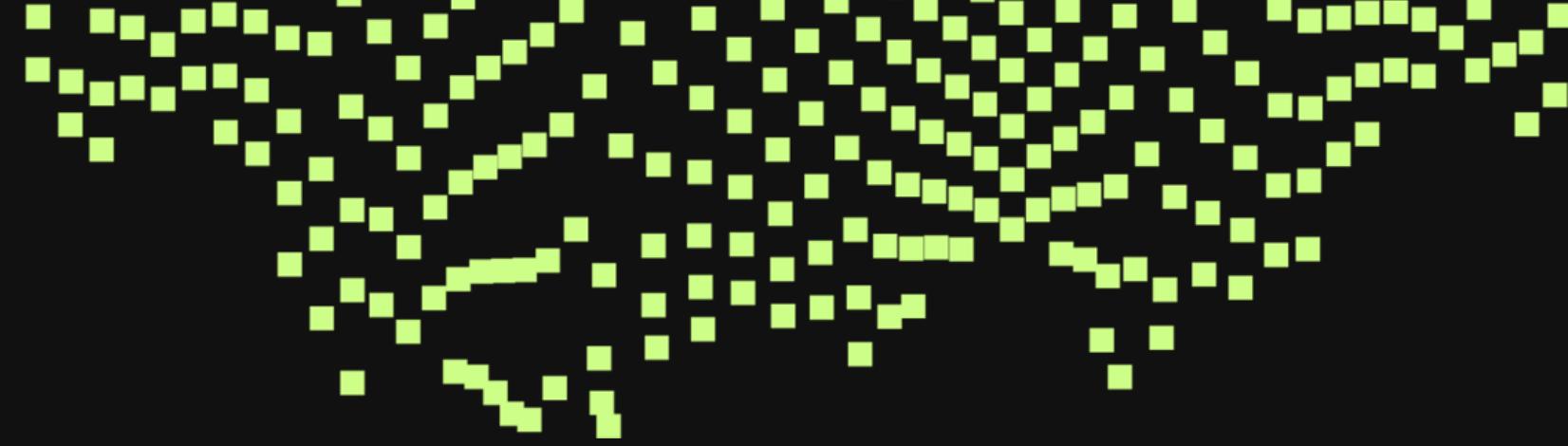
Let's Get Started



PART



Objectives



The **primary objective** of the mental wellness chatbot (**GLOWMINDS**) is to provide **accessible, supportive, and confidential** mental health assistance to users by offering guidance, self-care strategies, and emotional support through an AI-driven conversational interface.



Problem Statement

Mental health issues such as stress, anxiety, and depression are increasingly prevalent, yet many individuals struggle to access timely and affordable mental health support due to stigma, financial constraints, or lack of resources.

Traditional mental health services can be expensive, have long wait times, and may not be available 24/7.



There is a need for an accessible, confidential, and AI-driven mental wellness chatbot that provides immediate emotional support, self-help strategies, and mental health education. This chatbot will serve as a first line of support, helping users manage their mental well-being, track their emotions, and access relevant resources while encouraging professional intervention when necessary.

METHODOLOGY

1. Research & Requirement Analysis :-

- Conduct surveys and interviews with users to understand their mental health needs.
- Study existing mental health apps and chatbots to identify gaps and best practices.
- Collaborate with psychologists and mental health professionals to define chatbot responses and ensure accuracy.

2. Chatbot Design & Development :-

A. Conversational Flow Design

- Define user personas and common mental health concerns (e.g., stress, anxiety, depression).
- Create conversation scripts using decision trees and natural language processing (NLP).
- Ensure a compassionate and non-judgmental tone in responses.

B. Technology Stack

- Frontend: HTML, CSS, JavaScript (for chatbot UI).
- Backend: Node.js/Python (for chatbot logic and API integration).

Continue -

3. Implementation & Features :-

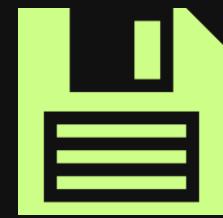
- Core Features:
 - Emotional support via AI-driven chat.
 - Mood tracking and journaling.
 - Self-help resources (breathing exercises, meditation guides).
 - Referral to professional help when necessary.
 - Security & Privacy: Implement end-to-end encryption and follow data protection laws.
 - User Interface (UI/UX): Design a simple, intuitive, and engaging chatbot experience.

4. Testing & Evaluation :-

- Usability Testing: Gather feedback from a small group of users.
- AI Accuracy Testing: Ensure the chatbot responds appropriately to different queries
- Performance Testing: Check response time, uptime, and scalability.

5. Deployment & Maintenance :-

- Launch as a web-based chatbot and later expand to mobile apps (Android & iOS).
- Continuously update chatbot responses based on user feedback and mental health research.
- Provide technical support and ensure chatbot reliability.



Lack of Human Empathy

Chatbots can recognize emotions but cannot truly "feel" or empathize with users.

Challenges & Adaptations



Lack of Personalized Treatment

Chatbots provide general guidance but cannot replace human therapists.

Expected Outcomes

This mental wellness chatbot (**GLOWMINDS**) is designed to provide psychological support, emotional well-being guidance, and mental health resources. The expected outcomes of such a chatbot include:

1. Improved Accessibility to Mental Health Support by Providing 24/7 assistance
2. Reduced Stress and Anxiety
3. Encouragement of Healthy Habits
4. Confidential and Judgment-Free Support
5. Reduction in Therapist Workload
6. Increased Mental Health Awareness

41%

Global Users Suffering -2021

\$448B

Industry Worth

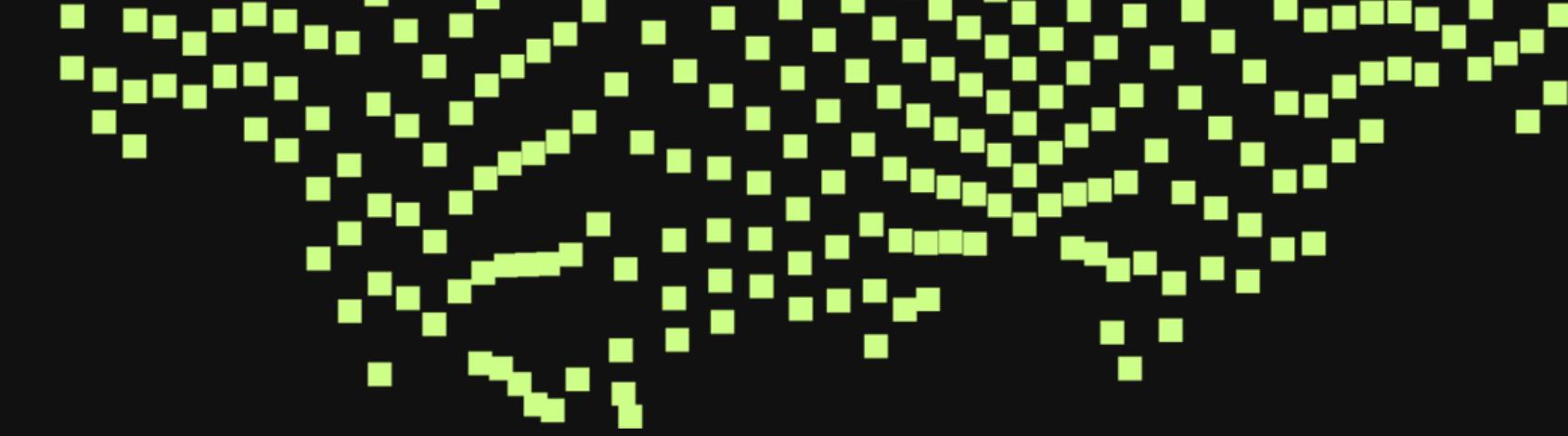
Insights on Data:

Global Stress Levels: According to a 2021 Gallup survey encompassing adults from 122 countries, 41% of respondents reported experiencing a significant amount of stress the previous day..

Trends Over Time: Research analyzing data from 149 countries between 2007 and 2021 found that over half of the population in 20 countries experienced emotional stress. Additionally, 85% of these countries reported worsened psychological stress in 2020 compared to 2008.

Statistics

Conclusion



Key Takeaways

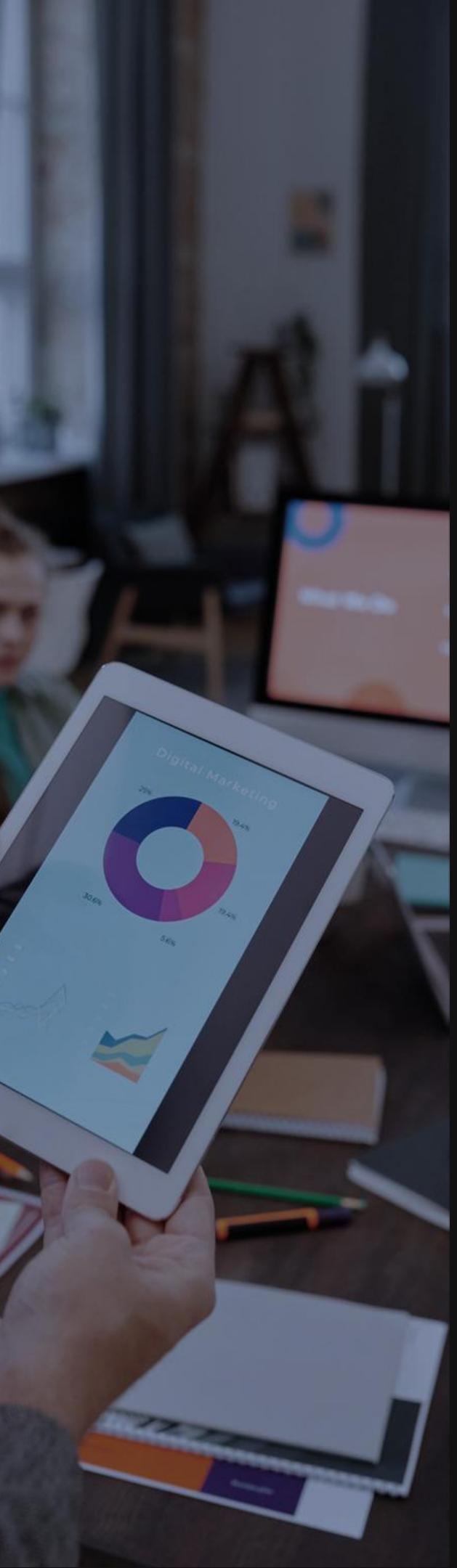
- Mental health is a **growing concern**, and **technology** can bridge the gap in mental wellness support.
- This chatbot can be a **first step** toward improving emotional well-being, offering resources and coping mechanisms.

Future Scope:

- Enhance AI to provide **more personalized responses**.
- Integrate with **wearables or voice assistants**.
- Expand language support and **global accessibility**.

Final Thought:

"Mental wellness is essential for a balanced life. Our chatbot aims to make mental health support more approachable and accessible for everyone."



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The future will be shaped by
those who understand the
power of A.I and use it to
innovate and inspire.

Jensen Huang



Stay Connected



Group ID - Y1-2024-25-G191

Group Name - GLOWMINDS

Members - Rashi Yadav , Abhay , Yuvraj ,
. & Sanjeev

Coordinator - Ms. LUCKY VERMA

Thank You

Reference Page

Gallup – For Taking Survey data

Canva – For Slides Layout

GPT – For taking Innovation Ideas

W.H.O – For Medical Data

G.W.I – Also for Med Data

W3schools – For learning new features in programming(code)