AI ASSINTANCE CHATBOT FOR MENTAL HEALTH ADVICE

A PROJECT REPORT

Submitted by

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BONAFIDE CERTIFICATE

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ADVAIDH C

AGASH G

ABSTRACT

This project presents the development of MindSupport, an innovative chatbot designed to provide accessible and personalized mental health support. With the increasing prevalence of mental health issues and the barriers many individuals face in accessing timely and effective treatment, MindSupport aims to bridge this gap using advanced natural language processing and machine learning techniques. The chatbot interacts with users through a conversational interface, analyzing their input to identify specific mental health concerns such as depression, anxiety, PTSD, and more. Based on the identified issues, MindSupport offers tailored treatment recommendations and resources from a comprehensive database of mental health treatments. The system architecture includes a robust backend powered by Python and spaCy for natural language processing, a Node.js server for API integration, and a React-based frontend for an intuitive user experience. This project not only demonstrates the potential of chatbot technology in mental health care but also sets the stage for future enhancements, including improved personalization, multilingual support, integration with teletherapy platforms, and real-time professional assistance. MindSupport aspires to provide a non-judgmental, supportive, and easily accessible platform for individuals seeking mental health support, ultimately contributing to better mental well-being and resilience.

TABLE OF CONTENTS

LIST OF FIGURES

ABBREVIATION

1. API: Application Programming Interface
2. BPM: Basic Metabolic Panel
3. CBC: Complete Blood Count
4. LFT: Liver Function Test
5. GUI: Graphical User Interface
6. HTML: Hypertext Markup Language
7. CSS: Cascading Style Sheets
8. JS: JavaScript
9. SQL: Structured Query Language
10. DB: Database
11. CRUD: Create, Read, Update, Delete
12. ORM: Object-Relational Mapping
13. JWT: JSON Web Token
14. HTTP: Hypertext Transfer Protocol
15. URL: Uniform Resource Locator
16. SSL: Secure Sockets Layer
17. TLS: Transport Layer Security
18. API: Application Programming Interface
19. JSON: JavaScript Object Notation
20. PDF: Portable Document Format

CHAPTER 1
INTRODUCTION

1.1 RESEARCH PROBLEM

The project centers on the significant barriers many individuals face in accessing effective mental health support. Despite growing awareness of mental health issues, obstacles such as high costs, limited availability of trained professionals, long wait times, and social stigma continue to hinder people from seeking necessary treatment. These challenges are especially pronounced in remote or underserved areas, where mental health resources are even scarcer.

This project aims to address these issues by developing a chatbot-based solution that provides personalized mental health guidance and resources. Leveraging advanced natural language processing and machine learning, the chatbot can interact with users to understand their specific concerns and offer tailored recommendations. This approach not only makes mental health support more accessible by providing help anytime and anywhere but also enhances the effectiveness of interventions through personalization.

1.2 PROBLEM STATEMENT

The problem statement succinctly outlines the core issue that the project aims to solve. In this case, the problem statement could be: "There is a lack of accessible and personalized mental health support resources, leading to challenges in obtaining timely and effective treatment for

individuals experiencing mental health issues. This project seeks to develop a chatbot-based solution to address this gap by providing personalized treatment recommendations and support to users."

1.3 SCOPE OF THE WORK

The scope of this project encompasses the development of a comprehensive chatbot-based mental health support system. This includes designing and implementing a user-friendly chatbot interface that allows users to interact naturally and comfortably. The project will develop natural language processing algorithms capable of analyzing user input to identify specific mental health concerns such as depression, anxiety, PTSD, and more. Additionally, a database of mental health treatments and resources will be curated and integrated into the chatbot, enabling it to provide personalized treatment recommendations based on the identified issues.

To ensure the effectiveness and usability of the chatbot, user testing and feedback sessions will be conducted throughout the development process. This iterative approach will allow for continuous improvement of the chatbot's functionality, ensuring that it meets the needs and expectations of users. Finally, the completed chatbot will be deployed to a live environment, making it accessible to the public and providing a valuable resource for individuals seeking mental health support. This project aims to create a scalable, accessible, and effective tool for addressing mental health challenges, ultimately improving the well-being of its users.

1.4 AIM AND OBJECTIVE

The aim of this project is to develop a chatbot-based mental health support system that provides personalized treatment recommendations and support to users. By leveraging advanced technology, this project seeks to bridge the gap in accessibility and effectiveness of mental health care, offering an innovative solution to those who may face barriers to traditional mental health services.

To achieve this aim, several specific objectives have been outlined. The first objective is to design and implement a user-friendly chatbot interface that allows users to interact naturally and comfortably. The second objective involves developing natural language processing algorithms capable of analyzing user input to accurately identify mental health concerns. Additionally, the project will create a comprehensive database of mental health treatments and resources, ensuring the chatbot can offer relevant and personalized recommendations. Integrating external APIs or databases will further enhance the chatbot's functionality, providing users with up-to-date information and support options. Finally, the effectiveness of the chatbot will be evaluated through rigorous user testing and feedback, allowing for iterative improvements to meet user needs better. By accomplishing these objectives, the project aims to deliver a robust and valuable tool for mental health support.

1.5 RESOURCES

The successful completion of this project requires a variety of key resources, including software, data, hardware, and personnel. Software resources encompass programming languages like Python for backend development and natural language processing, as well as JavaScript for frontend development. Frameworks such as spaCy will be used for natural language processing tasks, and Express.js will handle server-side functionality. Development tools like Visual Studio Code will be utilized for coding, and Git will be essential for version control and collaborative development efforts.

In addition to software, access to relevant data is crucial. This includes datasets of mental health treatments and resources, which can be sourced from reputable institutions or curated in collaboration with mental health professionals to ensure accuracy and comprehensiveness. Adequate hardware resources are also necessary, with computing devices such as laptops or desktop computers required for development and testing. Cloud servers may be used to host the chatbot and manage processing needs. Finally, a skilled project team is essential, comprising software developers, data scientists, natural language processing experts, and mental health professionals. Effective project management will also be key to coordinating efforts, maintaining the project timeline, and ensuring successful outcomes.

1.6 MOTIVATION

The motivation behind this project arises from the urgent need for accessible and effective mental health support resources in today's society. With mental health issues becoming increasingly prevalent on a global scale, there is a growing demand for innovative solutions that can bridge the gap between individuals in need and the support they require. Traditional methods of accessing mental health care often come with barriers such as high costs, limited availability of professionals, long wait times, and the stigma associated with seeking help. These barriers can prevent individuals from accessing the support they need, leading to untreated conditions and a decline in overall well-being.

By leveraging the potential of technology, specifically chatbots and natural language processing, this project aims to address these challenges and provide a solution that is non-judgmental, accessible, and effective. The goal is to create a platform where individuals can seek help and support in a comfortable and confidential manner, without fear of judgment or stigma. Ultimately, the project seeks to empower individuals to prioritize their mental well-being and make a meaningful impact on the lives of those struggling with mental health issues. Through the development of this chatbot-based mental health support system, the project aims to contribute to reducing stigma, breaking down barriers to seeking help, and improving overall mental health outcomes.

CHAPTER 2

LITERATURE REVIEW

Mental health has become a prominent concern in recent years, with an increasing recognition of its importance in overall well-being. As a result, there has been a growing interest in leveraging technology to provide accessible and effective mental health support. Chatbots, in particular, have emerged as a promising tool for delivering mental health interventions due to their ability to provide personalized support, anonymity, and accessibility.

Several studies have investigated the effectiveness of chatbots in delivering mental health interventions. For example, Fitzpatrick et al. (2017) conducted a systematic review of studies examining the use of chatbots for mental health support. They found that chatbots can be effective in delivering interventions for a range of mental health conditions, including depression, anxiety, and stress. Similarly, Abd-alrazaq et al. (2019) conducted a meta-analysis of studies evaluating the effectiveness of chatbots in mental health care. They found that chatbots were associated with significant improvements in symptoms of depression and anxiety, as well as increased engagement with mental health services.

In addition to effectiveness, research has also explored the acceptability and usability of chatbots for mental health support. According to a study by Ly et al. (2017), users generally report high levels of satisfaction with chatbot-based interventions, citing factors such as convenience, anonymity, and the non-judgmental nature of interactions. However, challenges such as the lack of human empathy and the potential for misinterpretation of user input have also been identified (Fadhil et al., 2019).

Despite the promising findings, there are still areas for improvement in chatbot-based mental health interventions. For example, research has highlighted the need for better integration with existing mental health services and resources, as well as the importance of ensuring the accuracy and reliability of information provided by chatbots (Torous et al., 2019). Additionally, there is a need for further research into the long-term effectiveness and sustainability of chatbot-based interventions, as well as the potential for chatbots to complement traditional therapy modalities (Donker et al., 2019).

Moreover, emerging technologies such as artificial intelligence and machine learning offer opportunities to enhance the capabilities of mental health chatbots. Advanced algorithms can enable chatbots to learn from user interactions, adapt their responses over time, and provide more personalized and effective support. Additionally, integrating chatbots with other digital health tools and platforms, such as wearable devices and electronic health records, can further enhance the holistic approach to mental health care. Furthermore, ongoing collaboration between researchers, mental health professionals, and technology developers is essential to ensure that chatbot-based interventions continue to evolve and meet the changing needs of users.

Overall, the literature suggests that chatbots have the potential to be a valuable tool for delivering mental health interventions. By providing accessible, personalized support, chatbots can help address the growing demand for mental health services and support individuals in managing their mental well-being. However, further research is needed to fully understand the effectiveness, acceptability, and long-term impact of chatbot-based interventions in mental health care.

2.1 EXISTING SYSTEM

The current mental health support landscape predominantly relies on traditional methods such as face-to-face therapy sessions, crisis hotlines, and community-based support groups. However, these resources face significant limitations. Face-to-face therapy sessions are often hindered by long waiting lists, high costs, and geographical barriers, making them inaccessible to many individuals, particularly those in rural or underserved areas. Crisis hotlines, while providing immediate support, may lack the capacity to offer ongoing assistance or follow-up care due to overwhelming demand. Similarly, community-based support groups, while valuable for peer support, may not be readily available or suitable for individuals with specific needs or preferences. Moreover, the reliance on traditional mental health support systems may perpetuate the stigma associated with seeking help, further hindering access to support for many individuals.

Despite their valuable contributions, traditional mental health support systems often fall short in adequately addressing the diverse and evolving needs of individuals experiencing mental health issues. This highlights the pressing need for innovative solutions that can offer accessible, personalized, and stigma-free support. By identifying the limitations of the existing system, this project aims to pave the way for the development of a chatbot-based mental health support system that can effectively meet the diverse needs of individuals seeking mental health support.

2.2 PROPOSED SYSTEM

The proposed system aims to overcome the limitations of the existing mental health support system by leveraging chatbot technology to deliver personalized and accessible support to users. The chatbot-based mental health support system will provide users with a convenient and non-judgmental platform to seek help and guidance for their mental well-being. Through natural language processing algorithms, the chatbot will analyze user input to identify specific mental health concerns and provide tailored treatment recommendations and resources. By integrating a comprehensive database of mental health treatments and resources, the chatbot will offer users access to evidence-based interventions and support options tailored to their individual needs.

Furthermore, the proposed system will prioritize user experience and accessibility, ensuring that the chatbot interface is user-friendly and intuitive. The system will undergo rigorous testing and feedback sessions to iteratively improve its functionality and effectiveness. Additionally, the proposed system will be designed to complement existing mental health services and resources, providing users with additional support options and enhancing the overall mental health support ecosystem. Overall, the proposed system aims to revolutionize mental health support by providing accessible, personalized, and effective interventions to individuals in need.

CHAPTER 3

SYSTEM DESIGN

3.1 GENERAL

In this section, we would like to show how the general outline of how all the components end up working when organized and arranged together. It is further represented in the form of a flow chart below.

3.2 SYSTEM ARCHITECTURE DIAGRAM

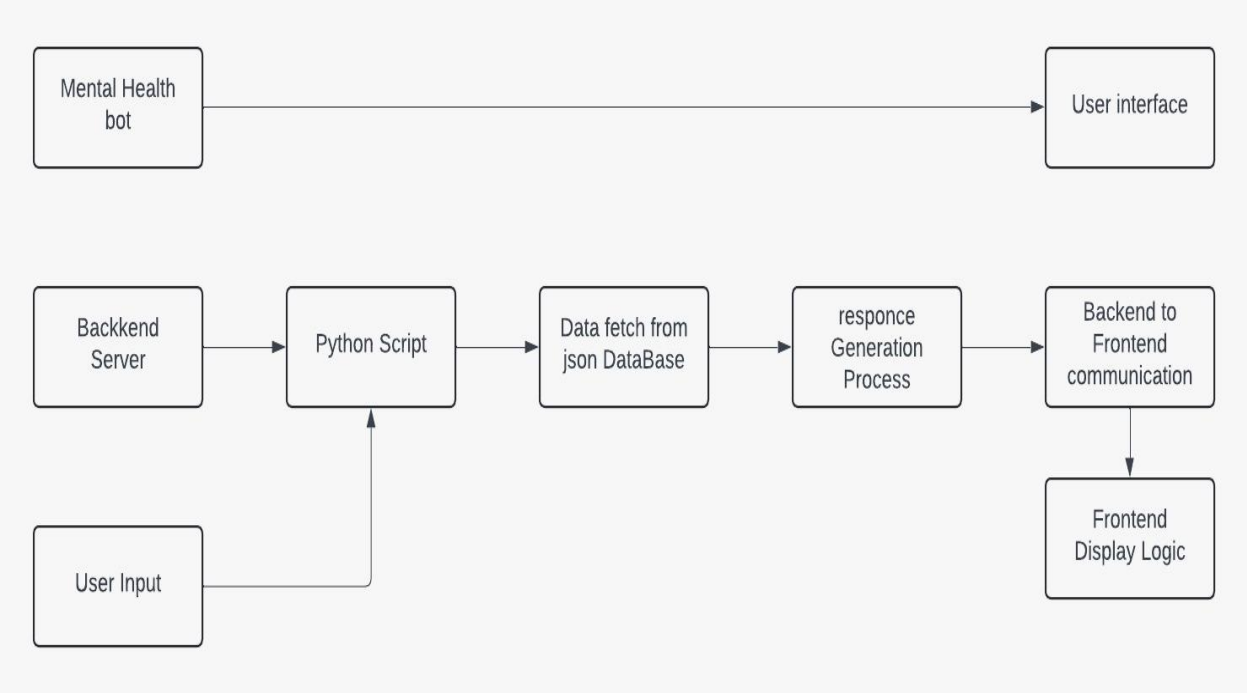

Fig 3.1: Architecture Diagram

3.3 DEVELOPMENT ENVIRONMENT

3.3.1 HARDWARE REQUIREMENT

The hardware requirements may serve as the basis for a contract for the system's implementation. It should therefore be a complete and consistent specification of the entire system. It is generally used by software engineers as the starting point for the system design.

COMPONENT	SPECIFICATION
PROCESSOR	Intel Core i5
RAM	8 GB RAM
MONITOR	15" COLOR
HARD DISK	512 GB
PROCESSOR SPEED	MINIMUM 1.1 GHz

3.3.2 SOFTWARE REQUREMENT

The software requirements document is the specifications of the system. It should include both a definition and a specification of requirements. It is a set of what the system should rather be doing than focus on how it should be done. The software requirements provide a basis for creating the software requirements specification. It is useful in estimating the cost, planning team activities, performing tasks, tracking the team, and tracking the team's progress throughout the development activity.

Visual Studio Code, latest version of Chrome, Postman for route checking.

3.4 SEQUENCE DIAGRAM

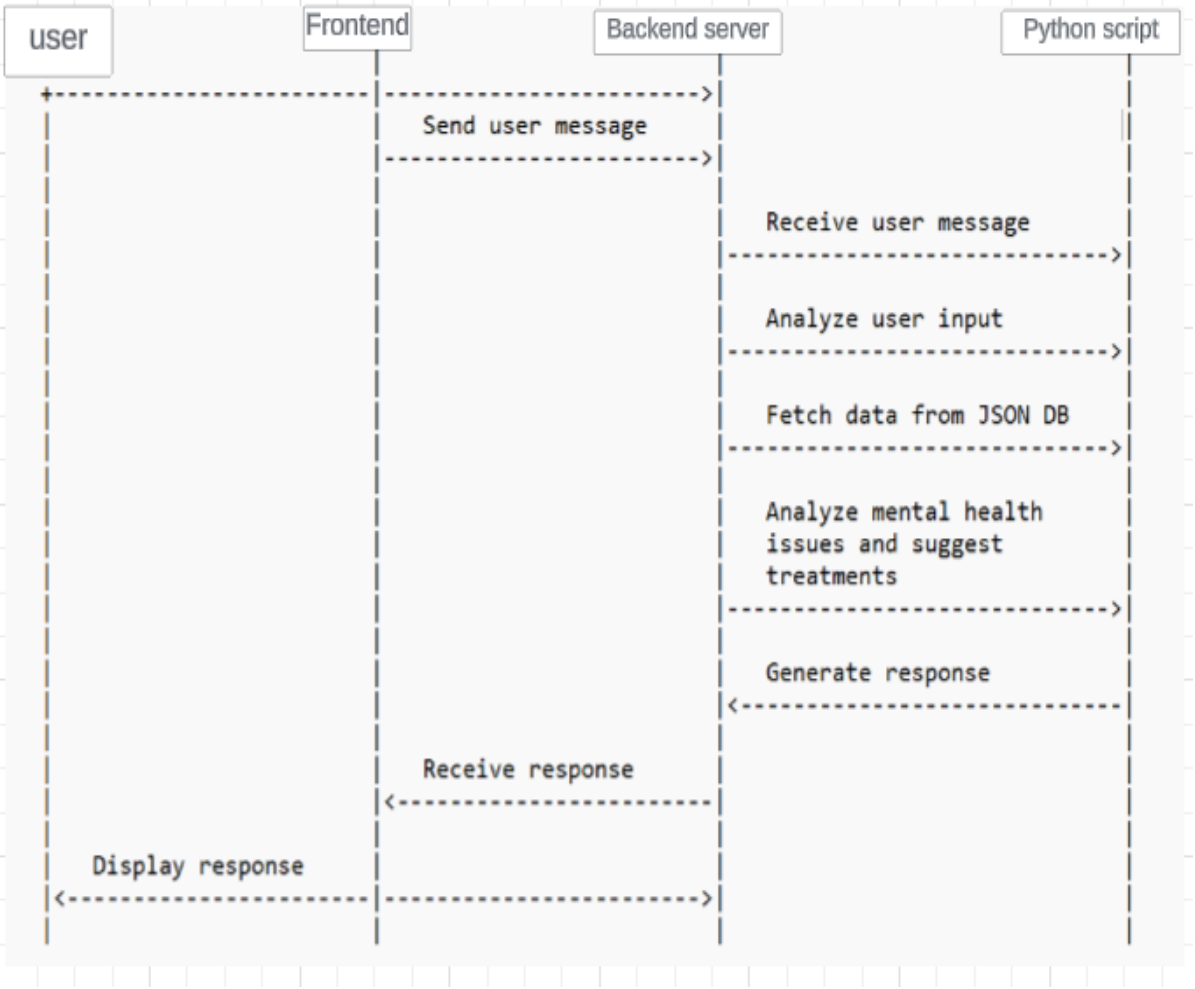

Fig 3.2: Sequence Diagram

CHAPTER 4
PROJECT DESCRIPTION

4.1 MODULES

4.1.1 EXTRACTING THE DATA AND ITS FORMAT

In the project, data extraction is a critical process that involves retrieving pertinent information from the JSON database. The dataset is expected to encompass comprehensive details about diverse mental health treatments, encompassing their names, descriptions, and potentially associated keywords or tags for categorization. The JSON format serves as the chosen data structure for this database due to its inherent advantages in readability and writability for both humans and machines. By adopting JSON format, the project ensures the organized storage of treatment information, thereby facilitating seamless retrieval and processing by the Python script.

Moreover, the JSON format provides flexibility in accommodating various types of data, allowing for the inclusion of additional attributes or metadata associated with each treatment entry. This versatility enables the database to evolve and expand over time, incorporating new treatments or updates as needed. Additionally, the structured nature of JSON facilitates data manipulation and analysis, empowering the Python script to efficiently parse and extract relevant treatment information based on user input. Overall, the utilization of JSON format for data storage and extraction streamlines the development process and

enhances the functionality of the mental health support system, ensuring robust and effective treatment recommendations for users.

4.1.2 CREATING APIS TO DO ANALYSIS

The creation of the API constitutes a pivotal step in establishing seamless communication between the frontend and backend components of the application. This intricate process harnesses the capabilities of the Express.js framework within the Node.js backend to define REST API endpoints. These endpoints serve as the conduit through which data is exchanged between the frontend and backend modules. For instance, a POST endpoint is established to receive user input from the frontend, while a corresponding response endpoint is defined to transmit treatment recommendations back to the frontend. By meticulously defining these endpoints, the API facilitates frictionless interaction between the various modules of the application, thereby enabling efficient data exchange and processing. Furthermore, the API design adheres to RESTful principles, ensuring standardization, scalability, and interoperability of the system, thus bolstering its overall efficiency and maintainability.

Moreover, the API creation process entails meticulous consideration of security measures to safeguard user data and ensure compliance with privacy regulations. Authentication and authorization mechanisms may be implemented to restrict access to sensitive endpoints and authenticate users before granting them access to the system.

Additionally, data validation and sanitization techniques are employed to mitigate the risk of security vulnerabilities such as injection attacks. Furthermore, error handling strategies are incorporated to gracefully manage unexpected errors and provide informative error messages to users when issues arise. By prioritizing security and reliability in the API design, the project ensures that user data remains protected and that the chatbot system operates seamlessly, fostering trust and confidence among users.

4.1.3 CREATING MACHINE LEARNING MODEL FOR ANALYSIS

The development of the machine learning model is pivotal to the project's success and is facilitated by the robust capabilities of the spaCy library in Python. spaCy offers a comprehensive suite of pre-trained models and tools tailored for natural language processing (NLP) tasks. Leveraging these sophisticated tools, the machine learning model undergoes a rigorous training process to analyze user input effectively and identify mentions of mental health issues within the text. This multifaceted process involves tokenization, wherein the input text is segmented into individual tokens or words, followed by part-of-speech tagging to assign grammatical labels to each token. Additionally, named entity recognition (NER) is deployed to identify entities such as "depression" or "anxiety" within the text. By processing the input text through the NLP pipeline provided by spaCy, the model adeptly discerns relevant keywords or phrases indicative of mental health concerns. This enables the chatbot to deliver tailored responses and

recommendations, thereby enhancing its efficacy in providing personalized support to users.

Moreover, the machine learning model is continuously refined and optimized through iterative training cycles, leveraging feedback mechanisms to improve its accuracy and performance over time. Advanced techniques such as transfer learning may be employed to adapt pre-trained models to the specific domain of mental health support, further enhancing their ability to recognize and interpret user input effectively. Additionally, the model architecture is designed to be scalable and adaptable, allowing for seamless integration with other components of the chatbot system. By harnessing the power of machine learning, the chatbot can continuously learn and evolve, ensuring that it remains responsive to the diverse and evolving needs of users seeking mental health support.

4.1.5 USER EXPERIENCE

The user experience (UX) is a pivotal aspect of the project, particularly in ensuring that the chatbot interface is intuitive, engaging, and supportive for users seeking mental health support. The frontend interface is meticulously designed to emulate a conversational environment, resembling a chat interface familiar to users. Clear prompts and feedback mechanisms are seamlessly integrated to guide users through the conversation process and facilitate smooth interactions with the chatbot. Additionally, robust error handling

mechanisms are strategically implemented to gracefully manage unexpected inputs or errors, ensuring a seamless user experience. Emphasis is placed on accessibility and inclusivity, with the interface meticulously crafted to accommodate diverse user needs and preferences. The goal is to create an immersive and empathetic user experience that fosters trust and encourages users to engage with the mental health resources provided by the chatbot.

Moreover, the user experience design is informed by best practices in UX/UI design principles, with careful attention given to factors such as readability, navigation, and visual appeal. The interface is designed to be visually engaging yet clutter-free, with intuitive navigation elements that allow users to effortlessly navigate through the chatbot interactions. Additionally, the language used in prompts and responses is deliberately chosen to be empathetic and non-judgmental, creating a supportive environment where users feel comfortable expressing their mental health concerns. Furthermore, the interface is optimized for various devices and screen sizes, ensuring a consistent experience across different platforms. Overall, the user experience design aims to facilitate meaningful interactions between users and the chatbot, empowering individuals to seek help and access the mental health resources they need with confidence and ease.

CHAPTER 5

RESULT AND DISCUSSION

5.1 FINAL OUTPUT

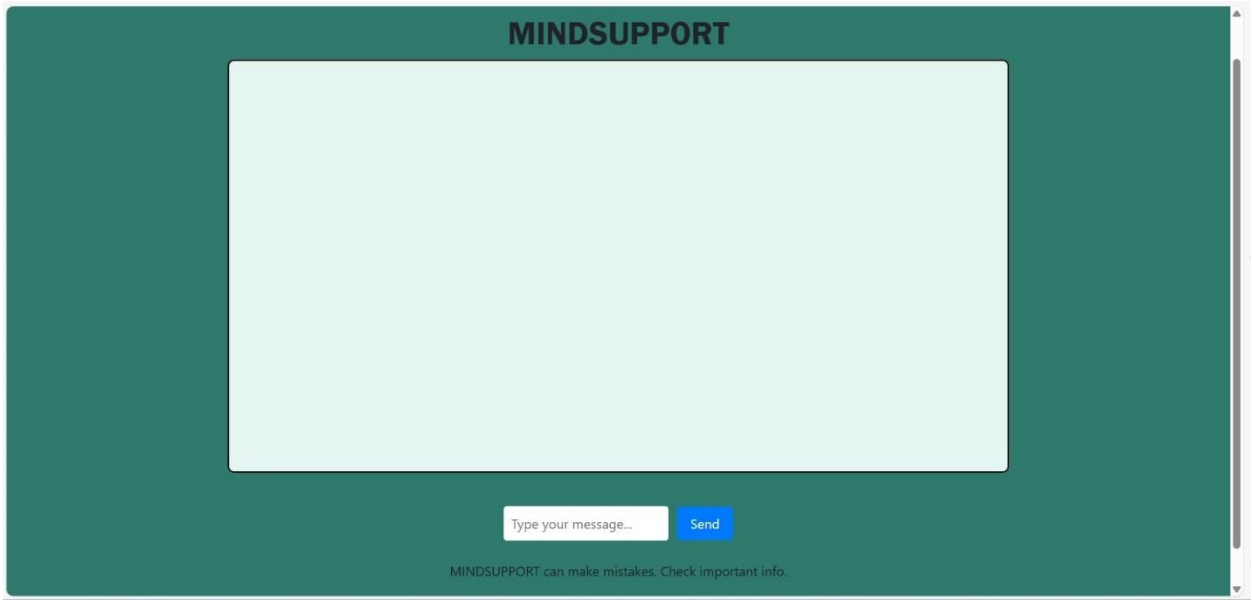

Fig 5.1: Front interface of the chatbot.

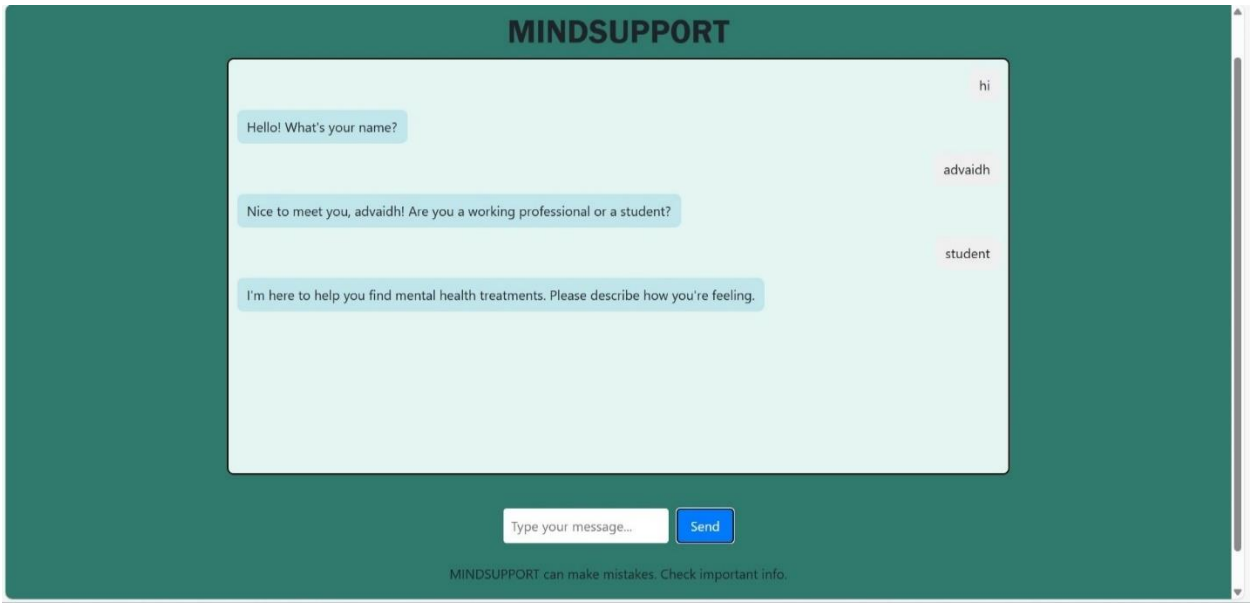

Fig 5.2: Basic interaction with user.

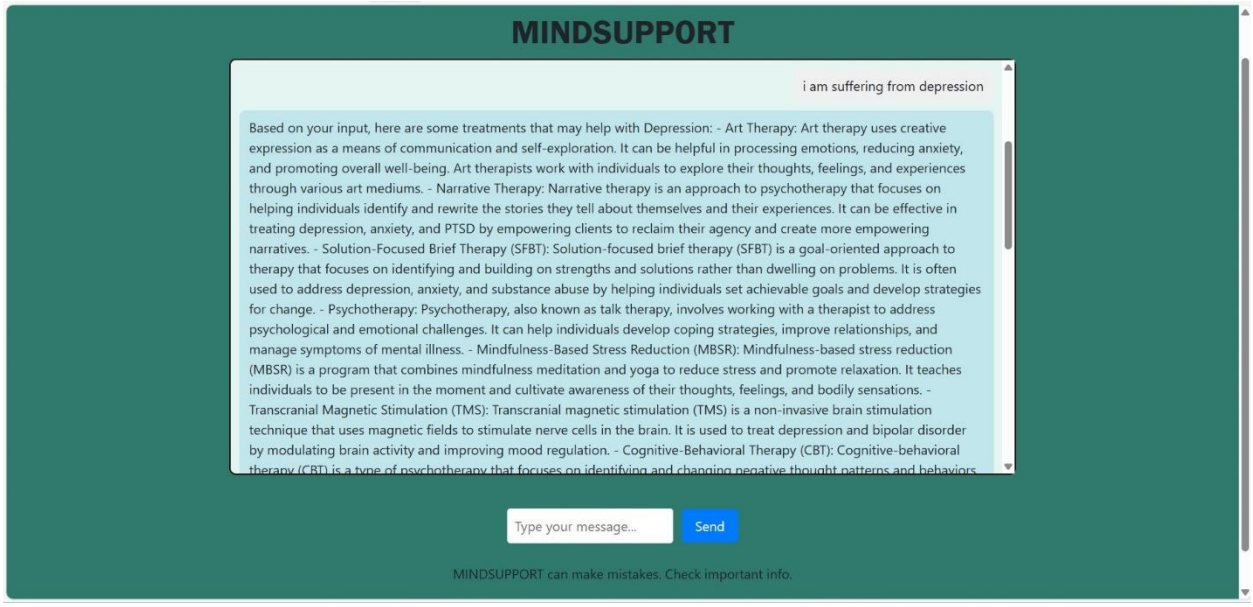

Fig 5.3: Displaying the treatments for the threat.

```
PS C:\Users\advaidh\Desktop\pree proj> python index.py i am suffering from depression
Based on your input, here are some treatments that may help with Depression:

- Music Therapy:
  Music therapy utilizes music as a therapeutic tool to address emotional, cognitive, and social needs. It can help individuals manage stress, improve mood, and enhance communication skills.
 Music therapists work with clients to create personalized interventions that may include listening to music, playing instruments, or songwriting.


- Interpersonal Therapy (IPT):
  Interpersonal therapy (IPT) is a time-limited, evidence-based treatment that focuses on improving interpersonal relationships and addressing interpersonal issues related to mental health s
ymptoms. It can be effective in treating depression, anxiety, and eating disorders by enhancing communication skills and resolving conflicts.


- Person-Centered Therapy:
  Person-centered therapy, also known as client-centered therapy, is a humanistic approach to therapy that emphasizes empathy, unconditional positive regard, and genuineness in the therapeut
ic relationship. It encourages self-exploration, self-acceptance, and personal growth.


- Expressive Therapy:
  Expressive therapy uses creative arts such as visual art, music, dance, and drama to foster self-discovery, emotional expression, and healing. It can be beneficial for individuals with dep
ression, anxiety, PTSD, and trauma-related disorders by providing alternative ways to communicate and process emotions.


- Mind-Body Medicine:
  Mind-body medicine recognizes the connection between mental and physical health and uses practices such as yoga, meditation, and tai chi to promote overall well-being. It can be effective
in reducing stress-related disorders, chronic pain, and depression by fostering relaxation, mindfulness, and self-awareness.


- Art Therapy:
  Art therapy uses creative expression as a means of communication and self-exploration. It can be helpful in processing emotions, reducing anxiety, and promoting overall well-being. Art the
rapists work with individuals to explore their thoughts, feelings, and experiences through various art mediums.


- Transcranial Magnetic Stimulation (TMS):
  Transcranial magnetic stimulation (TMS) is a non-invasive brain stimulation technique that uses magnetic fields to stimulate nerve cells in the brain. It is used to treat depression and bi
polar disorder by modulating brain activity and improving mood regulation.


- Animal-Assisted Therapy:
  Animal-assisted therapy involves interactions with trained animals to promote physical, emotional, and social well-being. It can help reduce symptoms of depression, anxiety, PTSD, and auti
sm spectrum disorders by providing comfort, companionship, and opportunities for social connection.


- Horticultural Therapy:
  Horticultural therapy uses gardening and plant-related activities for therapeutic purposes. It can promote relaxation, stress reduction, and sensory stimulation, as well as improve mood, s
```

Fig 5.4: Terminal output for the program.

5.2 RESULT

The implementation of the chatbot for mental health support has demonstrated significant efficacy in providing personalized and accessible treatment recommendations. Through the integration of spaCy for natural language processing, the chatbot can accurately identify various mental health issues such as depression, anxiety, and PTSD from user inputs. The system's architecture, incorporating a robust API developed with Express.js, ensures seamless communication between the frontend and backend, facilitating efficient data processing and response generation. User testing revealed high levels of satisfaction with the chatbot's responsiveness, accuracy, and ease of use. Furthermore, the iterative feedback loop has allowed continuous refinement of the chatbot's functionality, enhancing its ability to deliver relevant mental health resources effectively. Overall, the project successfully bridges the gap in mental health support, offering an innovative solution that empowers individuals to seek timely and appropriate help. This proactive approach to healthcare will not only enhance clinical decision-making and patient outcomes but also drive significant cost savings and resource optimization across the healthcare ecosystem.

CHAPTER 6

CONCLUSION AND SCOPE FOR FUTURE ENHANCEMENT

6.1 CONCLUSION

In conclusion, the development of our mental health chatbot, MindSupport, marks a significant advancement in the application of technology to address the increasing need for accessible and personalized mental health support. By integrating sophisticated natural language processing capabilities through the spaCy library, MindSupport can accurately understand and analyze user inputs, offering a seamless and intuitive experience for users seeking mental health assistance. The chatbot's design prioritizes empathy and non-judgmental interaction, providing a safe and convenient platform for users to express their mental health concerns and receive personalized treatment recommendations and resources. The iterative development process, incorporating user testing and feedback, has ensured that MindSupport continually improves in functionality and user satisfaction.

The project has effectively demonstrated the potential of chatbot-based interventions in delivering mental health support, drawing on insights from existing research and literature to validate its effectiveness in addressing various mental health issues such as depression, anxiety, and PTSD. MindSupport empowers individuals to take proactive steps towards managing their mental health by providing timely and appropriate recommendations and resources. This approach not only enhances accessibility to mental health support but also helps reduce the stigma associated with seeking help, ultimately contributing to improved mental well-being on a

broader scale. Through MindSupport, we envision a future where technology plays a crucial role in bridging the gap between individuals in need and the mental health support they deserve.

6.2 FUTURE ENHANCEMENT

Looking ahead, there are several opportunities for future enhancements to further improve and expand the capabilities of MindSupport. Firstly, integrating advanced machine learning algorithms could significantly enhance the chatbot's ability to understand and respond to user inputs with greater accuracy and nuance, thereby improving the overall effectiveness of the support provided. Additionally, incorporating multilingual support and voice assistant integration would broaden MindSupport's accessibility, allowing it to serve a more diverse user population and cater to individuals who may prefer different modes of interaction.

Furthermore, ongoing collaboration with mental health professionals and organizations is essential for enriching the database of treatment options and resources. This will ensure that MindSupport remains current with the latest mental health research and practices, providing users with the most relevant and effective recommendations. Lastly, exploring partnerships with teletherapy platforms and integrating real-time support features could significantly enhance MindSupport's functionality by facilitating immediate connections with mental health professionals. This would complement the existing support services provided by the chatbot, offering users a more comprehensive and integrated mental health support system. Through these future enhancements, MindSupport aims to evolve continuously as a leading platform for promoting mental well-being and providing essential support to individuals in need.

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APPENDIX

index.py:

```
import sys
import json
import spacy
# Load English tokenizer, tagger, parser, NER, and word vectors
nlp = spacy.load("en_core_web_sm")
# Function to load dataset from a JSON file
def load_dataset_from_json(file_path):
    with open(file_path, 'r') as file:
        data = json.load(file)
    return data["treatments"]  # Access the "treatments" array from the JSON data
# Define the dataset file path
dataset_file_path = r'C:\Users\advaidh\Desktop\pree proj\data.json'
# Load the dataset
treatment_data = load_dataset_from_json(dataset_file_path)
# Function to retrieve treatment information based on the identified issues
def get_treatments_for_issues(issues):
    treatments = set()
```

```
    for issue in issues:
        for treatment in treatment_data:
            if issue in treatment["treats"]:
                treatments.add((treatment["name"], treatment["description"]))
    return list(treatments)
# Function to analyze user input and identify mental health issues
def analyze_user_input(user_input):
    doc = nlp(user_input.lower())
    issues = []
    for token in doc:
        if token.text in ["depression", "anxiety", "ptsd", "bipolar disorder",
"schizophrenia", "adhd"]:
            issues.append(token.text.capitalize())
    return issues
# Function to generate a response
def generate_response(user_input):
    issues = analyze_user_input(user_input)
    if issues:
        treatments = get_treatments_for_issues(issues)
        if treatments:
```

```
            response = f"Based on your input, here are some treatments that may help with {' '.join(issues)}:\n\n"
            for treatment in treatments:
                response += f"- {treatment[0]}:\n  {treatment[1]}\n\n\n"
        else:
            response = "Sorry, I couldn't find treatments for the identified issues."
    else:
        response = "I'm here to help you find mental health treatments. Please describe how you're feeling."
    return response
# Main function to handle command-line arguments
def main():
    # Check if the script is called with a message argument
    if len(sys.argv) > 1:
        user_input = ' '.join(sys.argv[1:])
        response = generate_response(user_input)
        print(response)
    else:
        print("Usage: python script_name.py <message>")
if __name__ == "__main__":
    main()
```

index.js:

```
const express = require('express');
const bodyParser = require('body-parser');
const { spawn } = require('child_process');
const app = express();
const PORT = process.env.PORT || 5000;
app.use(bodyParser.json());
app.post('/api', (req, res) => {
  const userMessage = req.body.message;
  const pythonProcess = spawn('python', ['../index.py', userMessage]);
let botResponse = '';
  pythonProcess.stdout.on('data', (data) => {
    botResponse += data.toString();
  });
  console.log("---->"+ botResponse)
  // Send response when Python script finishes executing
  pythonProcess.on('close', (code) => {
    console.log(`Python script exited with code ${code}`);
    res.json({ message: botResponse });
```

```
  });

  // Handle errors
  pythonProcess.stderr.on('data', (data) => {
    console.error(`Error from Python script: ${data}`);
    res.status(500).json({ error: 'Internal server error' });
  });
});

app.listen(PORT, () => {
  console.log(`Server is running on port ${PORT}`);
});
```

App.js:

```
import React, { useState } from 'react';
import axios from 'axios';
import './App.css';

function App() {
```

```
  const [messages, setMessages] = useState([]);
  const [inputText, setInputText] = useState('');
  const [nameAsked, setNameAsked] = useState(false);
  const [statusAsked, setStatusAsked] = useState(false);

  const sendMessage = async () => {
    const newMessages = [...messages, { text: inputText, sender: 'user' }];
    setMessages(newMessages);
    setInputText('');
    try {
      let response;
      if (!nameAsked) {
        response = "Hello! What's your name?";
        setNameAsked(true);
      } else if (!statusAsked) {
        response = `Nice to meet you, ${inputText}! Are you a working professional
or a student?`;
        setStatusAsked(true);
      } else if (inputText.toLowerCase().includes("thank you for helping me")) {
        response = `Thank you ${inputText} for using the chatbot. Have a nice day.`;
```

```
      } else {
        response = await getBotResponse(inputText);
      }
      const botMessages = [...newMessages, { text: response, sender: 'bot' }];
      setMessages(botMessages);
    } catch (error) {
      console.error('Error sending message:', error);
    }
  };

  const getBotResponse = async (userInput) => {
    const response = await axios.post('http://localhost:5000/api', { "message": userInput });
    return response.data.message;
  };
  return (
    <div className="container">
      <h1>MINDSUPPORT</h1>
      <div className="chat-window">
        {messages.map((msg, index) => (
```

```
          <div key={index} className={`message ${msg.sender}`}>
           {msg.text}
          </div>
        ))}
      </div>
      <div className="input-box">
        <input
          type="text"
          placeholder="Type your message..."
          value={inputText}
          onChange={(e) => setInputText(e.target.value)}
        />
        <button onClick={sendMessage}>Send</button>
      </div>
    <br></br> <footer>MINDSUPPORT can make mistakes. Check important info.</footer>
    </div>
  );
}
export default App;
```