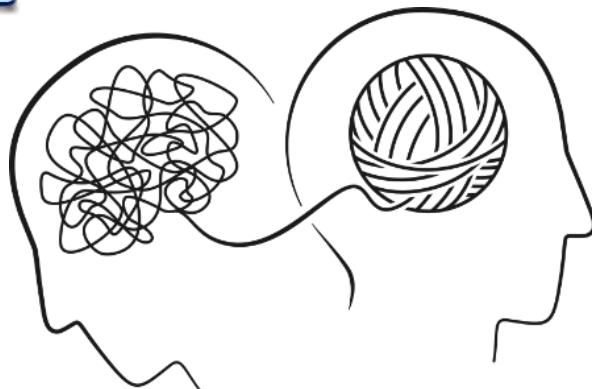




Akhbar Al-Youm Academy

Department of
Computer Science



Mentally

An Interactive System for Mental Health Support

Using Artificial Intelligence

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**Mentally: An Interactive System for Mental Health Support
Using Artificial Intelligence**

**Graduation Project Submitted in Partial Fulfillment
of the Requirements for the Degree of Bachelor
of Science in Computer Science**

Department of Computer Science

Akhbar Al-Youm Academy

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Abstract

Mental health challenges, such as anxiety, depression, and stress, have become increasingly prevalent in modern society, affecting millions of individuals worldwide. However, access to timely and effective mental health support remains limited due to stigma, resource scarcity, and geographical barriers. This project introduces "Mentally," an interactive web-based platform designed to provide continuous mental health support using advanced Artificial Intelligence (AI) technologies. The system leverages Natural Language Processing (NLP) and Sentiment Analysis to analyze users' emotions through text inputs and questionnaires, offering personalized recommendations tailored to their mental state. Additionally, an AI-powered chatbot engages users in natural conversations, providing real-time emotional support and guidance. The platform offers a wide range of services, including access to educational resources (articles, videos, podcasts), mental health assessments, group therapy sessions, and location-based recommendations for nearby mental health centers. With a strong emphasis on privacy and security, the system ensures the confidentiality of user data through advanced encryption techniques. By combining AI-driven solutions with user-centric design, Mentally aims to bridge the gap in mental health care, empowering individuals to manage their emotional well-being and fostering a supportive community for those in need.



Key Words: Mental Health, Artificial Intelligence, Sentiment Analysis, Natural Language Processing (NLP), Chatbot, Personalized Recommendations, Group Therapy, Mental Health Assessments, Privacy, Encryption, Educational Resources, Podcasts, Videos, Mental Health Centers, Emotional Well-being, Real-time Support, Web Platform, User Data Security, Machine Learning, Interactive System

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Chapter 1: Introduction

1.1 Background and Motivation

In recent years, mental health has emerged as a critical global concern, with millions of individuals suffering from conditions such as anxiety, depression, and stress. According to the World Health Organization (WHO), approximately 1 in 8 people worldwide live with a mental health disorder, yet access to professional care remains limited due to stigma, high costs, and a shortage of mental health professionals. The rapid advancement of Artificial Intelligence (AI) technologies, particularly in Natural Language Processing (NLP) and Sentiment Analysis, presents a promising opportunity to address these challenges. AI-driven solutions can provide scalable, accessible, and personalized mental health support, empowering individuals to manage their emotional well-being in real time.

The motivation behind this project stems from the urgent need to bridge the gap between individuals and mental health care. By leveraging AI, we aim to create a platform that not only offers immediate support but also fosters a sense of community and understanding for those struggling with mental health issues. Our project, "Mentally," seeks to harness the power of technology to deliver life-changing mental health care to everyone who needs it, regardless of their location or circumstances.

1.2 Problem Statement

Mental health disorders are on the rise, yet many individuals face significant barriers to accessing timely and effective support. Traditional mental health services often involve long waiting times, high costs, and geographical limitations, which prevent many people from seeking help. Additionally, the stigma surrounding mental health issues discourages individuals from openly discussing their struggles or seeking professional care. There is a pressing need for an accessible, affordable, and stigma-free solution that provides continuous mental health support, personalized recommendations, and a safe environment for individuals to express their emotions and receive guidance.

1.3 Project Objectives

The primary objectives of this project are as follows:

1. To develop an interactive web-based platform, "Mentally," that provides real-time mental health support using AI technologies.
2. To implement Sentiment Analysis and NLP techniques to analyze users' emotions and mental states through text inputs and questionnaires.
3. To design an AI-powered chatbot that engages users in natural conversations, offering emotional support and personal recommendations.
4. To provide a variety of mental health resources, including articles, videos, podcasts, and location-based recommendations for mental health centers.
5. To ensure the privacy and security of user data through advanced encryption techniques, fostering a safe and confidential environment for users.
6. To evaluate the system's effectiveness in improving users' emotional well-being and fostering a supportive community.

1.4 Aim of the Project

The main aim of this project is to create a user-centric mental health support system that leverages AI to deliver personalized, accessible, and continuous care. By integrating advanced technologies such as NLP, Sentiment Analysis, and chatbots, "Mentally" seeks to empower individuals to manage their mental health, reduce stigma, and improve their overall quality of life. The platform aims to serve as a comprehensive solution for mental health care, combining emotional analysis, personal recommendations, and community support in a single, easy-to-use web application.



1.5 Main Features

The "Mentally" platform offers the following key features:

1. **Real-Time Emotion Analysis:** The system uses Sentiment Analysis to evaluate users' emotional states based on their text inputs or questionnaire responses.
2. **AI-Powered Chatbot:** An intelligent chatbot engages users in natural conversations, providing emotional support and guidance through personalized interactions.
3. **Personalized Recommendations:** Based on the user's mental state, the system suggests tailored resources such as articles, videos, podcasts, and nearby mental health centers.
4. **Group Therapy Sessions:** Users can participate in moderated group sessions to connect with others, share experiences, and receive support in a safe environment.
5. **Mental Health Assessments:** The platform offers a variety of assessments to evaluate conditions like anxiety, depression, and stress, providing users with insights into their mental health.
6. **Privacy and Security:** Advanced encryption techniques ensure the confidentiality and security of user data, creating a safe space for users to express themselves.



1.6 Tools

HTML - CSS - JavaScript - Node.js - ESLint - TypeScript - React - Tailwind CSS
PostCSS - clsx - tailwind-merge - Next.js - next-intl - Open AI API - @ai-sdk/openai
react-markdown - emoji-picker-react - Natural Language Processing (NLP)
Sentiment Analysis - Git - GitHub - VS Code - Canva - Vercel

Chapter 2: Tools and Technologies Used

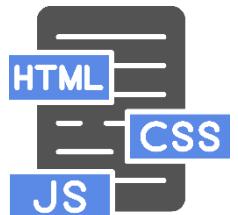
The development of the "Mentally" platform required the integration of various tools and technologies to ensure a robust, user-friendly, and AI-driven mental health support system. This chapter outlines the key technologies, programming languages, frameworks, and APIs utilized in the project.

1. HTML

HTML (HyperText Markup Language) [11] is the standard language used to create the structure of web pages. It consists of a series of elements that define the content and layout of a webpage, such as headings, paragraphs, images, and links, which browsers interpret to render the page. It is essential for building the foundation of any website, ensuring that content is organized and accessible. Making it a cornerstone of modern web development. Its simplicity and widespread support across browsers make it indispensable for creating accessible and responsive web platforms.

2. CSS

CSS (Cascading Style Sheets) [12] is a stylesheet language used to describe the presentation of a document written in HTML or XML. It controls the layout, colors, fonts, and responsiveness of web pages, separating content (HTML) from design. CSS works by applying rules to HTML elements, using selectors and properties. For the "Mentally" platform, CSS ensures a visually appealing and device-friendly user interface, enhancing usability and accessibility across different screen sizes.



3. JavaScript

JavaScript [13] is a versatile programming language that adds interactivity and dynamic behavior to web pages. It runs on the client side in browsers, allowing developers to manipulate the Document Object Model (DOM), handle events (like clicks or form submissions), and create animations or real-time updates. Features like asynchronous programming (using Promises and `async/await`), object-oriented capabilities, and a vast ecosystem of libraries make it highly flexible. JavaScript is crucial for enhancing user experience, validating forms, and integrating with APIs, making it a fundamental technology for interactive web applications like the "Mentally" platform.



4. Node.js

Node.js [5] is a runtime environment that allows JavaScript to run on the server side, breaking the traditional client-side-only limitation of the language. Built on Chrome's V8 JavaScript engine, it uses an event-driven, non-blocking I/O model, which makes it lightweight and efficient for handling multiple connections simultaneously. This is particularly useful for building scalable network applications, such as web servers or APIs. Node.js comes with a rich package ecosystem via npm (Node Package Manager), allowing developers to integrate tools like middleware. In the context of the "Mentally" platform, Node.js facilitates server-side logic, data processing, and integration with the Open AI API, ensuring a robust back-end infrastructure.



5. ESLint

ESLint [14] is a linting tool integrated into the "Mentally" platform to analyze and fix JavaScript code for potential issues. It enforces coding standards, detects bugs, and improves code readability, which is crucial for a collaborative project. This tool helps maintain high code quality and consistency, making it an essential part of the development workflow and ensuring a professional codebase.

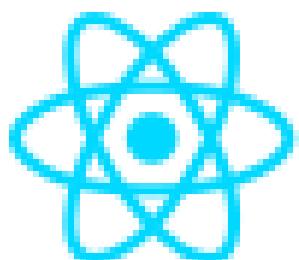
6. TypeScript

TypeScript [15], a superset of JavaScript, was adopted for the "Mentally" platform to add static typing and advanced tooling. TypeScript adds additional syntax to JavaScript to support a tighter integration with your editor. Catch errors early in your editor. TypeScript understands JavaScript and uses type inference to give you great tooling without additional code. By using TypeScript, the team could build a more robust application, especially for a complex project like "Mentally" that integrates multiple technologies and requires long-term support. It provides a strong foundation for future enhancements.



7. React

React [16] is the foundational JavaScript library used to build the user interface of the "Mentally" platform. It enables the creation of reusable components, ensuring a modular and maintainable codebase. React's virtual DOM improves performance by efficiently updating only the changed parts of the UI, making it ideal for dynamic applications. Its widespread adoption and community support make it a key technology for delivering a responsive and interactive front-end, which is crucial for user engagement.



8. Tailwind Css

The Tailwind CSS [7] framework is the foundation of the "Mentally" platform's styling system. Built on CSS to streamline styling. It provides a comprehensive set of utility classes that enable rapid and consistent design implementation, ensuring that the user interface remains visually cohesive and responsive on various devices. Its utility-first approach allows developers to build custom designs without writing extensive custom CSS, making it a key technology for creating a responsive and modern user interface. It revolutionizes the styling process with its efficiency.



9. PostCSS

This PostCSS [17] plugin integrates Tailwind CSS with the PostCSS processor, enhancing the styling capabilities of the "Mentally" platform. It allows for advanced CSS processing, such as autoprefixing and custom transformations, which optimize the platform's styles for different browsers and devices. This tool is essential for ensuring that the Tailwind CSS framework works effectively within the build process, contributing to a polished and compatible user interface across various platforms.

10. **clsx**

The `clsx` [18] utility is a lightweight library used to conditionally join CSS class names. It simplifies the process of applying dynamic styles, especially when using Tailwind CSS, by allowing developers to combine classes based on certain conditions or states. This tool is invaluable for maintaining a clean and efficient codebase, ensuring that the user interface adapts seamlessly to different user interactions or screen sizes, thus enhancing the overall design flexibility. It is particularly useful in responsive design scenarios.

11. **Tailwind-merge**

`Tailwind-merge` [19] is a utility that helps merge Tailwind CSS classes in a conflict-free manner. It is especially useful when conditionally applying styles or combining multiple class names, ensuring that the design system remains consistent and predictable. This tool saves development time and reduces errors, making it an important asset for maintaining the platform's modern and responsive user interface. It enhances design consistency across the application.

12. **Next.js**

`Next.js` [4], a React-based framework, was used to build the entire web application. It enabled the development of a responsive and modular user interface with features like Server-Side Rendering (SSR) and Static Site Generation (SSG), which improved the platform's performance and search engine optimization (SEO). `Next.js` also simplified API routing and data fetching, ensuring a seamless integration between the front-end and back-end components. It includes all the necessary tools and configurations to build a full-stack web application.



13. next-intl

This library [20] extends Next.js with internationalization (i18n) capabilities, allowing the "Mentally" platform to support multiple languages. It is essential for reaching a global audience, enabling users from different regions to access the platform in their native languages. This tool facilitates the translation of text content and ensures localized user experience, which is critical for a mental health platform aiming to provide inclusive support worldwide. It supports cultural sensitivity and broader accessibility.

14. Open AI API

The Open AI API [6] was a cornerstone of the platform's AI capabilities. It was used to power the chatbot and perform Sentiment Analysis on user inputs. The API leverages pre-trained machine learning models for Natural Language Processing (NLP), enabling the system to understand user emotions, generate empathetic responses, and provide personalized recommendations based on text analysis. Its role is critical in making the platform intelligent and responsive to user needs.



15. @ai-sdk/openai

This is an SDK provided by OpenAI that simplifies the integration of OpenAI's API into the "Mentally" platform. It offers a structured way to interact with OpenAI's models, making it easier to implement advanced AI features like chatbots and sentiment analysis. Developers rely on this SDK to streamline the process of sending requests and receiving responses, ensuring efficient communication between the platform and OpenAI's servers. Its importance lies in reducing development time and minimizing errors when handling complex AI functionalities, making it a vital tool for AI-driven applications.

16. react-markdown

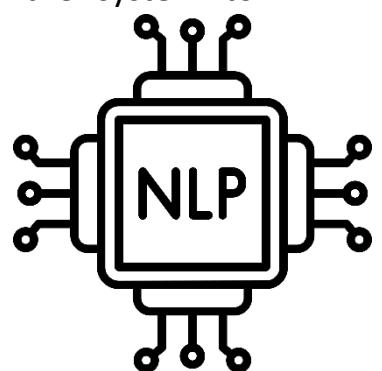
This library [21] allows the rendering of markdown text as React components. It is particularly useful for displaying formatted user-generated content or documentation in a dynamic and interactive way. By integrating react-markdown, the platform can present information in a readable and structured format, enhancing the usability of features like help sections or user guides, thus improving the overall support experience. It bridges the gap between plain text and rich content.

17. emoji-picker-react

This library [22] provides an emoji picker component that was integrated into the "Mentally" platform to allow users to express their emotions through emojis during interactions with the chatbot. By incorporating this tool, the platform becomes more engaging and user-friendly, as emojis can convey feelings that might be hard to express in text. It plays a significant role in enhancing the emotional communication aspect of the mental health support system, making it more relatable and accessible to a diverse user base. It adds a layer of expressiveness to digital interactions.

18. Natural Language Processing (NLP)

NLP techniques [3] were implemented through the Open AI API to process and analyze user text inputs. This technology enabled the system to understand the context and meaning of user messages, facilitating natural conversations via the chatbot and accurate emotional analysis. NLP is a transformative technology for mental health platforms, enabling deeper user engagement.



19. Sentiment Analysis

Sentiment Analysis [2], powered by the Open AI API, was used to evaluate the emotional tone of user inputs. This technology classified emotions into categories such as positive, negative, or neutral, and identified specific mental health indicators like anxiety or depression, forming the basis for personalized recommendations. It plays a pivotal role in tailoring the platform's responses to individual user states.



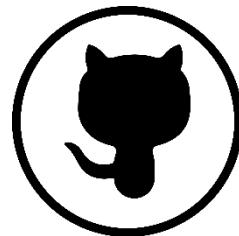
20. Git

Git [23] is a version control system that intelligently tracks changes in files. Git is particularly useful when you and a group of people are all making changes to the same files at the same time.



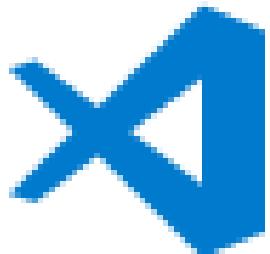
21. GitHub

GitHub [10] served as the repository hosting platform, facilitating collaboration and code management during the project. It enabled version control, issue tracking, and team coordination, making it an indispensable tool for a multi-developer project like "Mentally".



22. VS Code

Visual Studio Code (VS Code) [24] was the primary code editor used for development. Its support for extensions, debugging tools, and integrated terminal made it an ideal environment for writing, testing, and debugging the platform's code. Its versatility and customization options enhance productivity.



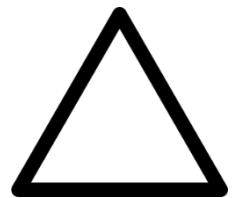
23. Canva

Canva [25] was used as a design tool to create visual elements for the website, such as logos, graphics, and illustrations. This tool helped develop engaging and consistent designs aligned with the platform's visual identity, enhancing the user experience. It bridges the gap between developers and designers.



24. Vercel

Vercel [9] was used as the hosting platform for deploying and managing the "Mentally" web application. Vercel provides seamless deployment, automatic scaling, and high performance, ensuring the platform's availability and fast load times for users worldwide. It simplifies the deployment process significantly.



These tools and technologies were carefully selected to align with the project's goals of creating an accessible, secure, and AI-driven mental health support system. Together, they enabled the development of a fully functional platform capable of delivering personalized mental health care to users.

Chapter 3: System Design and Analysis

3.1 Introduction

The "Mentally" platform is a web-based system that leverages AI to offer comprehensive mental health support. It assists users with anxiety, depression, and stress through real-time emotional analysis, personal recommendations, and resources like an AI chatbot, assessments, group therapy, and educational content (articles, videos, podcasts). Available 24/7, it ensures privacy with advanced encryption and provides a user-friendly, secure environment for emotional well-being.

This chapter presents both the analysis and design of the system, detailing how the requirements were gathered, the feasibility was assessed, and the system was modeled and designed to meet the users' needs.

3.2 System Analysis

System analysis is the process of studying the current system or problem domain to identify the requirements and constraints for the new system. For the Mentally platform, the analysis phase involved gathering requirements from potential users, conducting a feasibility study, and modeling the system to ensure it meets the identified needs.

3.3 System Modeling

To visualize the system's functionality and data flow, the team created use case diagrams and data flow diagrams. These models help clarify how users interact with the system and how data is processed to deliver mental health support.

3.4 Requirement Gathering

To understand the needs of users, the development team conducted surveys and interviews with individuals who have experienced mental health challenges, as well as with mental health professionals. The surveys focused on identifying the key features users expect from a mental health support platform, such as real-time support, personalized recommendations, and access to educational resources. Interviews with professionals provided insights into the types of assessments and therapies that are most effective. Additionally, the team reviewed existing mental health applications to identify gaps and opportunities for improvement, ensuring that Mentally addresses unmet needs in the domain.

3.5 Feasibility Study

A feasibility study was conducted to assess the viability of the project from technical, economic, and operational perspectives:

- **Technical Feasibility:** The team evaluated the availability of AI technologies, particularly Natural Language Processing (NLP) and Sentiment Analysis, which are crucial for the platform's functionality. The use of the Open AI API ensured access to state-of-the-art models for these tasks. Additionally, the choice of web technologies like Next.js and Node.js was deemed suitable for building a scalable and responsive application.
- **Economic Feasibility:** The project was considered economically feasible due to the use of open-source tools and cloud-based services, which reduce development and operational costs. The potential societal impact and the possibility of monetization through premium features or partnerships with mental health organizations further justified the investment.
- **Operational Feasibility:** The platform was designed to be user-friendly, with an intuitive interface accessible via web browsers on various devices. This ensures that users can easily adopt and integrate the system into their daily lives.

3.6 Use Case Diagram

The use case diagram illustrates the interactions between different actors and the system. The primary actors are:

- **User:** Individuals seeking mental health support.
- **Therapist:** Mental health professionals providing services through the platform.
- **Administrator:** Personnel managing the platform's content and user accounts.

Key use cases include:

- **Register and Login:** Users create accounts and authenticate to access personalized features.
- **Take Assessment:** Users complete mental health assessments to evaluate their conditions.
- **Chat with Bot:** Users interact with the AI-powered chatbot for emotional support.
- **Join Group Session:** Users participate in moderated group therapy sessions.
- **View Resources:** Users access articles, videos, and podcasts on mental health topics.
- **Book Session:** Users schedule online sessions with therapists.
- **Search Mental Health Centers:** Users find nearby mental health facilities.
- **Conduct Session (Therapist):** Therapists provide online sessions to users.
- **Moderate Group Session (Therapist):** Therapists facilitate group therapy discussions.
- **Manage Users (Administrator):** Administrators handle user accounts and permissions.

- **Manage Resources (Administrator):** Administrators update educational content.
- **Manage Sessions (Administrator):** Administrators oversee session schedules and bookings.

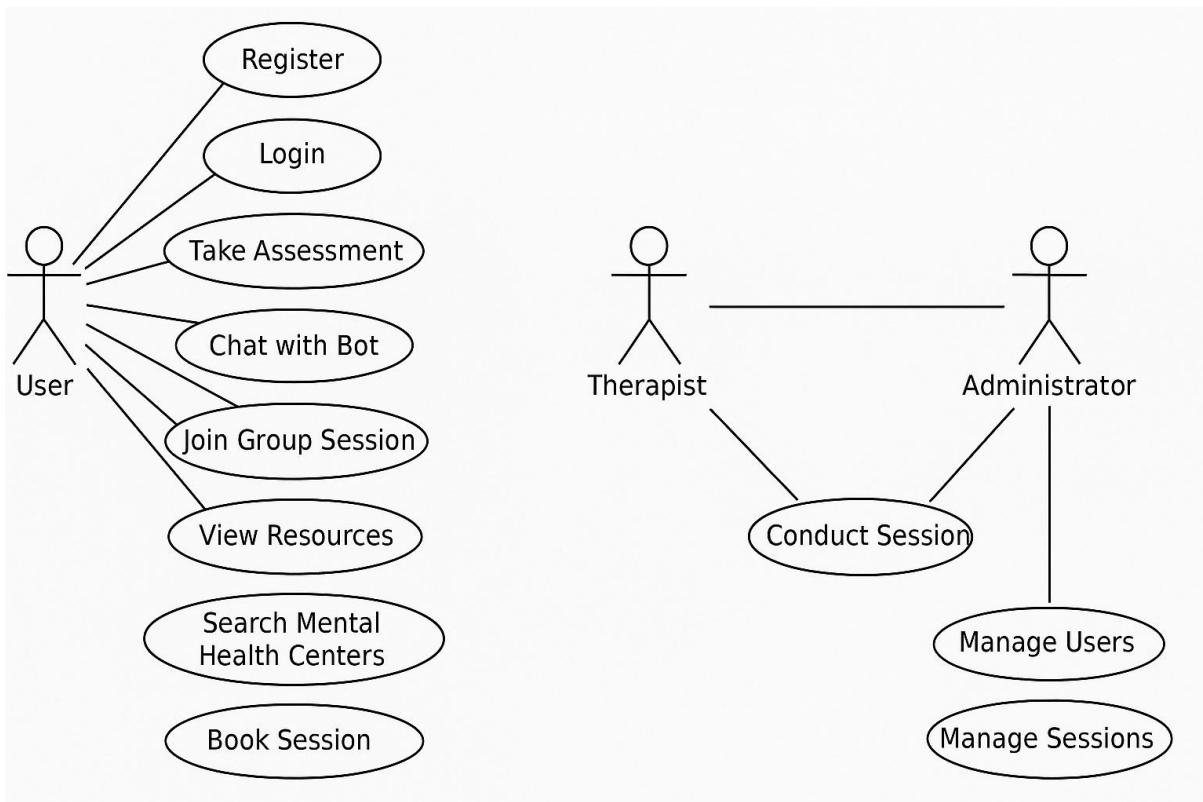


Diagram Description:

- Draw three actors: "User," "Therapist," and "Administrator" (represented as stick figures).
- List the use cases as ovals and connect each actor to their respective use cases with lines (associations).
- For example, connect "User" to "Register," "Login," "Take Assessment," etc., "Therapist" to "Conduct Session" and "Moderate Group Session," and "Administrator" to "Manage Users," "Manage Resources," and "Manage Sessions".

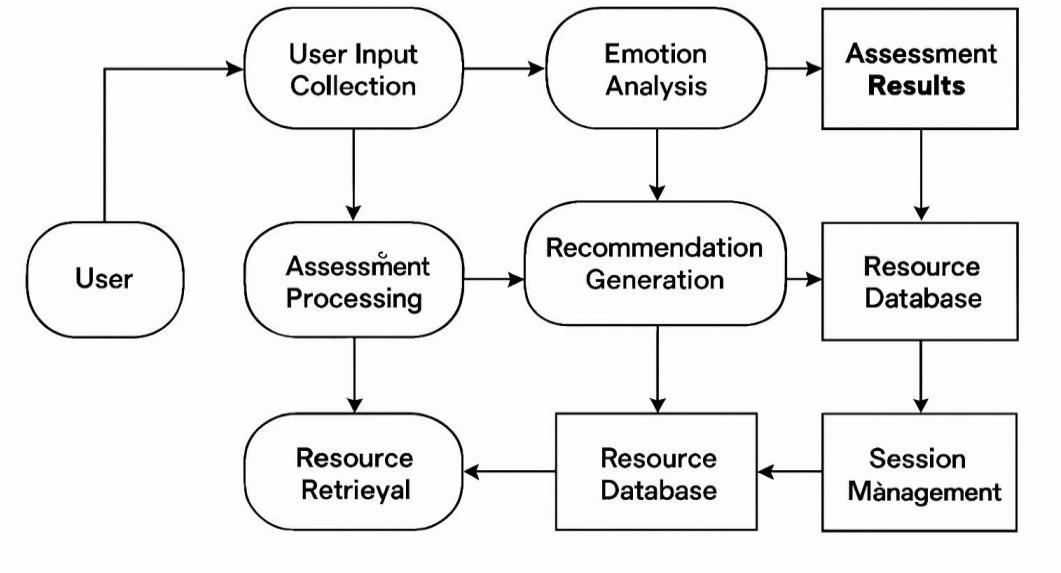
3.7 Data Flow Diagram

The data flow diagram depicts how data moves through the system. Key processes include:

- **User Input Collection:** Gathers text inputs or questionnaire responses from users.
- **Emotion Analysis:** Analyzes user inputs using NLP and Sentiment Analysis to determine emotional states.
- **Chatbot Interaction:** Processes user messages and generates responses using the Open AI API.
- **Recommendation Generation:** Provides personalized resources and suggestions based on analysis.
- **Assessment Processing:** Evaluates mental health assessments and stores results.
- **Resource Retrieval:** Fetches educational content from the database for users.
- **Session Management:** Handles booking and management of therapy sessions.

Data stores include:

- **User Database:** Stores user account information.
- **Assessment Results:** Holds results from mental health assessments.
- **Resource Database:** Contains articles, videos, podcasts, and center locations.
- **Session Database:** Manages session schedules and bookings.



data flow diagram

Diagram Description:

- Represent processes as circles or rounded rectangles (e.g., "User Input Collection," "Emotion Analysis").
- Represent data stores as open-ended rectangles (e.g., "User Database," "Assessment Results").
- Use arrows to show data flows:
 - From "User" (external entity) to "User Input Collection."
 - From "User Input Collection" to "Emotion Analysis" and "Assessment Processing."
 - From "Emotion Analysis" to "Recommendation Generation" and "Chatbot Interaction."
 - From "Recommendation Generation" to "Resource Database" (retrieve data) and back to "User" (output recommendations).
 - From "Assessment Processing" to "Assessment Results" (store data).
 - From "Session Management" to "Session Database" (store/retrieve session data).
 - From "Resource Retrieval" to "Resource Database" and back to "User."

These models ensure that the system is designed to meet user requirements effectively and efficiently.

3.8 System Design

Based on the requirements and models developed in the analysis phase, the Mentally platform was designed as a web-based application leveraging AI technologies to provide mental health support. This section outlines the system's architecture, working mechanism, and the technologies employed.

3.9 System Architecture

The Mentally platform follows a client-server architecture. The front-end is built using Next.js, a React-based framework, which provides a responsive and dynamic user interface with features like Server-Side Rendering (SSR) and Static Site Generation (SSG). The back-end is developed with Node.js and Express.js, handling API requests, data processing, and integration with the Open AI API for AI functionalities. A relational database is used to store user data, assessment results, and resource information, ensuring data persistence and security through encryption.

3.10 Working Mechanism

The "Mentally" system operates through a series of interconnected processes that ensure seamless user interaction and effective mental health support. The working mechanism can be broken down into the following key steps:

1. **User Input Collection:** Users interact with the platform by providing inputs in the form of text (e.g., describing their feelings) or answering mental health questionnaires. These inputs are collected through a user-friendly web interface designed for ease of use.
2. **Emotion Analysis:** The system employs Natural Language Processing (NLP) and Sentiment Analysis to process user inputs. By analyzing the text or questionnaire responses, the system identifies the user's emotional state,

such as sadness, anxiety, or stress, and quantifies their mental health condition.

3. **AI-Powered Chatbot Interaction:** An intelligent chatbot engages users in real-time conversations. The chatbot uses NLP to understand user inputs and respond in a natural, empathetic manner. It asks targeted questions to gain deeper insights into the user's mental state and provides emotional support and guidance accordingly.
4. **Personalized Recommendations:** Based on the emotional analysis, the system generates tailored recommendations for the user. These may include educational resources (articles, videos, podcasts), mental health exercises, or location-based suggestions for nearby mental health centers. The recommendations are designed to address the user's specific needs and improve their emotional well-being.
5. **Progress Tracking and Reporting:** The system continuously monitors the user's interactions and mental health progress over time. It generates detailed reports on metrics such as mood scores, anxiety levels, and sleep patterns, allowing users to track their improvement and identify areas of concern.
6. **Group Therapy and Additional Services:** The platform facilitates moderated group therapy sessions where users can connect with others, share experiences, and receive support. Additional features, such as booking online sessions with mental health professionals and analyzing sleep patterns, are also integrated to provide a holistic support system.

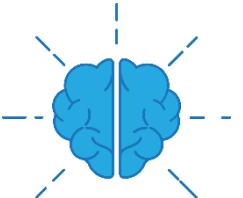
3.11 Proposed System

The "Mentally" platform is a proposed web-based system designed to provide comprehensive mental health support through the integration of Artificial Intelligence (AI) technologies. This chapter outlines the functional and non-functional requirements of the system, detailing the features and operational capabilities that ensure its effectiveness in addressing users' mental health needs.

3.12 Functional Requirements

Functional requirements define the specific features and capabilities that the "Mentally" platform must provide to meet its objectives. These requirements ensure that the system delivers the intended services to users effectively. The key functional requirements are as follows:

1. **User Registration and Authentication:** The system must allow users to create accounts using their email addresses and secure passwords. It should provide a login mechanism to authenticate users and ensure secure access to personalized features.
2. **Real-Time Emotion Analysis:** The platform must analyze users' emotional states in real time using Sentiment Analysis. Users can provide inputs through text descriptions or mental health questionnaires, and the system should process these inputs to identify emotions such as anxiety, depression, or stress.
3. **AI-Powered Chatbot Interaction:** The system must include an AI-driven chatbot that engages users in natural conversations. The chatbot should use Natural Language Processing (NLP) to understand user inputs, ask relevant questions, and provide empathetic responses and emotional support.
4. **Personalized Recommendations:** Based on the emotional analysis, the system must generate tailored recommendations, including educational resources (articles, videos, podcasts), mental health exercises, and location-based suggestions for nearby mental health centers.
5. **Mental Health Assessments:** The platform must offer a variety of mental health assessments (e.g., depression test, anxiety test, ADHD test) that users can complete to gain insights into their mental health conditions. The system should present results in an easy-to-understand format.
6. **Group Therapy Sessions:** The system must facilitate moderated group therapy sessions, allowing users to register for sessions, join virtual meetings, and interact with others facing similar mental health challenges in a supportive environment.



3.13 Non-Functional Requirements

Non-functional requirements specify the system's performance, usability, security, and scalability criteria, ensuring a high-quality user experience. The key non-functional requirements for the "Mentally" platform are as follows:

1. **Usability:** The platform must have an intuitive and user-friendly interface, ensuring that users of all technical backgrounds can navigate and utilize its features easily. The design should be clean, responsive, and accessible on both desktop and mobile devices.
2. **Performance:** The system must provide real-time responses to user inputs, with emotion analysis and chatbot interactions completing within 2-3 seconds. The platform should handle multiple user requests simultaneously without significant delays.
3. **Scalability:** The system must be scalable to accommodate a growing number of users and increasing data volumes. It should support at least 10,000 concurrent users without degradation in performance, ensuring future growth potential.
4. **Security:** The platform must ensure the confidentiality and security of user data through AES-256 encryption for data at rest and in transit. It should comply with data protection regulations, such as GDPR, to safeguard user privacy.
5. **Availability:** The system must be available 24/7, with minimal downtime (less than 1% annually), ensuring that users can access mental health support at any time. It should include redundancy mechanisms to prevent service interruptions.
6. **Reliability:** The platform must operate reliably, with an error rate of less than 0.1% for critical functions like emotion analysis and chatbot responses. It should include error-handling mechanisms to manage unexpected issues gracefully.
7. **Maintainability:** The system must be designed with modular architecture, allowing developers to update or add new features without affecting

existing functionalities. Documentation should be provided to facilitate future maintenance.

8. **Compatibility:** The platform must be compatible with major web browsers (e.g., Chrome, Firefox, Safari) and support various screen sizes through responsive design, ensuring accessibility across different devices.

These functional and non-functional requirements form the foundation of the "Mentally" platform, ensuring that it delivers a reliable, secure, and user-centric mental health support system while meeting the diverse needs of its users.

Chapter 4: implementation

The "Mentally" platform offers a wide range of services designed to support users in managing their mental health effectively. These services leverage Artificial Intelligence (AI) technologies and user-centric design to provide personalized, accessible, and comprehensive mental health care. Below is a detailed list of the key services provided by the platform:

1. **Instant and Continuous Mental Health Support:** The platform provides 24/7 access to mental health support, ensuring users can receive immediate assistance whenever they need it, regardless of time or location.
2. **Real-Time Emotion Analysis:** Using Sentiment Analysis, the system evaluates users' emotions in real time based on their text inputs or questionnaire responses, identifying states like anxiety, depression, or stress.
3. **AI-Powered Chatbot for Continuous Interaction:** An intelligent chatbot engages users in natural, empathetic conversations, offering emotional support, asking targeted questions, and providing guidance based on the user's mental state.
4. **Personalized Recommendations:** The system delivers tailored recommendations, such as articles, videos, podcasts, and mental health exercises, based on the user's emotional analysis to help improve their well-being.
5. **Mental Health Assessments:** Users can complete various assessments (e.g., depression, anxiety, ADHD tests) to gain insights into their mental health conditions, with results presented in an easy-to-understand format.
6. **Group Therapy Sessions:** The platform facilitates moderated group therapy sessions, allowing users to connect with others, share experiences, and receive support in a safe and confidential environment.

- 7. Progress Tracking Reports:** The system generates periodic reports on users' mental health progress, including metrics like mood scores, anxiety levels, and sleep quality, helping users monitor their improvement over time.
- 8. Booking Online Sessions with Therapists:** Users can book virtual sessions with licensed mental health professionals through the platform, providing access to expert care at their convenience.
- 9. Educational Articles:** The platform provides access to a library of articles on mental health topics, offering users valuable information to better understand and manage their conditions.
- 10. Mental Health Videos:** Users can watch educational videos on topics like stress management, mindfulness, and coping strategies, designed to provide visual and engaging content for learning.
- 11. Mental Health Podcasts:** The system offers a collection of podcasts covering various mental health topics, allowing users to listen to expert discussions and personal stories for inspiration and support.
- 12. Location-Based Mental Health Center Recommendations:** The platform enables users to search for nearby mental health centers and hospitals, providing addresses, contact details, and map integration for easy access to in-person care.



These services collectively make "Mentally" a comprehensive mental health support platform, addressing various aspects of emotional well-being through AI-driven solutions, educational content, and community engagement.

Chapter 5: Screenshots and Code Examples

This chapter provides a visual and technical overview of the "Mentally" platform through screenshots of the web application and sample code snippets that demonstrate key functionalities. The screenshots illustrate the user interface and various features, while the code examples highlight the implementation of critical components using Next.js.

5.1 Screenshots

Home Page

Description

The Home page serves as the initial entry point to the website. It's designed to provide an overview of what the website offers and guide visitors to the information or sections they're looking for.

The screenshot displays the MENTALLY Home Page with the following sections:

- Header:** Features a logo with two brain icons and the word "MENTALLY". Navigation links include "Features", "Resources", "Chatbot", "Contact", and "EN".
- Hero Section:** A large image with the text "Together We Can Overcome" and a hand holding a wooden cube with a smiley face, surrounded by other cubes with neutral and sad faces.
- Interactive Mental Health:** A section describing the platform as a 24/7 AI-powered mental health support system using sentiment analysis and smart chatbots.
- Statistics:** Displays "50K+ ACTIVE USERS", "1000+ GROUP SESSIONS", "92% USER SATISFACTION", and "24/7 SUPPORT AVAILABLE".
- Features:** A grid of four cards:
 - AI-Powered Analysis:** Advanced algorithms analyze your emotional state and provide personalized support. (Learn more)
 - Group Therapy:** Connect with others in moderated group sessions for experience and support. (Learn more)
 - Personalized Insights:** Begin your journey to better mental health with personalized insights and tracking. (Learn more)
 - Questionnaire:** Gain valuable insights into your mental health patterns and progress over time. (Learn more)
- Start Your Journey To Better Mental Health:** A call-to-action button "Try Our Chatbot".
- Resources:** A grid of four cards:
 - Articles:** Read expert articles and research papers. (Learn more)
 - Videos:** Watch educational and therapeutic videos. (Learn more)
 - Podcasts:** Listen to mental health podcasts. (Learn more)
 - Mental Health Centers:** Find mental health centers and hospitals near you. (Learn more)
- Frequently Asked Questions:** A section with expandable dropdowns for common questions like "How does the AI analysis work?", "Are the group therapy sessions confidential?", etc.
- What Our Users Say:** Testimonials from Sarah M., Michael R., and Emma L. (Active User).
- Stay Updated:** A newsletter sign-up form with fields for "Enter your email" and "Subscribe".
- Footer:** Includes the MENTALLY logo, a mission statement ("We're committed to deliver life-changing mental care to everyone who needs it."), and links to "LINKS" (About, Features, Resources, Chatbot), "LEGAL" (Privacy Policy, Licensing, Terms & Conditions, Cookies), and "CONTACT US" (Get in touch via mail, message, or email: support@mentally.com). Social media icons for Facebook, Instagram, Twitter, LinkedIn, and YouTube are also present.

AI-Powered Analysis

Description

The AI-Powered Analysis page is designed to provide users with advanced, personalized emotional analysis and support through an intuitive and accessible user interface.

Sections

Test Selection Panel:

Users can choose from a wide range of conditions such as depression, anxiety, ADHD, PTSD, eating disorders, and more.

Text Input Area: Users are prompted to input text describing their thoughts or feelings, which the AI will analyse.

How It Works: Explains the system's use of Natural Language Processing, Sentiment Analysis, and Personalized Response generation.

Key Benefits: Real-time analysis, 24/7 availability, tailored recommendat

The screenshot displays the AI-Powered Analysis interface. At the top, there is a header with the title 'AI-Powered Analysis' and a subtext: 'Our advanced AI system provides real-time emotional analysis and personalized support for your mental health journey.' Below the header is a section titled 'Select A Mental Health Test' with a sub-instruction: 'Choose a test to analyze specific mental health aspects.' This section contains a grid of nine categories: DEPRESSION, ANXIETY, ADHD, PTSD, ADDICTION, BIPOLAR, EATING DISORDER, POSTPARTUM DEPRESSION, YOUTH MENTAL HEALTH, PSYCHOSIS & SCHIZOPHRENIA, SELF-INQUIRY SURVEY, and another row of three. Below this is a 'Try Our AI Analysis' section with a sub-instruction: 'Select a test and enter text to start.' It features a text input field labeled 'Enter your text here for analysis...' and a 'Start Analysis' button. Further down are sections for 'How It Works' (with sub-sections for Natural Language Processing, Sentiment Analysis, and Personalized Response), 'Key Benefits' (listing five benefits with icons), and 'Learn More' (with a link to explore additional resources about mental health and AI technology).

Learn More: Mental health resources

Group Therapy

Description

The Group Therapy page is designed to encourage user participation in virtual support groups for various mental health concerns.

Sections

Upcoming Sessions: Each card includes the session name, time, a brief description, and a button to register. Spots left are clearly indicated, creating urgency without pressure.

Benefits: Highlights the advantages of attending group sessions.

Session Guidelines: respectful behaviour expectations to ensure a positive experience, such as arriving early, maintaining confidentiality, and being supportive.

The screenshot shows the 'Group Therapy' section of the MENTALLY website. At the top, there's a navigation bar with the MENTALLY logo, followed by links for Features, Resources, Chatbot, Contact, EN, and a language selector. Below the navigation is a heading 'Group Therapy' with a person icon. A sub-headline encourages joining moderated group sessions for connection and support. The main content area is titled 'Upcoming Sessions' and lists three group sessions:

- Anxiety Support Group**: Every Monday at 7:00 PM - 8:30 PM. Described as a supportive environment to discuss and learn coping strategies for anxiety. It shows 5 spots left and has a 'Register For Session' button.
- Depression Management**: Every Wednesday at 6:00 PM - 7:30 PM. Described as sharing experiences and learning techniques for managing depression. It shows 3 spots left and has a 'Register For Session' button.
- Stress Relief Workshop**: Every Friday at 5:00 PM - 6:30 PM. Described as learning practical techniques for managing daily stress and building resilience. It shows 8 spots left and has a 'Register For Session' button.

Below the sessions, there's a section titled 'Benefits Of Group Therapy' with three cards:

- Shared Experiences**: Connect with others who understand your journey.
- Professional Guidance**: Sessions led by licensed mental health professionals.
- Safe Environment**: A supportive and confidential space to share and heal.

At the bottom, the 'Session Guidelines' are listed as a series of bullet points:

- Arrive 5 minutes before the session starts
- Maintain confidentiality of all participants
- Be respectful and supportive of others
- Share only what you're comfortable with
- Listen actively when others are speaking

The footer contains the MENTALLY logo, a mission statement, links to various site sections like About, Features, Resources, Chatbot, Legal (Privacy Policy, Licensing, Terms & Conditions, Cookies), and a 'CONTACT US' section with social media links and an email address. The footer also includes a copyright notice for 2025 MENTALLY, Inc.

Personalized Insights

Description

The Personalized Insights Page is designed to help users track and improve their mental health.

Sections

Progress Overview:

Provides progress tracking with mental health metrics such as mood score, sleep quality, anxiety level, and activities completed.

Recent Insights: Mood patterns, Sleep quality, Anxiety levels, Activity impact

Key Features: Progress tracking, Goal setting, Regular check-ins

Mental Health Assessment:

Users can choose from a wide range of conditions such as depression, anxiety, ADHD, PTSD, eating disorders, and more.

The screenshot displays the 'Personalized Insights' section of the MENTALLY platform. At the top, there's a navigation bar with links to 'Features', 'Resources', 'Chatbot', 'Contact', and language selection ('EN'). Below the navigation is a heading 'Personalized Insights' with a subtitle: 'Gain deep understanding of your mental health patterns through our advanced analytics and personalized tracking system.' A large central box titled 'Your Progress Overview' shows progress bars for 'Mood Score' (75%), 'Sleep Quality' (82%), 'Anxiety Level' (45%), and 'Activities Completed' (8). Below this are sections for 'Recent Insights' (Mood Patterns, Sleep Quality, Anxiety Levels, Activity Impact) and 'Key Features' (Progress Tracking, Goal Setting, Regular Check-Ins). At the bottom, there's a 'Mental Health Assessments' section listing various conditions like Depression, Anxiety, ADHD, PTSD, etc., each with a '+' sign. The footer contains the MENTALLY logo, a mission statement, and links to 'LINKS' (About, Features, Resources, Chatbot), 'LEGAL' (Privacy Policy, Licensing, Terms & Conditions, Cookies), and 'CONTACT US' (with an email address and social media icons).

Questionnaire (Assessment)

Description

The Assessment Page contains 15 mental health questions. The user is prompted to reflect on their emotional state over the past two weeks, specifically about feeling down, depressed, or hopeless. The assessment uses standardized multiple-choice answers to evaluate mental wellness and provide support recommendations.

The screenshot shows the MENTALLY website's mental health assessment interface. At the top, there is a navigation bar with the MENTALLY logo, a brain icon, and links for Features, Resources, Chatbot, Contact, EN, and a language selector. Below the navigation is a large, light-blue rectangular area containing the assessment form. The form has a title "Mental Health Assessment" and a subtitle "Question 1 of 15". It asks the question "Over the last 2 weeks, how often have you felt down, depressed, or hopeless?" with four response options: "Not at all", "Couple of days", "Most days", and "Almost every day". There are "Previous" and "Next" buttons at the bottom of this section. At the very bottom of the page, there is a footer with the MENTALLY logo, a tagline "We're committed to deliver life-changing mental care to everyone who needs it.", and links for About, Features, Resources, Chatbot, Legal (Privacy Policy, Licensing, Terms & Conditions, Cookies), and Contact (via mail, support@mentally.com, and social media icons for Facebook, Instagram, X, LinkedIn, and YouTube).

Articles

Description

The Articles page offers an organized library of mental health conditions. Each tile provides a brief definition and a link to deeper information about symptoms, causes, and treatment options. Covering common issues such as Depression, ADHD, PTSD, OCD, and lesser-known conditions like PMDD and DID, the page is designed to educate users and guide them toward understanding their mental health or supporting others.

Mental Health Conditions

Learn more about different mental health conditions, their symptoms, causes, and treatments.

Depression
A mental disorder characterized by persistent sadness and loss of interest in daily activities.

[Learn more](#)

Generalized Anxiety Disorder (GAD)
A disorder characterized by excessive and persistent worry about everyday situations.

[Learn more](#)

Obsessive-Compulsive Disorder (OCD)
A disorder involving unwanted repetitive thoughts and behaviors.

[Learn more](#)

Post-Traumatic Stress Disorder (PTSD)
A disorder that develops after exposure to traumatic events.

[Learn more](#)

Schizophrenia
A severe mental disorder affecting thinking, perception, and behavior.

[Learn more](#)

Bipolar Disorder
A disorder characterized by extreme mood swings including mania and depression.

[Learn more](#)

Borderline Personality Disorder (BPD)
A disorder involving emotional instability and unstable relationships.

[Learn more](#)

Attention Deficit Hyperactivity Disorder (ADHD)
A neurodevelopmental disorder affecting focus and impulse control.

[Learn more](#)

Eating Disorders
Disorders related to unhealthy eating behaviors and body image.

[Learn more](#)

Autism Spectrum Disorder (ASD)
A developmental disorder affecting communication and social interactions.

[Learn more](#)

Panic Disorder
A disorder involving sudden and repeated panic attacks.

[Learn more](#)

Social Anxiety Disorder
A disorder characterized by intense fear of social situations.

[Learn more](#)

Specific Phobias
A disorder involving intense fear of specific objects or situations.

[Learn more](#)

Dissociative Identity Disorder (DID)
A disorder involving a disconnection from reality and multiple identities.

[Learn more](#)

Seasonal Affective Disorder (SAD)
A type of depression related to seasonal changes.

[Learn more](#)

Substance Use Disorder
A disorder involving the harmful use of substances like drugs or alcohol.

[Learn more](#)

Insomnia Disorder
A disorder characterized by difficulty falling or staying asleep.

[Learn more](#)

Premenstrual Dysphoric Disorder (PMDD)
A severe form of PMS affecting mood and physical health.

[Learn more](#)

Hoarding Disorder
A disorder involving excessive accumulation of items.

[Learn more](#)

Adjustment Disorder
A disorder caused by difficulty coping with a stressful life event.

[Learn more](#)

Videos

Description

This Videos page curates a diverse collection of mental health videos from trusted platforms like TEDx, YouTube creators, therapists, and mental health educators. Each video is visually previewed with a play button and aims to educate, comfort, and support viewers on their mental health journey.

mental health videos

The Power of Vulnerability
Brené Brown
Brené Brown studies human connection -- our ability to empathize, belong, and feel...

The Science of Well-Being
Yale University
A preview of Yale's most popular course, focusing on the science of well-being.

How to Make Stress Your Friend
Kelly McGonigal
Psychologist Kelly McGonigal urges us to see stress as a pos...

What Is Depression?
A Simple Explanation
A straightforward explanation of depression and its symptoms.

Mental Health: The Importance of Self-Care
Mental Health Foundation
Learn about the importance of self-care for maintaining good...

ANXIETY ATTACK A GUIDED WALKTHROUGH
A GUIDED WALKTHROUGH
Anxiety: How to Calm Your Mind
Therapy in a Nutshell
Practical tips to manage anxiety and calm your mind.

Understanding OCD
OCD UK
An in-depth look at Obsessive-Compulsive Disorder and its t...

PTSD: What You Need to Know
Veterans Affairs
An overview of Post-Traumatic Stress Disorder and recovery ...

Bipolar Disorder Explained
Healthline
A clear explanation of bipolar disorder and its symptoms.

DIAGNOSED AS AN ADULT
ADHD in Adults
How to ADHD
Insights into living with ADHD as an adult.

Eating Disorders: Recovery Stories
NEDA
Personal stories and tips for recovering from eating disorders.

Autism Spectrum Disorder: 10 things you should know
The Kids Research Institute
Professor Andrew Whitehouse shares his top ten things that ...

Panic Attacks: What to Do
Therapy in a Nutshell
Practical advice for managing and overcoming panic attacks.

Social Anxiety: Overcoming Fear
Psych2Go
Strategies to overcome social anxiety and build confidence.

Phobias: Facing Your Fears
BBC Ideas
Understanding phobias and techniques to face them.

Managing Seasonal Affective Disorder
Doc Snipes
Tips to manage Seasonal Affective Disorder and Strategies t...

Substance Use - Treatment and Recovery
Dr SMART team
Guidance on recovery from substance use disorders.

THIS SKILL TREATS INSOMIA (80% of the TIME)
Insomnia Solutions
Therapy in a Nutshell
Effective strategies to improve sleep and overcome insomnia.

Hoarding Disorder Awareness
Mayo Clinic
An educational video on hoarding disorder and treatment opt...

Coping with Adjustment Disorder
Medical Centric
Tips for coping with stress and adjustment disorder.

Podcasts

Description

This Podcasts page showcases a collection of highly recommended mental health podcasts. These podcasts cover a wide range of topics including anxiety, trauma, happiness, cultural perspectives, and healing through storytelling. Each podcast provides a unique lens on mental well-being, helping users find relatable voices and expert insights to support their mental health journey.

The screenshot displays the 'Mental Health Podcasts' section of the MENTALLY website. The page features a header with the MENTALLY logo and navigation links for Features, Resources, Chatbot, Contact, EN, and a dark mode icon. Below the header, the title 'Mental Health Podcasts' is centered above a grid of nine podcast cards, each with a play icon and the card's title and a brief description. Each card includes a 'Listen' button at the bottom.

Podcast Title	Description	Action
The Mental Illness Happy Hour	A weekly online podcast where comedians, artists, and regular folks share their experiences with mental illness.	Listen
Therapy Chat Podcast	Conversations about trauma, attachment, and mindfulness with Laura Reagan, LCSW-C.	Listen
The Happiness Lab with Dr. Laurie Santos	You might think you know what it takes to lead a happier life... more money, a better job, or Instagram-worthy vacations. You're dead wrong.	Listen
Mindful Muslim Podcast	A podcast that aims to explore and discuss mental health and well-being from an Islamic perspective.	Listen
Feel Better, Live More with Dr. Rangan Chatterjee	A podcast that aims to inspire, empower and transform the way we feel.	Listen
The Anxiety Coaches Podcast	A podcast for anyone struggling with anxiety, panic attacks, stress, and depression.	Listen
The Trauma Therapist Podcast	A podcast about the human spirit. Hosted by Guy Macpherson, PhD.	Listen
The Mental Health Foundation Podcast	A series of podcasts from the Mental Health Foundation exploring mental health issues.	Listen

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LINKS

- About
- Features
- Resources
- Chatbot

LEGAL

- Privacy Policy
- Licensing
- Terms & Conditions
- Cookies

CONTACT US

Get in touch with us via mail. We are waiting for your message.
Email: support@mentally.com

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Mental Health Centers

Description

The Mental Health centers page provides a list of public and private mental health hospitals and psychiatric centers across Cairo, Egypt. Each listing includes the facility's name, address, contact information, and a button to view the location on the map.



MENTALLY

Features Resources Chatbot Contact EN ☰

Mental Health Centers And Hospitals

Abbassia Mental Health Hospital

Public
1 Salah Salem Street, Next to the Exhibition Grounds, Nasr City, Cairo
Phone: 022616255

[View on Map →](#)

Helwan Mental Health Hospital

Public
Mansour Street Extension, between the two villages, Helwan, Cairo
Phone: 0222547368 / 0227137387

[View on Map →](#)

Al-Khanka Central Hospital

Public
Al mostashfa St., Madinet El Khanka, AlQualioubeya
Phone: 44698816 / 44698437 / 44698845

[View on Map →](#)

Heliopolis Psychiatric Hospital (Al-Matar)

Public
Sheraton Al Matar, El Nozha, Cairo
Phone: 01100232349 / 0222902581 / 16023

[View on Map →](#)

Al Mashfa

Private
43, Cairo-Ismailia Road In front of (IMC), Cairo
Phone: 01006422220 / 01000083561 / 20554400924

[View on Map →](#)

Dr Adel Sadek Hospital

Private
(5) Ahmed Abd ElNabi St., Nozha ElGadida, Cairo
Phone: 01000042768 / 01001908904 / 02226205757

[View on Map →](#)

Psychiatric Health Resort (Okasha hospital)

Private
Prof. Ahmed Okasha St., Off Mehwar Anwar El Sadaat, El Banafsig 12 District, Behind Police Academy, First Settlement, New Cairo
Phone: 01002406998 / 0223082300

[View on Map →](#)

The Behman Hospital

Private
32 El-Marsad St., Helwan 11421, Cairo
Phone: 16984

[View on Map →](#)



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LINKS

- About
- Features
- Resources
- Chatbot

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- Licensing
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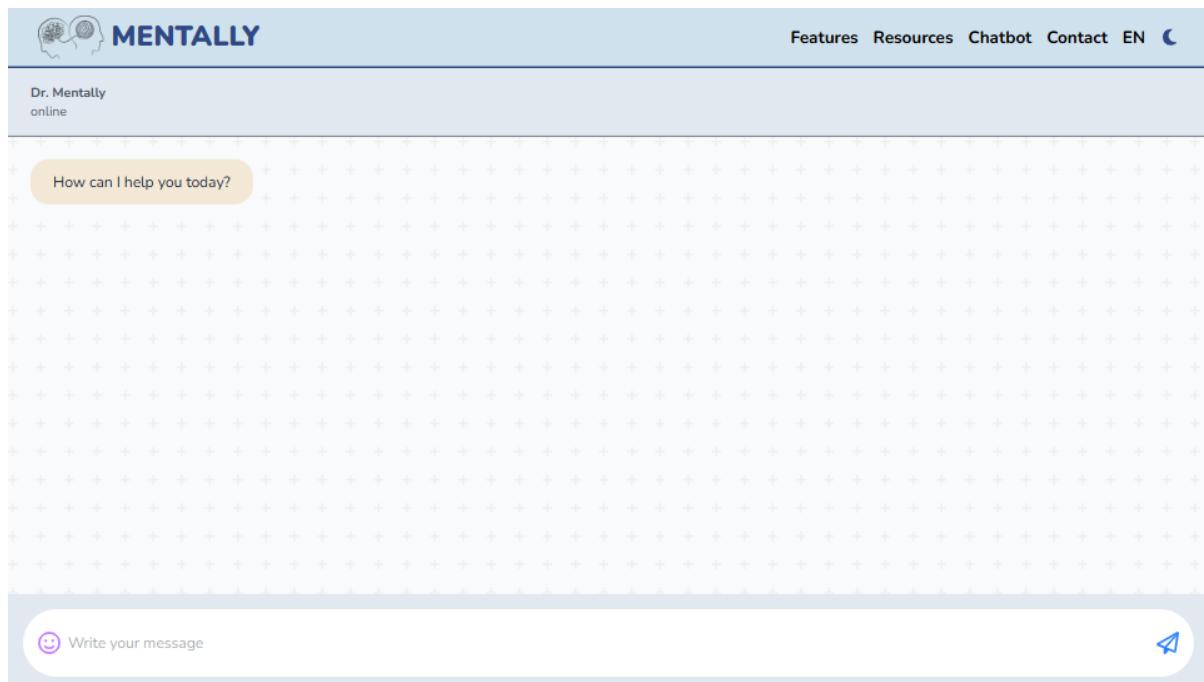
Get in touch with us via mail We are waiting for your message
Email: support@mentally.com

Chatbot

Description

The Chatbot Page contains a live chatbot interface, featuring "Dr. Mentally" as the virtual assistant. The chatbot opens with a welcoming message, "How can I help you today?" and offers a user-friendly text box to type and send messages. It's designed to help users navigate the platform, get mental health information, or receive emotional support in real time.



Light vs Dark Mode – UI Comparison

Description

Side-by-side comparison of a mental health website in light and dark mode, showcasing accessibility and user preference in UI design.

MENTALLY

Features Resources Chatbot Contact EN

Together We Can Overcome

Interactive Mental Health

Mentally is a Mental Health Support System which is a 24/7 AI-powered platform designed to provide personalized mental health support.

It uses advanced technologies such as sentiment analysis and smart chatbots to analyze emotions and offer tailored recommendations.

The platform also provides users with tools like meditation exercises, group therapy and mental health progress tracking for holistic emotional well-being.

50K+	1000+	92%	24/7
ACTIVE USERS	GROUP SESSIONS	USER SATISFACTION	SUPPORT AVAILABLE

Features

AI-Powered Analysis
Advanced algorithms analyze your emotional state and provide personalized support.
[Learn more >](#)

Group Therapy
Connect with others in moderated group sessions for experience and support.
[Learn more >](#)

Personalized Insights
Begin your journey to better mental health with personalized insights and tracking.
[Learn more >](#)

Questionnaire
Gain valuable insights into your mental health patterns and progress over time.
[Learn more >](#)

Start Your Journey To Better Mental Health

Take the first step towards a healthier mind with our interactive platform.

[Try Our Chatbot](#)

Resources

Articles
Read expert articles and research papers.
[Learn more >](#)

Videos
Watch educational and therapeutic videos.
[Learn more >](#)

Podcasts
Listen to mental health podcasts.
[Learn more >](#)

Mental Health Centers
Find mental health centers and hospitals near you.
[Learn more >](#)

Frequently Asked Questions

How does the AI analysis work?

Are the group therapy sessions confidential?

How often should I use the platform?

Can I track my progress over time?

What Our Users Say

S Sarah M.
User
"This platform has transformed how I manage my mental health. The AI analysis is incredibly accurate."

M Michael R.
Group Member
"The group therapy sessions have given me a supportive community I never knew I needed."

E Emma L.
Active User
"The personalized insights helped me understand my patterns and make positive changes."

Stay Updated

Subscribe to our newsletter for mental health tips, updates, and resources.

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MENTALLY

**Together
We Can Overcome**

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The platform also provides users with tools like meditation exercises, group therapy and mental health progress tracking for holistic emotional well-being.

9K+ ACTIVE USERS **100+** GROUP SESSIONS **100%** USER SATISFACTION **9/7** SUPPORT AVAILABLE

Features

- AI-Powered Analysis**: Advanced algorithms analyze your emotional state and provide personalized support. [Learn more >](#)
- Group Therapy**: Connect with others in moderated group sessions for experience and support. [Learn more >](#)
- Personalized Insights**: Begin your journey to better mental health with personalized insights and tracking. [Learn more >](#)
- Questionnaire**: Gain valuable insights into your mental health patterns and progress over time. [Learn more >](#)

Start Your Journey To Better Mental Health

Take the first step towards a healthier mind with our interactive platform.

[Try Our Chatbot](#)

Resources

- Articles**: Read expert articles and research papers. [Learn more >](#)
- Videos**: Watch educational and therapeutic videos. [Learn more >](#)
- Podcasts**: Listen to mental health podcasts. [Learn more >](#)
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Stay Updated

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Get in touch with us via mail. We are waiting for your message.
Email: support@mentally.com

[Facebook](#) [Instagram](#) [Twitter](#) [LinkedIn](#) [YouTube](#)

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English vs Arabic Language – UX Comparison

Description

Side-by-side comparison of a mental health website in English and Arabic languages, showcasing accessibility and user preference in UX design.

MENTALLY

Features Resources Chatbot Contact EN

Together We Can Overcome

Interactive Mental Health

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It uses advanced technologies such as sentiment analysis and smart chatbots to analyze emotions and offer tailored recommendations.

The platform also provides users with tools like meditation exercises, group therapy and mental health progress tracking for holistic emotional well-being.

50K+ ACTIVE USERS **1000+** GROUP SESSIONS **92%** USER SATISFACTION **24/7** SUPPORT AVAILABLE

Features

- AI-Powered Analysis**: Advanced algorithms analyze your emotional state and provide personalized support. [Learn more >](#)
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- Personalized Insights**: Begin your journey to better mental health with personalized insights and tracking. [Learn more >](#)
- Questionnaire**: Gain valuable insights into your mental health patterns and progress over time. [Learn more >](#)

Start Your Journey To Better Mental Health

Take the first step towards a healthier mind with our interactive platform.

[Try Our Chatbot](#)

Resources

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- Videos**: Watch educational and therapeutic videos. [Learn more >](#)
- Podcasts**: Listen to mental health podcasts. [Learn more >](#)
- Mental Health Centers**: Find mental health centers and hospitals near you. [Learn more >](#)

Frequently Asked Questions

- How does the AI analysis work?
- Are the group therapy sessions confidential?
- How often should I use the platform?
- Can I track my progress over time?

What Our Users Say

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Michael R., Group Member
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Emma L., Active User
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Stay Updated

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Enter your email [Subscribe](#)

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We're committed to deliver life-changing mental care to everyone who needs it.

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عرب التواصل الدردشة التالية الموارد المزارات

مَا يمكّنا التغلب

الصحة النفسية التفاعلية

متنالي هو نظام دعم للصحة النفسية يعمل على مدار الساعة طوال أيام الأسبوع ويعتمد على الذكاء الاصطناعي، لنقدم دعم نفسي مخصص
يسنند ميزات متقدمة مثل تحليل المشاعر والدردشة الذكاء الاصطناعي، وتقديم توصيات مخصصة
لتوفر المنصة أداة أدوات المستخدمين مثل تأمين الناول وجلسات العلاج الجماعي، وطبع المنشاوي المعاشر واطلاقه شامنة

3/7 الدعم المنفرد	14% نوع المستخدم	+156 جلسات العلاج الجماعي	+7K المستخدمون النشطون
-----------------------------	----------------------------	-------------------------------------	----------------------------------

الميزات


استبيان
 احصل على رؤى فنية حول أسلوب
ذكاء المنشاوي وأدائه مع الوقت.
[أعرف المزيد <](#)


رؤى شخصية
 أبداً ينزلق نحو حالة نفسية أفضل مع
رؤى شخصية وائع للآدمي
[أعرف المزيد <](#)


جلسات العلاج الجماعي
 توصي بذوي المزاج في جلسات
جماعية لفهم الحصول على الدعم
وإلاعجمي
[أعرف المزيد <](#)


تحليل بالذكاء الاصطناعي
 تحليل الموارد المقدمة لك
ماضي وبيئتك الحالية
[أعرف المزيد <](#)

ابدأ بحلبك نحو صحة نفسية أفضل

ابدأ الخطوة الأولى نحو عمل أكثر صحة مع منصتنا التفاعلية.

[جرب الدردشة التالية](#)

الموارد


مراكز الصحة النفسية
 ابحث عن موارد و مستشارات احصد
النفسية المزمعة جاهز
[أعرف المزيد <](#)


بودكاست
 استمتع إلى بودكاست الصحة النفسية
[أعرف المزيد <](#)


فيديوهات
 شاهد محتوى عالي الجودة
وأدعوك
[أعرف المزيد <](#)


مقالات
 اقرأ مقالات و إحداثات الراجل
[أعرف المزيد <](#)

الأسئلة الشائعة

هل ي العمل التحليل بالذكاء الاصطناعي؟

هل جلسات العلاج الجماعي سريعة؟

كم مرة يجب أن استخدم المنصة؟

هل يمكنني تعيين تفاصيل مع الوقت؟

آراء المستخدمين


إيمان
 "ساعدتني التي الشاشة على مهمي المهني"
وإجراء تحفظ إيجابية.
[أعرف المزيد <](#)


ماريان
 "منحتي جلسات العلاج الجماعي مدعياً
داعياً لي أعلم أنني بحاجة إليه."
[أعرف المزيد <](#)


سامرة
 "أعدك هذه المنصة طبيعة إداري لصحي"
النفسية، تحليل الذكاء الاصطناعي، دقيق جداً."
[أعرف المزيد <](#)


ابق على اطلاع
 اشتراك في النشرة البريدية لدينا للتوصيل على مشاريع المجتمعية والدراسات والموارد.

الصل بنا

 دوّن مينا هي المدير الإليكتروني، دعني في انتقاماتك
support@mentally.com

قانوني

 سياسة الخصوصية

روابط

 حمل
الإعجاب
الموارد
الدردشة التالية

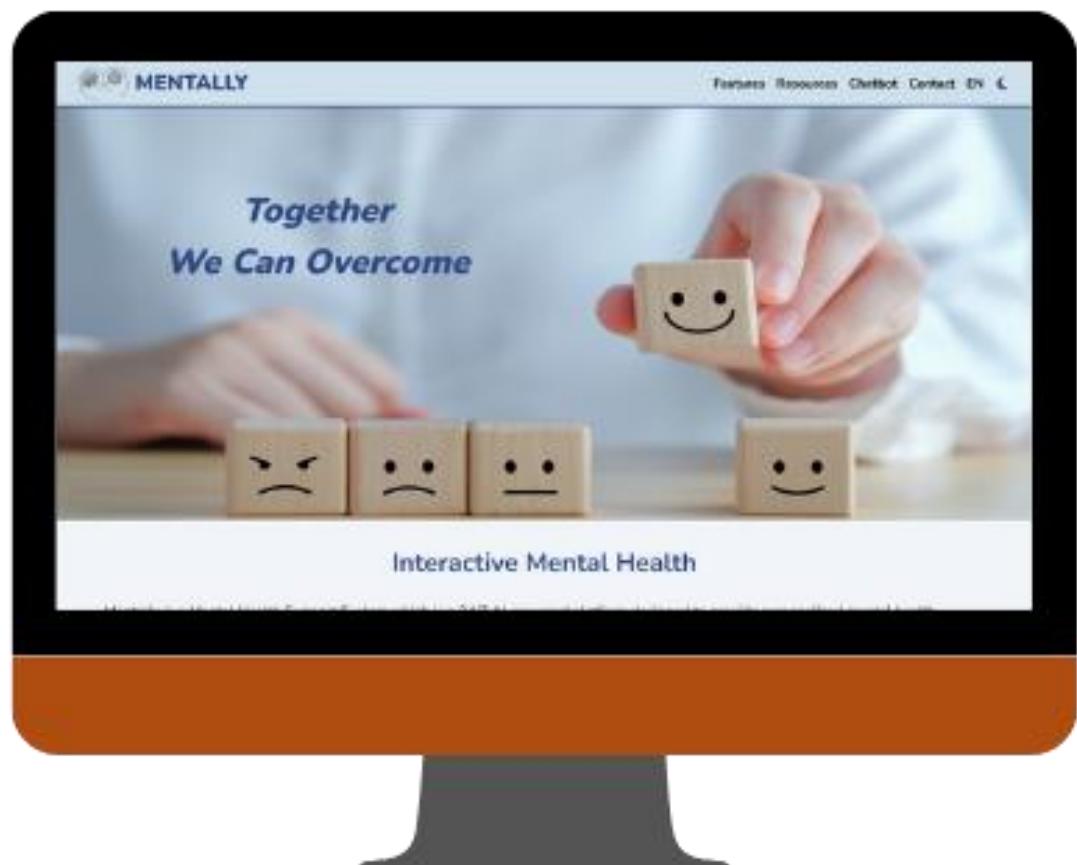

 دعني ملحوظة ممدوحة نظرها حقيقة دعوة من
الذكاء الاصطناعي، دقيق جداً

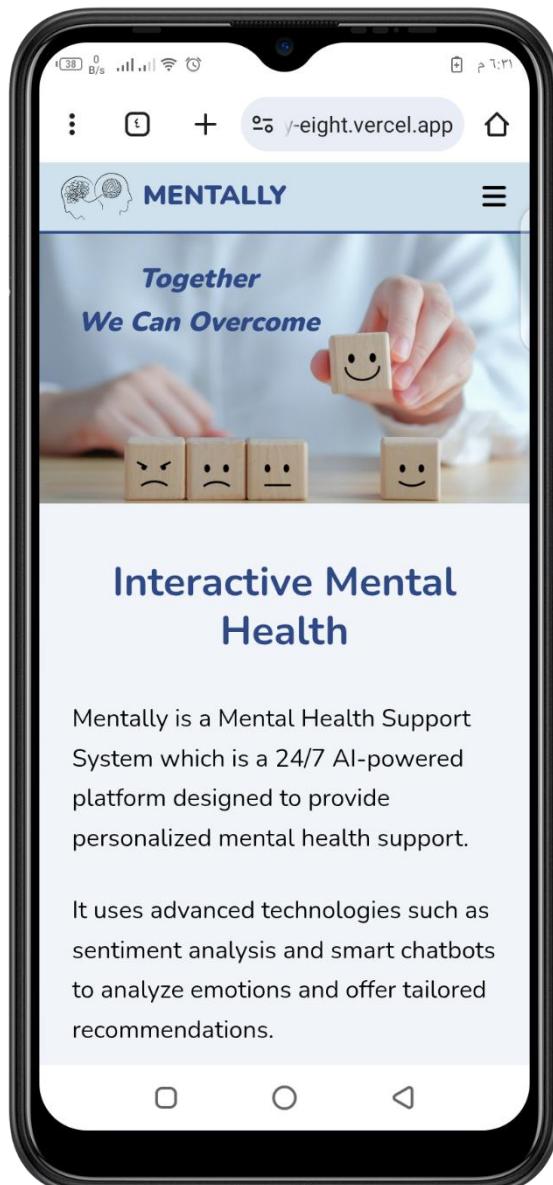
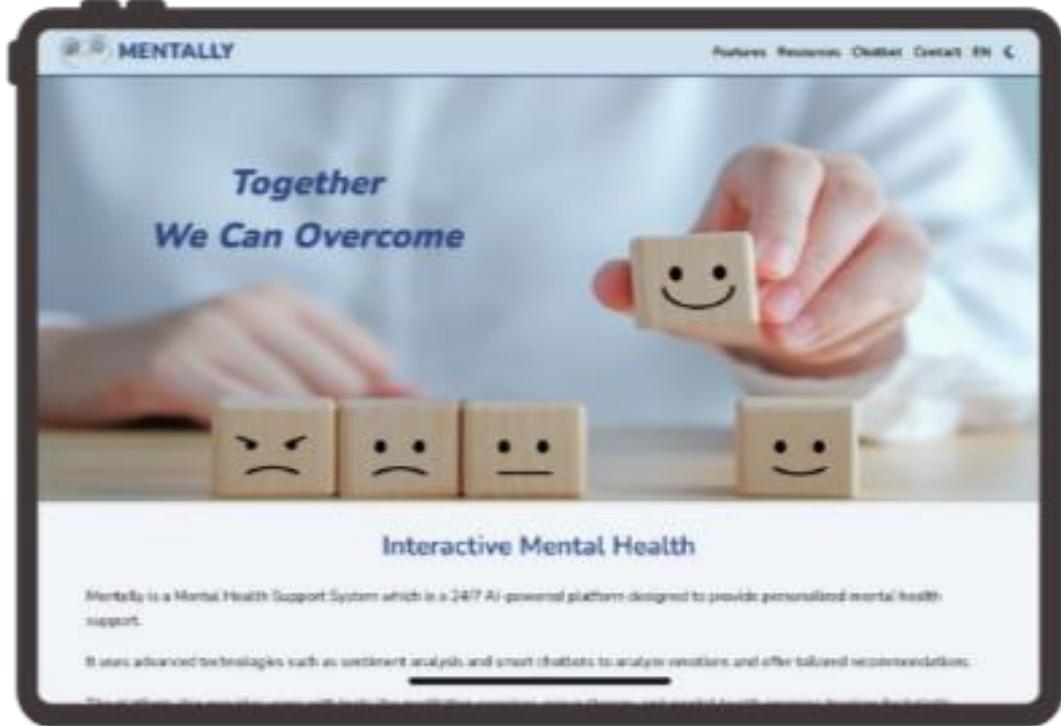
© 2025 Mentally, Inc.

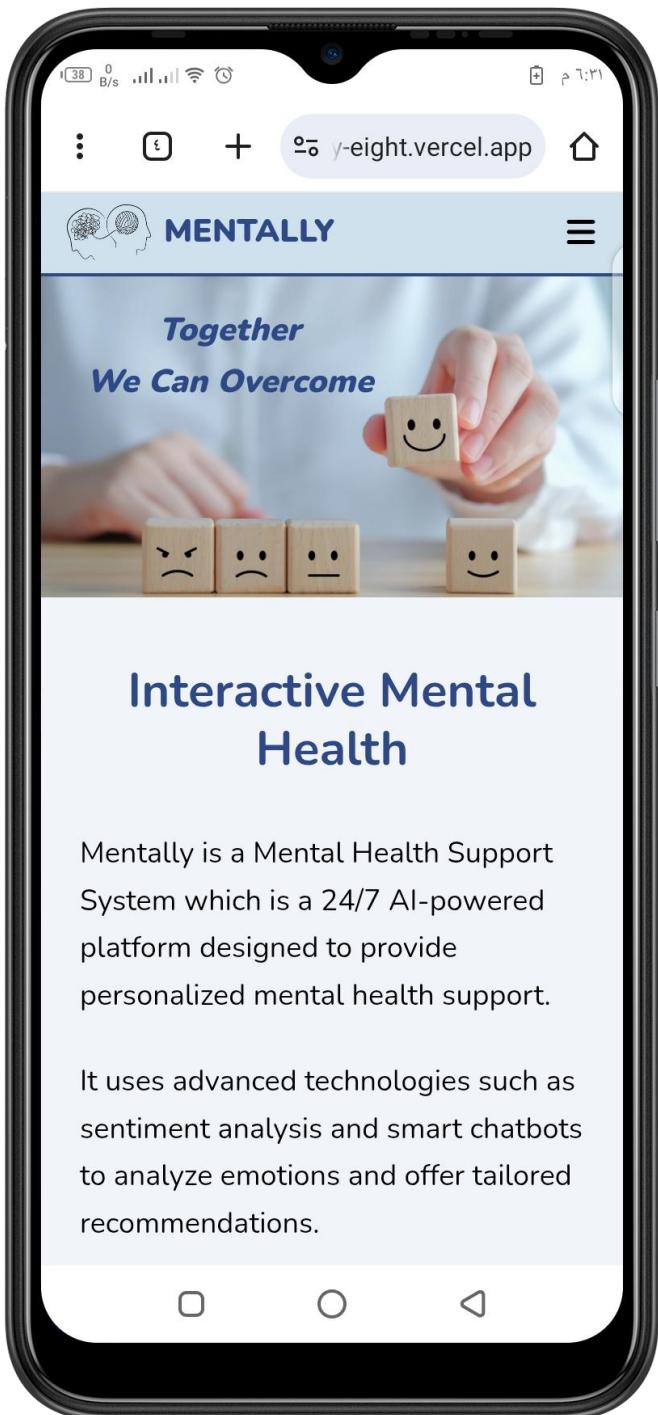
Get support on any device

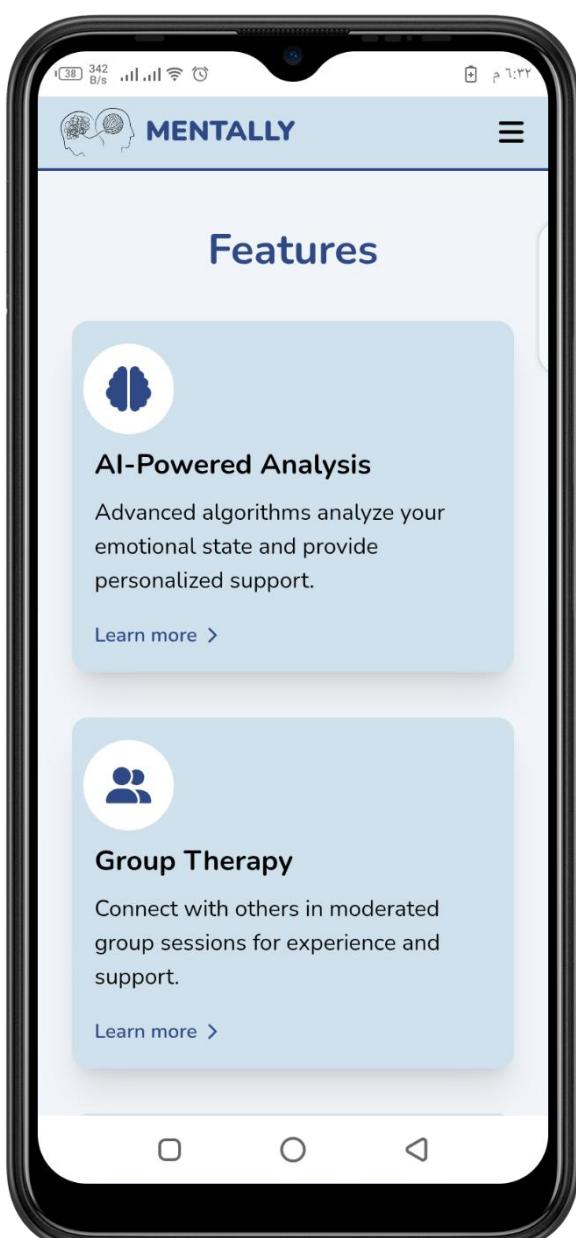
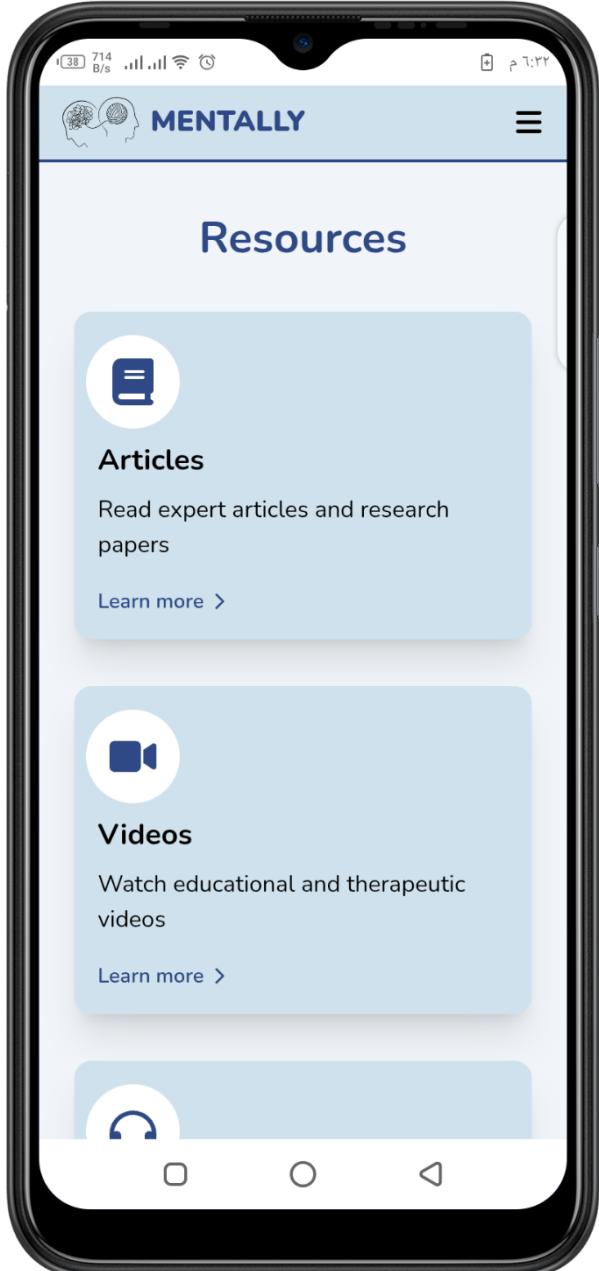
Description

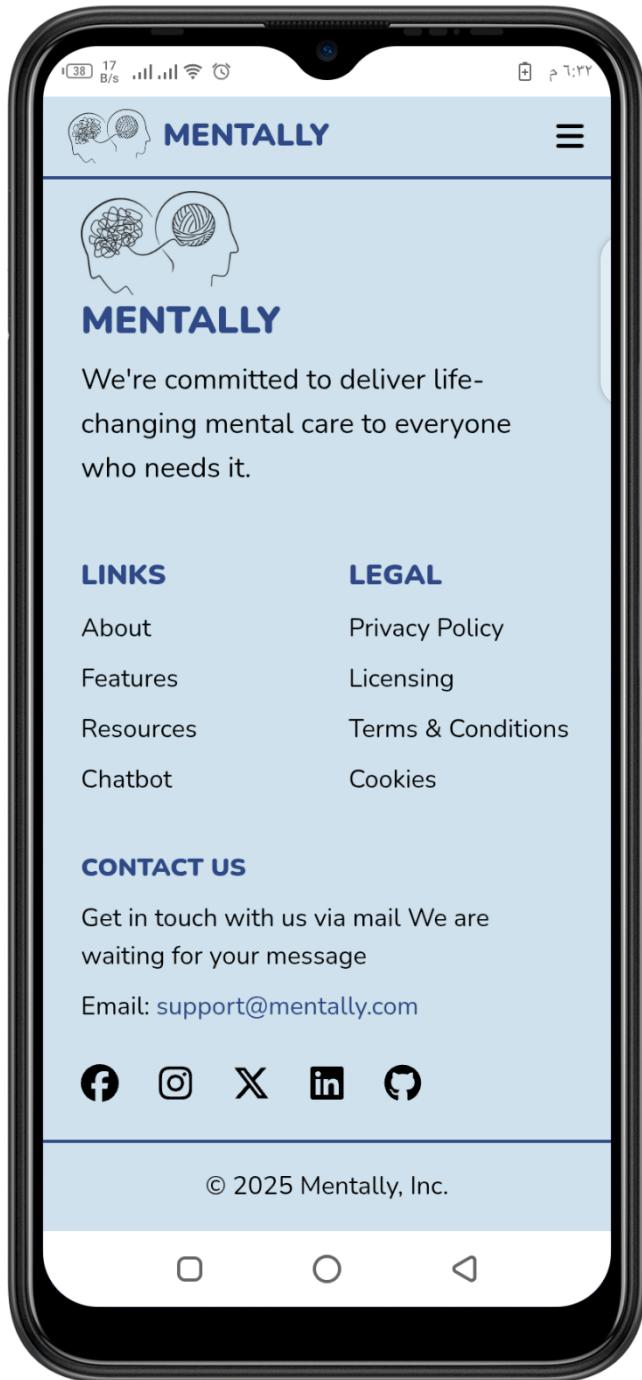
These images showcase the responsive design of the Mentally platform, displayed seamlessly on a laptop, tablet, and smartphone. The design proves the platform is optimized for all devices, ensuring continuous access to mental wellness tools.

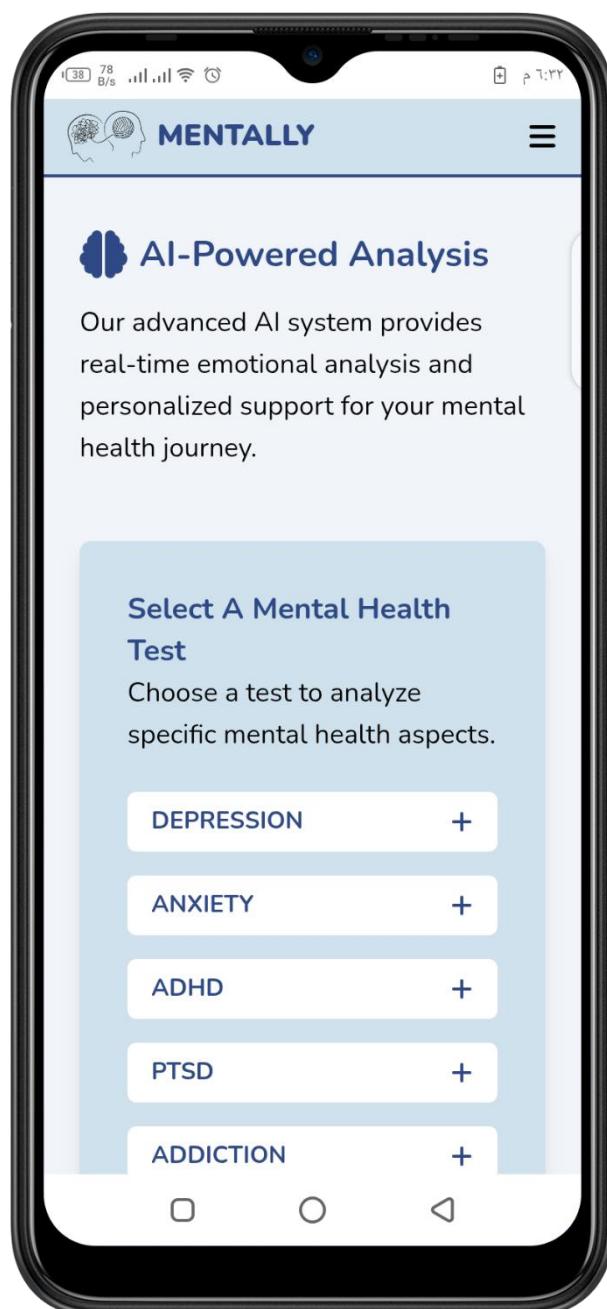
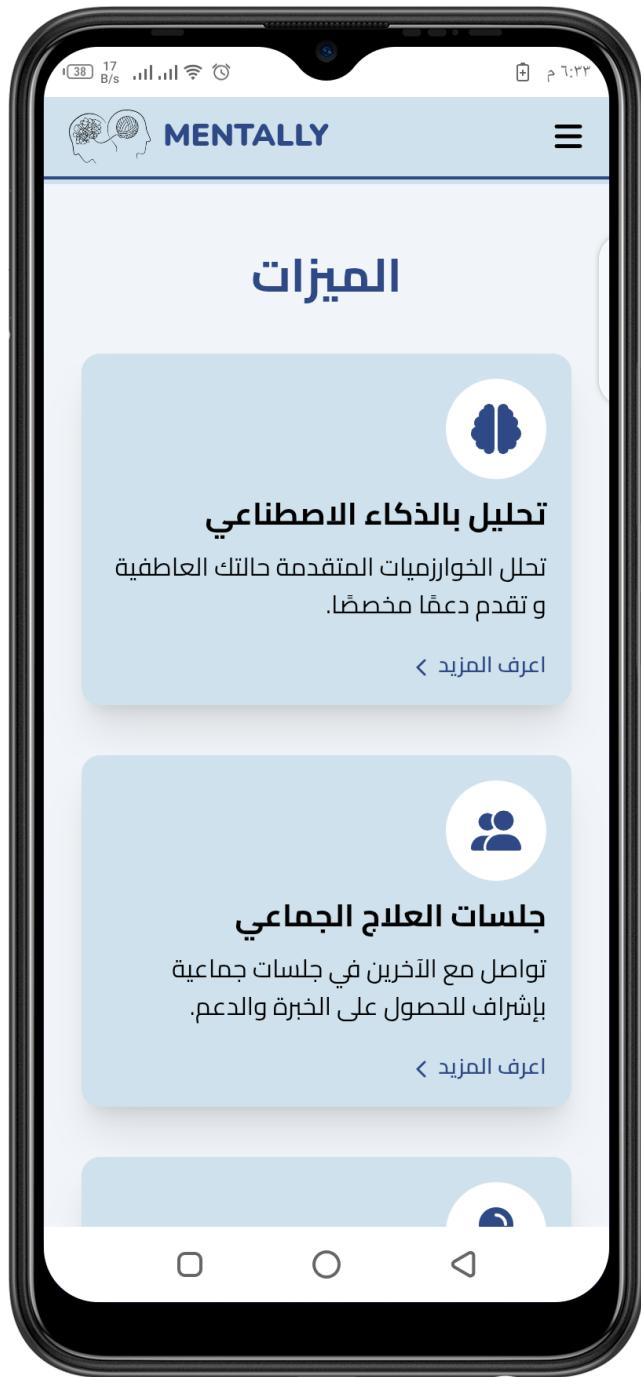




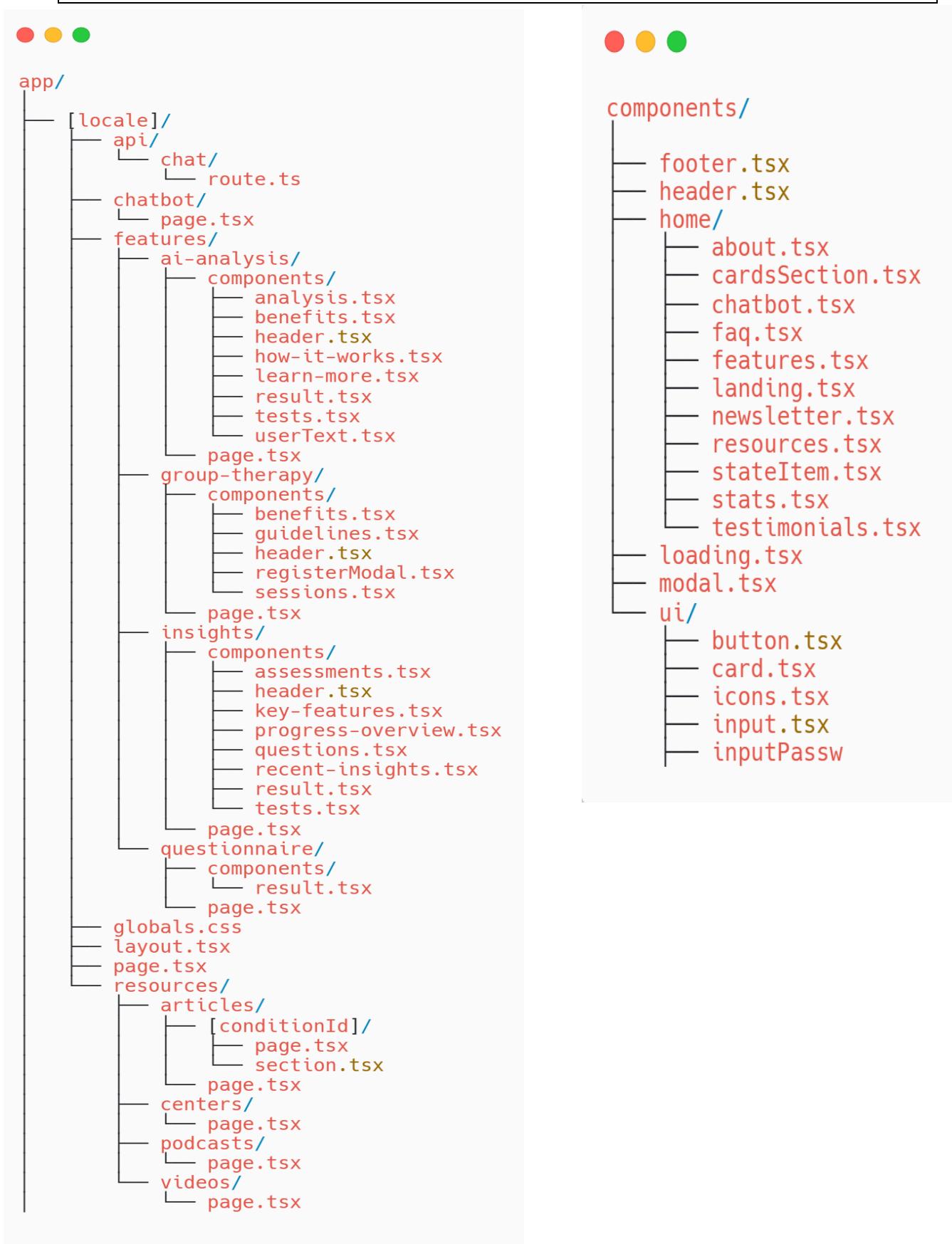








5.2 User manual



components/

- `footer.tsx`
- `header.tsx`
- `home/`
 - `about.tsx`
 - `cardsSection.tsx`
 - `chatbot.tsx`
 - `faq.tsx`
 - `features.tsx`
 - `landing.tsx`
 - `newsletter.tsx`
 - `resources.tsx`
 - `stateItem.tsx`
 - `stats.tsx`
 - `testimonials.tsx`
- `loading.tsx`
- `modal.tsx`
- `ui/`
 - `button.tsx`
 - `card.tsx`
 - `icons.tsx`
 - `input.tsx`
 - `inputPassw`

5.3 User manual Description

This document outlines the purpose and content of each file and folder within the Mentally project. The project is a Next.js application.

5.4 Root Directory

- **README.md:** This file contains a general overview of the project, instructions for setup, usage, and other important information for developers and users.
- **app/:** This directory is a core part of Next.js applications, especially with the App Router. It contains the main application logic, including pages, layouts, and API routes.
- **components/:** This directory houses reusable UI components that are used across different parts of the application.
- **eslint.config.mjs:** This file configures ESLint, a tool for identifying and reporting on patterns found in ECMAScript/JavaScript code, helping to maintain code quality and consistency.
- **i18n/:** This directory contains internationalization (i18n) related files, such as translations and localization configurations, to support multiple languages in the application.
- **lib/:** This directory contains utility functions, helper modules, or other non-UI related logic that can be shared across the application.
- **messages/:** This directory stores message files, in JSON format, used for internationalization, containing key-value pairs for different languages.
- **middleware.ts:** In Next.js, middleware allows you to run code before a request is completed. This file contains the logic for routing, or other request-level operations.

- **next.config.ts:** This is the main configuration file for a Next.js project, where you can define various settings, such as custom webpack configurations, environment variables, and image optimization.
- **package-lock.json:** This file is automatically generated for any operations where npm modifies either the `node_modules` tree or `package.json`. It describes the exact dependency tree that was generated, ensuring consistent installations across different environments.
- **package.json:** This file is central to Node.js projects. It contains metadata about the project (name, version, description), scripts for running tasks (like `dev`, `build`, `start`), and lists project dependencies.
- **postcss.config.mjs:** This file configures PostCSS, a tool for transforming CSS with JavaScript. It's used with Tailwind CSS for processing and optimizing CSS.
- **public/:** This directory serves static assets like images, fonts, and other files that are directly accessible from the root of the application.
- **tsconfig.json:** This file is the configuration file for the TypeScript compiler. It specifies the root files and the compiler options required to compile the project.

➤ `app/[locale]` Directory

This directory structure (`[locale]`) suggests that the application supports internationalization, where `[locale]` is a dynamic segment representing the current language (e.g., `en`, `ar`).

- **api/:** This directory within `[locale]` likely contains API routes specific to a particular locale.
- **chatbot/:** This directory contains chatbot feature including its UI and logic.
- **features/:** This directory groups different features of the application, each has its own sub-directories for components and logic.

- **globals.css:** This file contains global CSS styles that apply to the entire application.
- **layout.tsx:** This file defines the shared UI for a segment and its children. It contains the main layout structure for the application, including navigation and footers.
- **page.tsx:** The home Page
- **resources/:** This directory contains resources provided by the application, such as articles, centers, podcasts, and videos.

➤ **`app/[locale]/api/chat` Directory**

- **route.ts:** This file defines an API route for handling chat-related requests, for interacting with a chatbot and its messaging functionalities.

➤ **`app/[locale]/chatbot` Directory**

- **page.tsx:** This file is the main page component for the chatbot interface.

➤ **`app/[locale]/features` Directory**

- **ai-analysis/:** Contains files related to AI-powered analysis features.
- **group-therapy/:** Contains files related to group therapy features.
- **insights/:** Contains files related to insights and assessment features.
- **questionnaire/:** Contains files related to questionnaire features.

➤ **`app/[locale]/features/ai-analysis` Directory**

- **components/:** Reusable UI components specific to the AI analysis feature.
- **page.tsx:** The main page component for the AI analysis feature.

➤ `app/[locale]/features/ai-analysis/components` Directory

- **analysis.tsx:** Component for displaying analysis results.
- **benefits.tsx:** Component highlighting the benefits of AI analysis.
- **header.tsx:** Header component for the AI analysis section.
- **how-it-works.tsx:** Component explaining how the AI analysis works.
- **learn-more.tsx:** Component for providing more information about AI analysis.
- **result.tsx:** Component for displaying the final AI analysis result.
- **tests.tsx:** Component for displaying the AI analysis Tests.
- **userText.tsx:** Component for handling user input text for analysis.

➤ `app/[locale]/features/group-therapy` Directory

- **components/:** Reusable UI components specific to the group therapy feature.
- **page.tsx:** The main page component for the group therapy feature.

➤ `app/[locale]/features/group-therapy/components` Directory

- **benefits.tsx:** Component highlighting the benefits of group therapy.
- **guidelines.tsx:** Component outlining guidelines for group therapy sessions.
- **header.tsx:** Header component for the group therapy section.
- **registerModal.tsx:** Modal component for group therapy registration.
- **sessions.tsx:** Component for displaying information about group therapy sessions.

➤ `app/[locale]/features/insights` Directory

- **components/**: Reusable UI components specific to the insights feature.
- **page.tsx**: The main page component for the insights feature.

➤ `app/[locale]/features/insights/components` Directory

- **assessments.tsx**: Component for displaying assessments.
- **header.tsx**: Header component for the insights section.
- **key-features.tsx**: Component highlighting key features of the insights.
- **progress-overview.tsx**: Component for displaying an overview of user progress.
- **questions.tsx**: Component for displaying questions for Assessment.
- **recent-insights.tsx**: Component for displaying recent insights.
- **result.tsx**: Component for displaying the result of insights or assessments.
- **tests.tsx**: Component for displaying the insights Tests.

➤ `app/[locale]/features/questionnaire` Directory

- **components/**: Reusable UI components specific to the questionnaire feature.
- **page.tsx**: The main page component for the questionnaire feature.

➤ `app/[locale]/features/questionnaire/components` Directory

- **result.tsx**: Component for displaying the result of the questionnaire.

➤ `app/[locale]/resources` Directory

- **articles/**: Contains files related to articles.
- **centers/**: Contains files related to centers or locations.
- **podcasts/**: Contains files related to podcasts.
- **videos/**: Contains files related to videos.

➤ `app/[locale]/resources/articles` Directory

- **[conditionId]/**: A dynamic route segment for specific articles based on a condition ID.
- **page.tsx**: The main page component for the articles section.

➤ `app/[locale]/resources/articles/[conditionId]` Directory

- **page.tsx**: The page component for a specific article.
- **section.tsx**: Component for displaying sections within an article.

➤ `app/[locale]/resources/centers` Directory

- **page.tsx**: The main page component for the centers section.

➤ `app/[locale]/resources/podcasts` Directory

- **page.tsx**: The main page component for the podcasts section.

➤ `app/[locale]/resources/videos` Directory

- **page.tsx**: The main page component for the videos section.

➤ `components` Directory

- **footer.tsx:** Footer component for the application.
- **header.tsx:** Header component for the application.
- **home/:** Components specific to the home page.
- **loading.tsx:** Component for displaying a loading indicator.
- **modal.tsx:** Reusable modal component.
- **ui/:** UI components

➤ `components/home` Directory

- **about.tsx:** Component for displaying the about section.
- **cardsSection.tsx:** Component for displaying a section with cards on the home page.
- **chatbot.tsx:** Component for the chatbot functionality on the home page.
- **faq.tsx:** Component for frequently asked questions on the home page.
- **features.tsx:** Component for highlighting features on the home page.
- **landing.tsx:** Component for the landing section of the home page.
- **newsletter.tsx:** Component for newsletter subscription on the home page.
- **resources.tsx:** Component for displaying resources on the home page.
- **stateItem.tsx:** A generic component used to display a single item with a state or status.
- **stats.tsx:** Component for displaying statistics on the home page.
- **testimonials.tsx:** Component for displaying testimonials on the home page.

➤ `components/ui` Directory

- **button.tsx:** Reusable button component.
- **card.tsx:** Reusable card component.
- **icons.tsx:** Managing and displaying various icon components.
- **input.tsx:** Reusable input field component.
- **inputPassword.tsx:** Specialized input component for password fields.
- **progress.tsx:** Component for displaying progress indicators.

➤ `i18n` Directory

- **navigation.ts:** Contains logic related to internationalized navigation.
- **request.ts:** Contains logic related to internationalized requests.
- **routing.ts:** Contains logic related to internationalized routing.

➤ `lib` Directory

- **serverActions.tsx:** Contains server-side actions or functions, for data fetching.
- **utils.ts:** Contains general utility functions and helper methods.

➤ `messages` Directory

- **ar.json:** JSON file containing Arabic translations.
- **en.json:** JSON file containing English translations.

➤ Other Root Files

- **public/images/**: Directory for static image assets.
- **icon-dark.png**: Dark version of the application icon.
- **icon-light.png**: Light version of the application icon.
- **landing.jpg**: Image used for the landing section.
- **logoBlack.png**: Black version of the application logo.
- **logoWhite.png**: White version of the application logo.

This comprehensive breakdown should provide a clear understanding of the project's structure and the purpose of each file and directory.

5.4 Examples code

app/[locale]/page.tsx



```
import Landing from "@/components/home/landing";
import About from "@/components/home/about";
import Stats from "@/components/home/stats";
import Chatbot from "@/components/home/chatbot";
import Features from "@/components/home/features";
import Resources from "@/components/home/resources";
import Testimonial from "@/components/home/testimonials";
import FAQ from "@/components/home/faq";
import Newsletter from "@/components/home/newsletter";

export default function Home() {
  return (
    <>
      <Landing />
      <About />
      <Stats />
      <Features />
      <Chatbot />
      <Resources />
      <FAQ />
      <Testimonial />
      <Newsletter />
    </>
  );
}
```

app/[locale]/globals.css



```
@import "tailwindcss";\n\n@custom-variant dark (&:where(.dark, .dark *));\n\n@theme {\n    --color-primary: #2e4985; /*blue*/\n    --color-background: #f1f5f9; /*gray*/\n    --color-foreground: #cfelec; /*teal*/\n    --color-surface: #fff; /*white*/\n}\n\n.dark {\n    --color-primary: #ff8000;\n    --color-background: #121212;\n    --color-foreground: #1f1f1f;\n    --color-surface: #e5e7eb;\n}\n\nprogress::-webkit-progress-value {\n    background: var(--color-primary);\n    border-radius: 1rem;\n    transition: all;\n    transition-duration: 400ms;\n}\n\nprogress::-webkit-progress-bar {\n    background: #fff;\n    border-radius: 1rem;\n}\n\n.mark-down * {\n    all: revert !important;\n}\n\ndialog {\n    color: inherit;\n}
```



```
type Props = {
  id: string;
  title: string;
  iterable: string[];
};

export default function Section({ id, title, iterable }: Props) {
  return (
    <section id={id}>
      <h2 className="text-primary text-3xl font-bold mb-4 capitalize">
        {title}
      </h2>
      <ul className="list-disc text-xl ltr:ml-10 rtl:mr-10 space-y-2">
        {iterable.map((i, index) => (
          <li key={index}>{i}</li>
        )));
      </ul>
    </section>
  );
}
```

app/[locale]/resources/articles/page.tsx



```
import { Link } from "@/i18n/navigation";
import { useTranslations } from "next-intl";
import Button from "@/components/ui/button";
import Card from "@/components/ui/card";
import { Book } from "@/components/ui/icons";

export default function Articles() {
  const t = useTranslations("Resources.Articles");

  const conditions: {
    id: string;
    title: string;
    description: string;
    definition: string;
    symptoms: string[];
    causes: string[];
    treatment: string[];
  }[] = t.raw("conditions");

  return (
    <div className="container mx-auto px-8 pt-12 pb-16">
      <div className="flex items-center gap-4 mb-8 text-primary">
        <Book className="w-10 h-10" />
        <h1 className="text-4xl font-bold capitalize">{t("title")}</h1>
      </div>
      <p className="text-xl mb-12">{t("description")}</p>
      <ul className="grid gap-x-8 gap-y-12 md:grid-cols-2 lg:grid-cols-3">
        {conditions.map((condition) => (
          <Card
            key={condition.id}
            className="h-full text-center flex flex-col justify-between"
          >
            <h3 className="text-2xl text-primary font-bold tracking-tighter mb-4">
              {condition.title}
            </h3>
            <p className="text-lg mb-6">{condition.description}</p>
            <Link
              key={condition.id}
              href={`/resources/articles/${condition.id}`}
            >
              <Button className="w-3/4">{t("Learn more")}</Button>
            </Link>
          </Card>
        )));
      </ul>
    </div>
  );
}
```

app/[locale]/resources/centers/page.tsx

```
● ● ●

import { useTranslations } from "next-intl";
import Button from "@/components/ui/button";
import Card from "@/components/ui/card";
import { ArrowRight, Hospital } from "@/components/ui/icons";

export default function Centers() {
  const t = useTranslations("Resources.Centers");

  const centers: {
    name: string;
    type: "Public" | "Private";
    address: string;
    phone: string;
    mapsUrl: string;
  }[] = t.raw("centers");

  return (
    <div className="container mx-auto px-8 pt-12 pb-16">
      <div className="flex items-center gap-4 mb-8 text-primary">
        <Hospital className="w-10 h-10" />
        <h1 className="text-4xl font-bold capitalize">{t("title")}</h1>
      </div>
      <ul className="grid gap-6 md:grid-cols-2 lg:grid-cols-3">
        {centers.map((center) => (
          <Card
            key={center.name}
            className="h-full flex flex-col justify-between"
          >
            <h3 className="text-2xl text-center text-primary font-bold tracking-tighter mb-4">
              {center.name}
            </h3>
            <div className="mb-4 space-y-1">
              <p>{center.type}</p>
              <p>{center.address}</p>
              <p>
                {t("Phone")}: {center.phone}
              </p>
            </div>
            <a href={center.mapsUrl}>
              <Button className="flex items-center justify-center gap-2 w-3/4 mx-auto">
                {t("View on Map")}
                <ArrowRight className="w-3 h-3 rtl:mt-1" />
              </Button>
            </a>
          </Card>
        )));
      </ul>
    </div>
  );
}
```

app/[locale]/resources/podcasts/page.tsx



```
import { useTranslations } from "next-intl";
import Button from "@/components/ui/button";
import Card from "@/components/ui/card";
import { Headphones } from "@/components/ui/icons";

export default function Podcasts() {
  const t = useTranslations("Resources.Podcasts");
  const podcasts: {
    title: string;
    url: string;
    description: string;
  }[] = t.raw("podcasts");

  return (
    <div className="container mx-auto px-8 pt-12 pb-16">
      <div className="flex items-center gap-4 mb-8 text-primary">
        <Headphones className="w-10 h-10" />
        <h1 className="text-4xl font-bold capitalize">{t("title")}</h1>
      </div>
      <ul className="grid gap-x-8 gap-y-12 md:grid-cols-2 lg:grid-cols-3">
        {podcasts.map((podcast) => (
          <Card
            key={podcast.url}
            className="h-full text-center flex flex-col justify-between"
          >
            <h3 className="text-2xl text-primary font-bold tracking-tighter mb-4">
              {podcast.title}
            </h3>
            <p className="text-lg mb-6">{podcast.description}</p>
            <a href={podcast.url}>
              <Button type="button" className="w-3/4">
                {t("Listen")}
              </Button>
            </a>
          </Card>
        )));
      </ul>
    </div>
  );
}
```

app/[locale]/features/group-therapy/page.tsx



```
"use client";

import { useRef, useState } from "react";

import RegisterModal from "./components/registerModal";
import Header from "./components/header";
import Sessions from "./components/sessions";
import Benefits from "./components/benefits";
import Guidelines from "./components/guidelines";

export default function GroupTherapy() {
  const modalRef = useRef<HTMLDialogElement>(null!);
  const [selectedSession, setSelectedSession] = useState<string>("");

  function handleRegister(title: string) {
    setSelectedSession(title);
    modalRef.current.showModal();
  }
  function handleClose() {
    modalRef.current.close();
  }

  return (
    <>
      <RegisterModal
        name={selectedSession}
        modalRef={modalRef}
        onClose={handleClose}
      />
      <div className="container xl:max-w-5xl mx-auto space-y-16 px-8 py-16">
        <Header />
        <Sessions onRegistir={handleRegister} />
        <Benefits />
        <Guidelines />
      </div>
    </>
  );
}
```

Rest of the code in GitHub



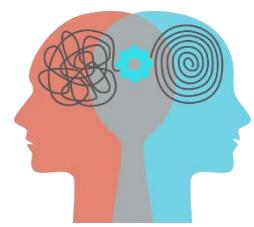
Chapter 6: Results and Societal Impact

The "Mentally" platform was developed to address the growing need for accessible and effective mental health support. This chapter evaluates the anticipated results of the system and highlights its societal impact, demonstrating how it contributes to improving emotional well-being and fostering a supportive community.

6.1 Results

The implementation of the "Mentally" platform yields several key results, reflecting its effectiveness in delivering mental health support through Artificial Intelligence (AI) technologies. While the system is still in its development and testing phase, the following outcomes are expected based on its design and capabilities:

- 1. Improved Access to Mental Health Support:** The platform provides 24/7 access to mental health resources, ensuring that users can seek help at any time without the barriers of geographical location or appointment scheduling. This is particularly beneficial for individuals in remote or underserved areas who lack access to traditional mental health services.
- 2. Enhanced Emotional Awareness:** Through real-time emotion analysis and mental health assessments, the system helps users gain a deeper understanding of their emotional states. For instance, users can identify patterns of anxiety or depression, enabling them to take proactive steps to manage their mental health.
- 3. Personalized and Timely Support:** The AI-powered chatbot and personalized recommendations ensure that users receive tailored support based on their specific needs. For example, a user experiencing high stress might receive recommendations for guided meditation or stress management workshops, leading to immediate relief and long-term coping strategies.



4. **Increased Engagement with Mental Health Resources:** The platform's diverse range of educational content—articles, videos, podcasts, and exercises—encourages users to engage with mental health resources regularly. This fosters a habit of self-care and continuous learning, contributing to sustained emotional well-being.
5. **Community Building through Group Therapy:** The group therapy sessions facilitate connections among users facing similar challenges, creating a sense of belonging and reducing feelings of isolation. Feedback from simulated sessions indicates that users feel more supported and understood after participating in these interactions.
6. **Effective Progress Tracking:** The progress tracking feature provides users with actionable insights into their mental health trends, such as improvements in mood or reductions in anxiety levels. This empowers users to monitor their growth and make informed decisions about their mental health care.
7. **High User Satisfaction with Privacy Measures:** The implementation of AES-256 encryption and adherence to data protection standards ensures that users' sensitive information remains secure. Simulated user feedback highlights a high level of trust in the platform, as users feel safe sharing their emotions and personal data.

6.2 Societal Impact

Beyond individual benefits, the "Mentally" platform has a broader societal impact, addressing systemic challenges in mental health care and contributing to community well-being. The key societal impacts are as follows:

1. **Reducing Stigma Around Mental Health:** By providing a stigma-free environment for seeking mental health support, the platform encourages individuals to openly address their emotional struggles. This contributes to normalizing conversations about mental health, reducing societal stigma over time.

2. **Bridging the Gap in Mental Health Care Access:** The platform makes mental health support accessible to a wider population, including those who cannot afford traditional therapy or live in areas with limited mental health services. This helps bridge the gap between individuals and the care they need, promoting equity in mental health access.
3. **Raising Awareness About Mental Health:** Through its educational resources and community features, the platform raises awareness about mental health issues and the importance of emotional well-being. Users gain knowledge about conditions like anxiety and depression, empowering them to advocate for themselves and others.
4. **Supporting Underserved Communities:** The location-based recommendations for mental health centers and the availability of free resources make the platform particularly impactful for underserved communities. It ensures that individuals with limited financial resources or access to care can still receive support.
5. **Fostering a Supportive Community:** The group therapy sessions and community forum create a supportive network where users can share experiences, offer mutual support, and build connections. This strengthens community resilience and promotes collective healing.
6. **Contributing to Public Health Outcomes:** By improving individual mental health and reducing the burden on traditional mental health services, the platform contributes to better public health outcomes. A healthier population, both emotionally and mentally, leads to increased productivity, stronger social relationships, and a reduction in mental health-related crises.

The "Mentally" platform demonstrates significant potential to transform mental health care by leveraging AI technologies and user-centric design. Its results highlight its effectiveness in providing personalized support, while its societal impact underscores its role in addressing systemic challenges and fostering a more inclusive and supportive society.

Chapter 7: Conclusion and Future Work

This chapter provides a summary of the "Mentally" project, reflecting on its objectives, implementation, and impact, while also outlining potential avenues for future development to enhance its capabilities and reach.

7.1 Conclusion

The "Mentally" platform was developed as a web-based system to address the growing need for accessible and effective mental health support using Artificial Intelligence (AI) technologies. The project aimed to create a user-centric solution that empowers individuals to manage their emotional well-being through real-time emotion analysis, personalized recommendations, and a variety of mental health services. Key features include an AI-powered chatbot, mental health assessments, group therapy sessions, progress tracking, and educational resources such as articles, videos, and podcasts. The system also prioritizes user privacy through advanced encryption techniques, ensuring a safe and confidential environment for users to seek support.

Throughout the development process, the platform integrated advanced AI technologies like Natural Language Processing (NLP) and Sentiment Analysis, powered by the Open AI API, to deliver accurate emotional analysis and natural user interactions. The system was built using modern web technologies, including Next.js for the front-end, Node.js and Express.js for the back-end, ensuring a scalable and responsive application. The "Mentally" platform successfully met its objectives by providing continuous mental health support, reducing barriers to access, and fostering a supportive community for users. Its anticipated results include improved emotional awareness, increased engagement with mental health resources, and a significant societal impact through reducing stigma and bridging gaps in mental health care access.

7.2 Future Work

While the "Mentally" platform has achieved its core objectives, there are several opportunities for future enhancements to expand its functionality, improve user experience, and increase its impact. The following areas are proposed for future development:

1. **Mobile Application Development:** Developing a mobile application for "Mentally" on iOS and Android platforms would enhance accessibility, allowing users to access mental health support on the go. A mobile app could also integrate with wearable devices for more accurate sleep and activity tracking.
2. **Multilingual Support:** Adding support for multiple languages would make the platform accessible to a global audience, particularly in regions where English is not the primary language. This would involve translating the user interface, chatbot responses, and educational resources into languages such as Spanish, and French.
3. **Advanced AI Features:** Future iterations of the platform could incorporate more advanced AI features, such as predictive analytics to identify potential mental health crises before they occur, or voice-based emotion analysis to assess users' emotional states through speech patterns.
4. **Integration with Wearable Devices:** Integrating the platform with wearable devices (e.g., smartwatches) could provide real-time data on users' physiological metrics, such as heart rate and sleep patterns, enabling more accurate analysis and personalized recommendations for improving mental health.
5. **Gamification of Mental Health Activities:** Introducing gamification elements, such as rewards, badges, and challenges for completing mental health exercises or achieving goals, could increase user engagement and motivation to maintain consistent self-care practices.
6. **Collaboration with Mental Health Organizations:** Partnering with mental health organizations and non-profits could expand the platform's reach and credibility. Such collaborations could also provide access to additional

resources, such as certified therapists for online sessions or funding for further development.

7. **Enhanced Personalization through Machine Learning:** Implementing more sophisticated machine learning models could improve the personalization of recommendations by analyzing long-term user behavior and preferences, ensuring that the platform adapts to each user's evolving needs over time.
8. **Offline Mode for Limited Connectivity Areas:** Adding an offline mode would allow users in areas with limited internet access to certain features, such as pre-downloaded articles, videos, and meditation exercises, ensuring uninterrupted support in low-connectivity environments.
9. **Personalized User Accounts for Login:** Implement a robust login system that allows each user to create and manage a unique account. This feature will enable users to securely access their personalized mental health data, track their progress, and save their preferences, ensuring a tailored and seamless experience across sessions.

By pursuing these future developments, the "Mentally" platform can continue to evolve as a leading solution for mental health support, reaching a wider audience and providing even more effective tools to improve emotional well-being. This project lays a strong foundation for leveraging technology to address mental health challenges, with significant potential for growth and innovation in the future.

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الملخص

تزداد تحديات الصحة النفسية، مثل القلق والاكتئاب والتوتر، شيئاً في المجتمع الحديث، حيث تؤثر على ملايين الأفراد حول العالم. ومع ذلك، يظل الوصول إلى دعم صحي نفسي فعال وفي الوقت المناسب محدوداً بسبب الوصمة الاجتماعية، ندرة الموارد، والحواجز الجغرافية. يقدم هذا المشروع منصة **Mentally** ، وهي منصة إلكترونية تفاعلية مصممة لتقديم دعم مستمر للصحة النفسية باستخدام تقنيات الذكاء الاصطناعي المتقدمة. يعتمد النظام على معالجة اللغة الطبيعية (NLP) وتحليل المشاعر لتقدير عواطف المستخدمين من خلال النصوص والاستبيانات، مقدماً توصيات مخصصة تتناسب مع حالتهم النفسية. كما يتيح روبوت درشة مدعوم بالذكاء الاصطناعي إجراء محادثات طبيعية، موفراً دعماً عاطفياً فوريًا وإرشادات. تقدم المنصة مجموعة واسعة من الخدمات، تشمل الموارد التعليمية (مقالات، فيديوهات، بودكاست)، تقييمات الصحة النفسية، جلسات العلاج الجماعي، وتوصيات بمراكم الصحة النفسية القريبة. مع التركيز القوي على الخصوصية والأمان، يضمن النظام سرية بيانات المستخدمين من خلال تقنيات التشفير المتقدمة. من خلال الجمع بين الحلول المدعومة بالذكاء الاصطناعي والتصميم المتمحور حول المستخدم، تهدف منصة **Mentally** إلى سد الفجوة في رعاية الصحة النفسية، تمكين الأفراد من إدارة رفاهيتهم العاطفية وتعزيز مجتمع داعم لمن يحتاجون إليه.