# **REQUIREMENTS DOCUMENTATION**

## **INFOSYS EMERGENCY AND MENTAL WELL BEING PROJECT**

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**SUMMARY:**

The "Emergency and Mental Well-Being" application is a full-stack platform designed to provide immediate support and resources for individuals experiencing mental health crises or seeking mental well-being services. It connects users to a network of mental health professionals, offers tools for self-assessment, and provides educational resources to promote mental well-being. The platform enables users to access support, monitor personal progress, and access emergency contact options quickly.

**INDEX**

1. **Scope of the Project**
2. **Functional Requirements**
3. **Non-Functional Requirements**
4. **Tech Stack Used**
5. **User Stories**
6. **Database Design**
7. **Scope of the Project:**
8. **1 User Features:**
   * **Registration and Login:** Secure user registration and authentication.
   * **Self-Assessment Tools:** Access to tools for evaluating mental health status.
   * **Resource Library:** A database of resources such as articles, videos, and exercises.
   * **Emergency Support:** Quick-access features to reach mental health professionals or emergency contacts.
   1. **Professional Features:**
   * **Professional Registration:** A portal for mental health professionals to register and offer their services.
   * **Appointment Management:** Scheduling and managing sessions with users.
   * **Resource Contribution:** Professionals can add resources and tools to the platform.
   1. **System Features:**

**Analytics and Reporting:** Tracks user engagement and common mental health needs.

* 1. **Personalized Suggestions**: Recommends resources based on user activity and assessments.

1. **Functional Requirements:**

**2.1 User Functional Requirements:**

* **Registration and Login:** Users can create an account, log in, and manage profiles securely.
* **Self-Assessment Tools:** Users can access questionnaires and tools for mental health self-assessment.
* **Resource Access:** Users can search and browse mental health resources.
* **Emergency Contact Options:** Quick links to emergency contacts or nearby support centers.
* **Progress Tracking:** Users can monitor their mental well-being journey and track improvements**.**

**2.2 Professional Functional Requirements**

* **Registration**: Mental health professionals can register and provide qualifications.
* **Session Management:** Manage appointment requests, session notes, and follow-up reminders.
* **Resource Contribution:** Add resources for the community, such as articles, exercises, and videos.

1. **Non-Functional Requirements**

 **Performance**: Ensure smooth performance during high-traffic periods, especially in emergency situations.

 **Scalability**: The platform should be scalable to accommodate a growing number of users and professionals.

 **Security**: Strong encryption for user data, HIPAA compliance, and secure access control for mental health professionals.

 **Reliability**: High availability with minimal downtime, especially during emergencies.

 **Usability**: A user-friendly interface that makes navigation easy, particularly for users in distress.

 **Maintainability**: The platform should be modular, allowing for regular updates and maintenance.

1. **Tech Stack Used:**

**Frontend:**

**React JS**: To provide a dynamic and responsive interface for users and professionals.

**Backend:**

**Spring Boot**: For scalable and efficient backend services, handling user requests and data processing.

**Database:**

**MongoDB/MySQL**: For storing user data, resources, and

session information securely.

**Microservices:**

**User Management**: Manages user registration, authentication, and profile management.

**Professional Management**: Handles professional registrations and service offerings.

**Resource Management**: Manages mental health resources available on the platform.

**Emergency Support**: Microservice dedicated to emergency features and real-time support connections.

1. **User Stories:**

**User Story 1: User Registration and Login**

As a user, I want to register securely, so I can have personalized access to resources and tools on the platform.

**Acceptance Criteria:**

Registration requires a unique email address, password, and basic information.

Login functionality authenticates user credentials and provides access to the user dashboard.

**User Story 2: Self-Assessment Tools**

As a user, I want to access mental health self-assessment tools, so I can gauge my mental well-being.

**Acceptance Criteria:**

Assessment results are displayed immediately and are securely stored in the user profile for future reference.

Users can retake assessments periodically to monitor progress.

**User Story 3: Access Resource Library**

As a user, I want to browse mental health resources, such as articles and videos, to educate myself on mental well-being.

**Acceptance Criteria:**

Resources can be searched or filtered by categories such as stress, anxiety, depression, etc.

Content is updated periodically, and users can mark resources as favourites for quick access.

**User Story 4: Emergency Support Access**

As a user, I want a quick-access option to connect with emergency contacts or mental health professionals when in need.

**Acceptance Criteria:**

Emergency contact options are available on the main dashboard.

The system provides contact information for nearby mental health facilities based on user location.

**User Story 5: Professional Registration**

As a mental health professional, I want to register and verify my credentials to provide services on the platform.

**Acceptance Criteria:**

Registration includes credential verification and approval by the platform administrators.

Approved professionals can access a dashboard to manage appointments and resources.

**User Story 6: Appointment Management**

As a mental health professional, I want to manage appointment requests and schedules efficiently.

**Acceptance Criteria:**

Professionals can accept or reschedule appointments and add session notes.

Users receive appointment reminders via email orplatform notifications.

**User Story 7: Resource Contribution by Professionals**

As a mental health professional, I want to share valuable resources to help users improve their mental well-being.

**Acceptance Criteria:**

Professionals can submit articles, exercises, and videos, which will be reviewed and approved by platform admins.

Resources are tagged by category and appear in the resource library upon approval.

**User Story 8: Personalized Suggestions**

As a user, I want personalized recommendations based on my activity and assessments.

**Acceptance Criteria:**

The platform uses assessment results and activity history to suggest relevant resources and exercises.

Users can receive notifications about recommended content and upcoming sessions.

1. **Database Design:**

** Users Table:**

* **user\_id (Primary Key)**
* **name**
* **email (Unique)**
* **password\_hash**
* **self\_assessment\_results (Array of assessment scores)**

** Professionals Table:**

* **professional\_id (Primary Key)**
* **name**
* **qualifications**
* **email (Unique)**
* **verified\_status (Boolean)**

** Resources Table:**

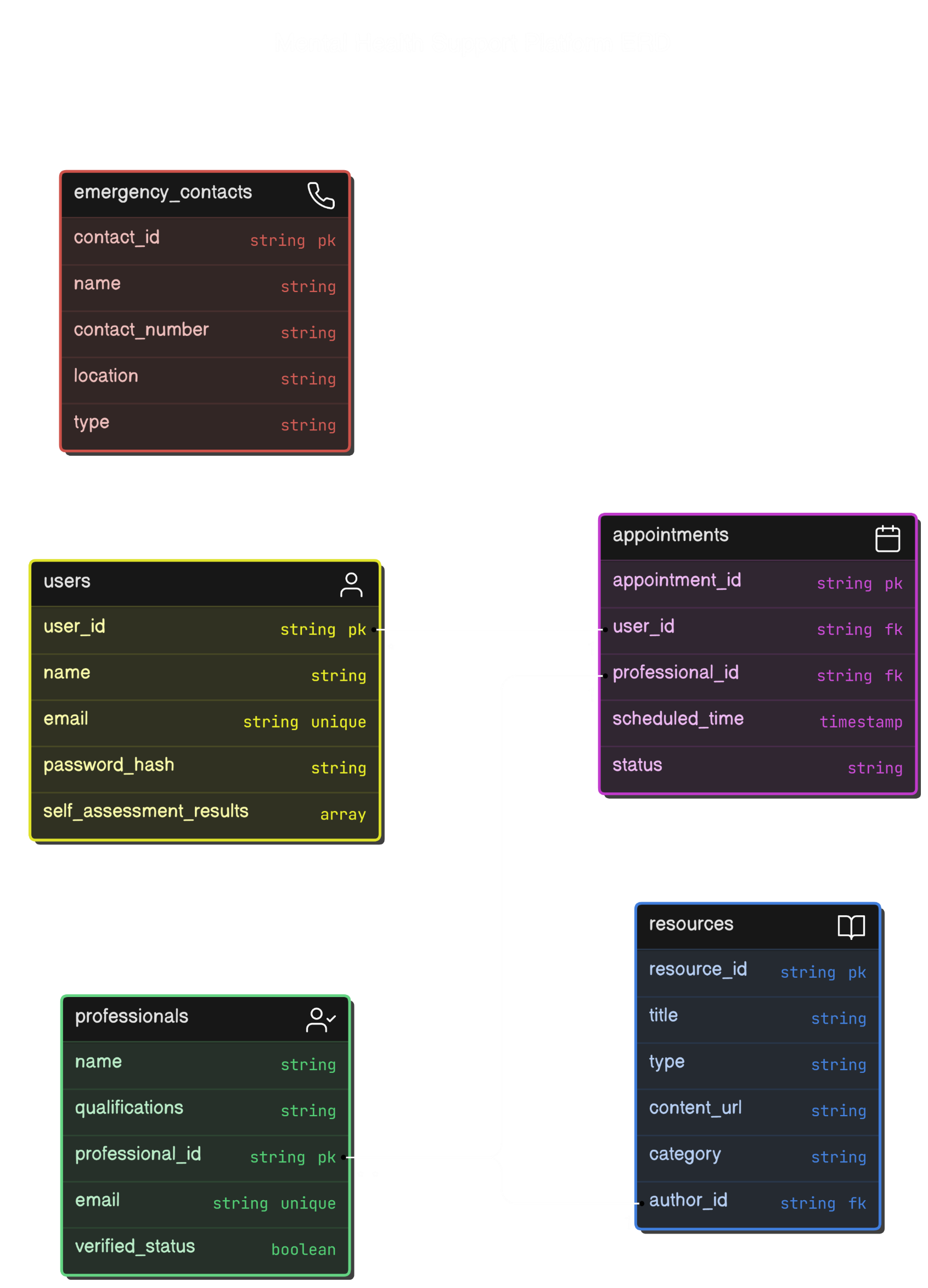
* **resource\_id (Primary Key)**
* **title**
* **type (e.g., article, video, exercise)**
* **content\_url**
* **category (e.g., anxiety, depression)**
* **author\_id (Foreign Key from Professionals)**

** Appointments Table:**

* **appointment\_id (Primary Key)**
* **user\_id (Foreign Key from Users)**
* **professional\_id (Foreign Key from Professionals)**
* **scheduled\_time**
* **status (e.g., pending, completed)**

** Emergency Contacts Table:**

* **contact\_id (Primary Key)**
* **name**
* **contact\_number**
* **location**
* **type (e.g., local mental health center, national helpline)**

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