THE BEYONDERS

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Introduction

Mental health is an essential component of overall well-being, yet it remains neglected, especially among people living in poverty. Economic hardships, unemployment, and hunger leads many to mental health challenges. Despite the critical need, access to mental health support is often limited by financial constraints, and lack of awareness

Our solution aims to bridge this gap by providing free and accessible mental health support tailored for underprivileged communities. By leveraging technology, we seek to empower individuals to overcome these challenges and improve their mental well-being. This aligns with SDG 3: Good Health and Well-Being, ensuring mental health care is a right, not a privilege.

Problem Statement

How can we provide free, accessible mental health support to people living in poverty, who often face additional stressors like unemployment and hunger?

Solution

01 Guided Meditation

- An easy-to-use platform providing guided meditation sessions tailored to the user's needs.
- Available on-demand to help individuals manage stress, improve focus, and promote emotional well-being.
- Users can select from different meditation techniques (e.g., mindfulness, breathing exercises, or body scans) based on their preference or current emotional state.

02 Mental Health ChatBot

- AI-powered chatbot offering mental health support, actively listening, and providing coping strategies.
- Option for live calls for more personalized assistance, available at no cost
- The chatbot is accessible anytime, offering support whenever it's needed, especially during moments of crisis or high stress.
- It ensures users can seek help privately and without fear of judgment, promoting a sense of security and openness.

03 Job Recommender

- AI-based job matching tool to suggest job opportunities that align with the user's skills and experience.
- Focus on accessibility for individuals facing barriers to employment.
- Recommends relevant online courses, certifications, and training programs to help users upskill and increase their chances of finding suitable employment.

04 Nearby NGO tracking

- Directing users to nearby NGOs and food services offering free resources such as meals and financial assistance.
- Enhances support by connecting people with community resources.
- Uses geolocation to provide users with the nearest available NGOs, food services, and other community support, making it easier to find and access help.

Solution

Mental Health Assistance

Mental health Support

Guided meditation:
- User selects a meditation type
- Platform provides an on-demand session tailored to user needs.

Mental health chatbot: provides emotional support, coping strategies, and live assistance for users in need.

Employment assistance

- User inputs skills or experience
- AI suggests job opportunities tailored to their profile.
- Optionally recommends upskilling resources

Community Resources

NGO/Food Services Locator:
- Use geolocation to find nearby NGOs, or food banks
- Provide details like contact information, service hours, and directions.

Conclusion / Key Takeaways

Comprehensive Mental Health Support

- Our solution offers a multi-faceted approach to mental health, combining guided meditation, AI-powered chat support, and real-time job assistance.
- Addresses both emotional well-being and practical challenges faced by individuals living in poverty.

Scalable and Sustainable

- The platform's AI-driven features allow for continuous scalability, ensuring the solution can serve an increasing number of users without losing quality.
- Promotes long-term engagement through personalized feedback, progress tracking, and ongoing access to essential resources.

Empowering Individuals in Crisis

- By combining emotional support, practical tools, and community connections, our solution empowers individuals to overcome challenges like stress, unemployment, and hunger.
- Provides a holistic approach to improving mental health and well-being in vulnerable populations.

THANK YOU