

Project Report: Student Mental Health Check Bot

1. Introduction

College life can be exciting, but it can also be overwhelming—especially for first-semester students who are adjusting to new schedules, expectations, and responsibilities. This project was created to provide a small but meaningful tool that encourages students to check in with their feelings.

The **Student Mental Health Check Bot** is a simple Python program that interacts with the user, asks about their emotional state, and offers supportive responses. While it is not a professional mental health tool, it aims to promote self-awareness and provide a gentle nudge toward healthier habits.

2. Purpose of the Project

The main goal of this project is to show how programming can be used to support well-being while helping beginners practice essential coding concepts.

This project demonstrates that even with basic Python knowledge, it's possible to create something helpful, comforting, and meaningful.

3. How the Bot Works

The bot guides the user through a short, human-like conversation. It:

1. Greets the user and creates a relaxed environment.
2. Asks how the user is feeling from a list of five common emotional states: happy, stressed, sad, anxious, or tired.
3. Responds with thoughtful and supportive messages based on the user's choice.
4. Asks if the user wants simple self-care tips and provides them if requested.

The conversation is designed to feel natural, calm, and understanding.

4. Skills and Concepts Used

This project was created using only basic Python features, making it suitable for first-semester students. It includes:

- Functions
- User input handling
- Conditional statements (if/elif/else)

- Clear and readable code structure

These elements work together to form a small, interactive program that beginners can learn from and expand.

5. Conclusion

The Student Mental Health Check Bot is a simple yet meaningful project that blends programming with emotional support. It encourages students to pause, reflect, and take care of themselves. While it isn't a replacement for professional help, it shows how code can be used to create something compassionate and supportive.