

## 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.

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### 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.

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### 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.

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### 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.

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## 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.