

# PROJECT PROPOSAL

## **WEB-BASED PLATFORM FOR HUMAN MENTAL TREATMENTS AND COUNSELING**

INTE 31356 Software Development Project (20/21)

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# 1. INTRODUCTION

As a result of our day-to-day activities, many people suffer from a variety of psychological problems nowadays. We are afflicted with work stress, study stress, relationship issues, economic issues, and more. In this situation, mental conditions are quite poor. The majority of individuals are poor listeners. They do not seek professional assistance for a variety of interpersonal reasons.

On the other hand, getting a professional counsellor is extremely challenging. Due to these factors, this mental condition becomes a psychiatric disease, resulting in suicide and self-harm. Each year, up to 800,000 individuals worldwide commit suicide. That's one individual every 40 seconds.

The proposed system acts as a friend, a counselling tool, and a bridge to connect counsellors, mental treatment specialists, and clients in need of assistance. They will be able to receive assistance from professionals without hesitation. It would be of great assistance to alter their fate so that it does not end in tragedy.

The website will act as a tool to improve the client's attitude in to pleasant and positive. On the other aspect, the website will provide counsellors and mental therapists with an excellent opportunity to grow their brand and attract more clients.

## **2. BUSINESS PROCESS**

In the existing system, the patient/client must always meet the counselor or therapist in person. This is an internet platform designed to link them. The website allows clients and counsellors to register. When registering as a counsellor, the user must upload verification documents for the registration to be authorized. The approval of documents is performed manually by site admin. After the approval of the paper, the counsellor will be able to log in to the site. Counselors are able to upload articles, videos, recommendations (movies, music, books, etc.), and live sessions in accordance with several categories pertaining to motives, personality development, hints, etc. By posting in this section, counsellors are able to demonstrate their expertise and abilities to address issues. Counselors can communicate with clients, accept channeling invitations sent by clients, and even offer channelling invitations to clients.

The patient/client must register in order to connect with or chat with the counselor. The user can register as a client by completing a common questionnaire and providing information. After logging into the site, clients are displayed in posts in the post area based on their responses to the questionnaire. They are able to alter their mental state through reading and viewing. If they require a counsellor, they will be redirected to the channelling page. This section contains counsellor recommendations based on their questionnaires. They may also search and channel. They can determine which counsellor is best for them based on the reviews and posts of other clients. They are capable of sending messages to the counsellor prior to channelling. When it comes to channelling, both clients and counsellors can invite each other. When accepting an invitation, the client must cover the cost of channelling. Appointment can be a virtual or in-person meeting. The website gains some presentation by incurring this cost. After completing an appointment, clients are allowed to provide feedback and ratings. It can also be done anonymously. When a user is emotionally depressed, the chatbot will act as a friend to talk to.

### **3. EXISTING SYSTEM - PROBLEMS AND WEAKNESSES**

Existing system is accomplished through physical channeling. Globally, close to 800,000 people die from suicide every year. That's one person every 40 seconds. According to the National Institute of Mental Health (NIMH), one in five adults in the United States is now suffering with a mental disorder. However, more than half of these individuals do not receive support. Regarding Asian nations, the situation is worse.

- The majority of individuals who have a mental illness do not seek or receive treatment.
- Individuals fear judgment, change, the unknown, and what they might discover in therapy; additionally, they're too prideful to admit they need help.
- Additionally, some people doubt the efficacy of mental health treatment: They're uncertain it will work or misunderstand how it works.
- Others might try it but don't give it enough time — change takes time and finding the right therapist is crucial.

People reject mental health treatments for the reasons listed above. If these people have someone to listen to their stories, they will be mentally resilient. They might be able to change their fate. More than half of individuals with mental problems do not obtain treatment. People frequently avoid or delay therapy because of fear of being treated differently or losing their jobs and means of survival. Many individuals are hesitant to discuss with coworkers out of fear of being judged or, worse, losing their job. Family and friends are often unaware of how symptoms of diseases such as depression and PTSD impact our daily life. Some individuals post things on social media in an effort to heal others emotionally. However, occasionally it makes the situation worse. Numerous individuals who create such content lack the necessary professional skills. This platform's content is created by professionals and specialists in mental conditions.

#### **4. AIMS AND OBJECTIVES OF THE PROJECT**

This website aids in the improvement of self-esteem, self-acceptance, motivation, and personality growth. When a user experiences loneliness, emotional pain, or any other unpleasant mental condition, the website will assist them in avoiding these sensations and developing a psychologically healthy personality.

By communicating with counsellors, users will be able to overcome depressive states. This counselors will assist in the identification of mental problems.

Conversely, counseling sessions will aid in avoiding suicidal and other self-destructive behaviors.

On the side of the counselors, they will be able to deliver far better and more effective service to their audience. And the content they are posting on the website will also help to enhance their brand. It will assist them attract more clients, which will affect their revenue.

## **5. SCOPE OF THE PROJECT**

This online platform will enhance the connection between clients and counselors.

### **Filtration Options**

According to the respondent's mental condition, the website's posted content will be screened and displayed to the appropriate clients.

### **Online Payments**

Payments can be arranged according to the counselor's appointment.

### **Chatting options**

Clients will be able to converse with both the counselors and the chat bot.

### **Content Uploading and Posting options**

Only counselors will be authorised to upload and post content because the website must maintain a professional service.

### **Registering Options**

The counseling registration is evaluated by the site administrator in order to verify counselors. Counselors must submit softcopy of required documents.

Upon registering, clients must answer a quick questionnaire. Answers will aid in providing better customer service.

In addition to these services, this website will be an incredible tool for providing mental comfort and happiness to people who are in a negative or unpleasant mood.

## **6. PROJECT FEASIBILITY**

For the implementation of this system don't have to install any software. Only thing that they want is a computer that can connect to the internet. Proposed system

can host in a local server or else using hosting site. None of this doesn't cost much. And for the user's does not require lot of technical knowledge.

### **Technical Feasibility**

- Technology and internet connection exists for the system.
- Proposed system is able to expand in future.
- The system can be modified or expand in the future according to client's requirements

### **Economic Feasibility**

- Time consuming is reduced
- Domain cost, Server cost and Development cost is also affordable
- Website will make revenue by value capturing through counseling appointments.

### **Business Feasibility**

- The system is user friendly to both counselors and the clients.
- The website will improve the overall business performance.



## 7. PROJECT PLAN/SCHEDULE


TASK	JAN				FEB				MAR				APRIL				MAY				JUNE				JULY			
Week	W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4
Meet cunsellors and get a more clear idea																												
Define requirements																												
Identify BSOs																												
Choose programming language and define platform																												
Analyze competitor products																												
Poster presentation																												
System analysis																												
System design and prototype deveelopment																												
Interim report																												
Interim presentation																												
Development																												
Testing																												
Implementation																												
Documentation																												
Evaluation																												
Final product demonstartion																												
Submit Final report																												
Final presentation																												

## **8. CLIENT'S CONTACT DETAILS**

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