



# MediPlus

“Accessible, AI-enabled mental health management for SEA”

## Group NULL:



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**Scarlet Minivet**  
*Southeast Asian Bird*

# Introducing Us & Defining the Problem



## Who we are:

A group of university students dedicated to **breaking the stigma surrounding mental health in Southeast Asia**, where cultural barriers and limited access often prevent people from seeking support. Our goal is to make **daily mental health management simple, inclusive, and culturally relevant** by providing tools in local languages that empower individuals to care for their well-being and build resilience — one small step at a time.

## What is the problem?

### Mental health challenges in Southeast Asia:

- **Stigma & lack of access** → many don't seek professional help.
- **Cost & shortage of professionals** → especially in youth/student populations.
- **Language & cultural barriers** → global apps don't localize well.
- **Daily struggles** → people lack trusted tools for mood tracking, journaling, and coping.

### Key Issue:

Crisis hotlines exist but **preventive, everyday self-management tools are missing.**





# Our Solution



## MediPlus

**MediPlus** is a web-based platform that is **accessible, stigma-free, and engaging**. It is designed to be **simple, practical, and suitable for everyday use**. Goes beyond crisis helplines, offering supportive features that **promote ongoing mental well-being habits** while aiming to be mindful of **cultural sensitivity**. Helps individuals reflect, build resilience, and access trusted information.

We gamified mental health tracking by rewarding positive habits with progress toward nurturing a **Scarlet Minivet pet**, allowing users to level up and grow alongside their own mental well-being:

- **Mood Tracker** - log daily feelings, see emotional trends.
- **Reflection Journal** - guided journaling, streaks for motivation.
- **Mental Health Overview** - explainers, condition guides, coping skills, AI suggestions.
- **MindfulBot (AI)** - engages users in supportive, *non-diagnostic* conversations with strict parameters that recommends a corresponding resource from our website's curated resource pages
- **Resources** - breathing tools, calming music, condition guides, helplines.
- **Questions for Doctor** - question suggestions for doctor appointments

*Tackles stigma, language barriers, and limited care access with AI-powered, culturally sensitive support. Bringing reliable mental health resources and curated collaboration to SEA youths, ready to use today.*



# Usage of SEA-LION LLM

The model used is Gemma-SEA-LION-v4-27B-IT, for:

- **Local-language translation** → culturally inclusive access across SEA.
- **Mental Health Overview** → generates daily tips & coping suggestions.
- **MindfulBot** → AI engagement with safe, supportive dialogue.
- **Daily Reflection (Home Page)** → user inputs → AI creates empathetic reflective response.

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## Safeguards for MindfulBot:

- Clear disclaimer: *Not a replacement for therapy.*
- Informative & supportive, not emotional reliance.
- *Usage of strict parameters for Mindful Bot.*
- Mindful Bot only returns links of resources from our website
- If dangerous or violent trigger words are detected, the Bot will respond with a pre-determined message directing users to our crisis support hotline section:  
*"I'm really concerned by what you've shared. You're not alone. Please reach out immediately to the support hotlines here."*





# RoadMap + Future Steps



## Key Learnings & Improvements:

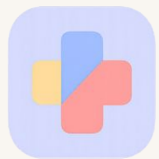
- Current backend relies on local storage  
→ not scalable or secure.
- Explore different ways of gamification  
→ find additional ways to improve user engagement and motivation beyond what we have now



## Next Steps:

- Migrate backend to cloud infrastructure (e.g., Google Cloud Platform) for scalability and security.
- Develop a mobile app for easier, on-the-go daily mood and journal logging.
- Introduce even more gamification and interactive features to make learning more engaging.
- Expand features to track physical health (exercise, sleep, medication, daily habits).
- Explore more and finetune AI-driven insights



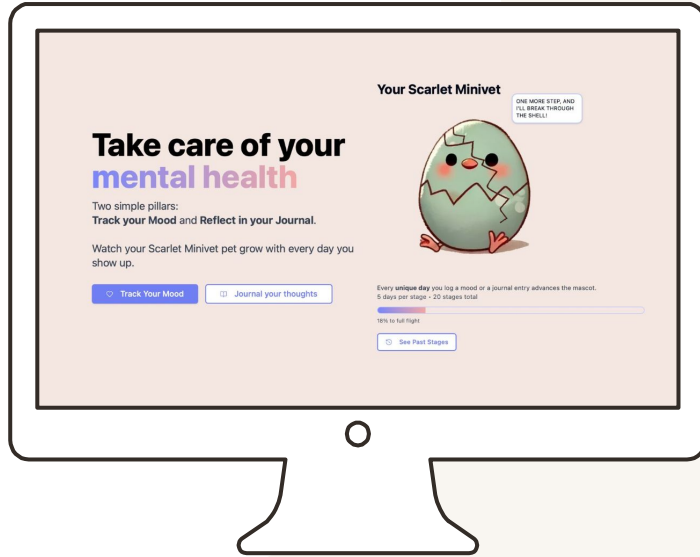


# MediPlus - Small Steps, Big Change



Together with **SEA-LION**, we're not just building an app. We're **shaping a future** where Southeast Asia's youths can grow with **mental health support** that is **accessible, stigma-free, and designed for them.**

*Join us in making mental health accessible for all, one step at a time with MediPlus*



# Thank You!

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**Video:** [https://youtu.be/lfoa\\_gXUvJQ](https://youtu.be/lfoa_gXUvJQ)