

Mental Health Support Web Application

ABSTRACT

More than one billion individuals worldwide face mental health challenges like anxiety and depression, but stigma, lack of resources, or just living far away may be some reasons why many never get the care they need. The World Health Organization reports that over 75% of people living with mental health disorders do not get appropriate treatment; this clearly reflects how it is graver than ever that better solutions are found. The Mental Health Support Web Application aims to bridge that gap. It is a scalable anonymous, and easily approachable platform that offers mental health support through an intelligent chatbot. The chatbot detects emotional states and provides coping mechanisms personalized for its users all the while giving real-time emotional support via machine learning and natural language processing. In a discreet and anonymous manner, the user will gain access to some practical, scientifically supported self-care advice and emergency supplies whenever required. This platform offers self-assessment tests, journaling, and relaxation techniques that include mindfulness and breathing exercises. It's safe and private to communicate, with the ability to refer users needing further assistance to licensed mental health specialists. The aim of the web application is to bring mental health support to a greater audience to lessen the effects that untreated mental health issues may bring about on people's emotional well-being.

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