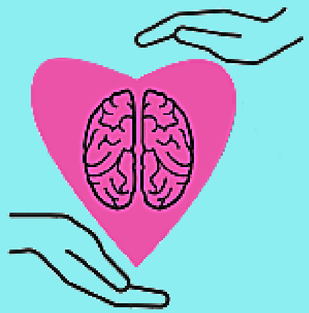
MIND SPACE

Your Virtual Counsellor



Problem Statement

S2

Build an application that motivates people to improve mental or physical health and monitor as well as guides them to do exercise.

Agenda

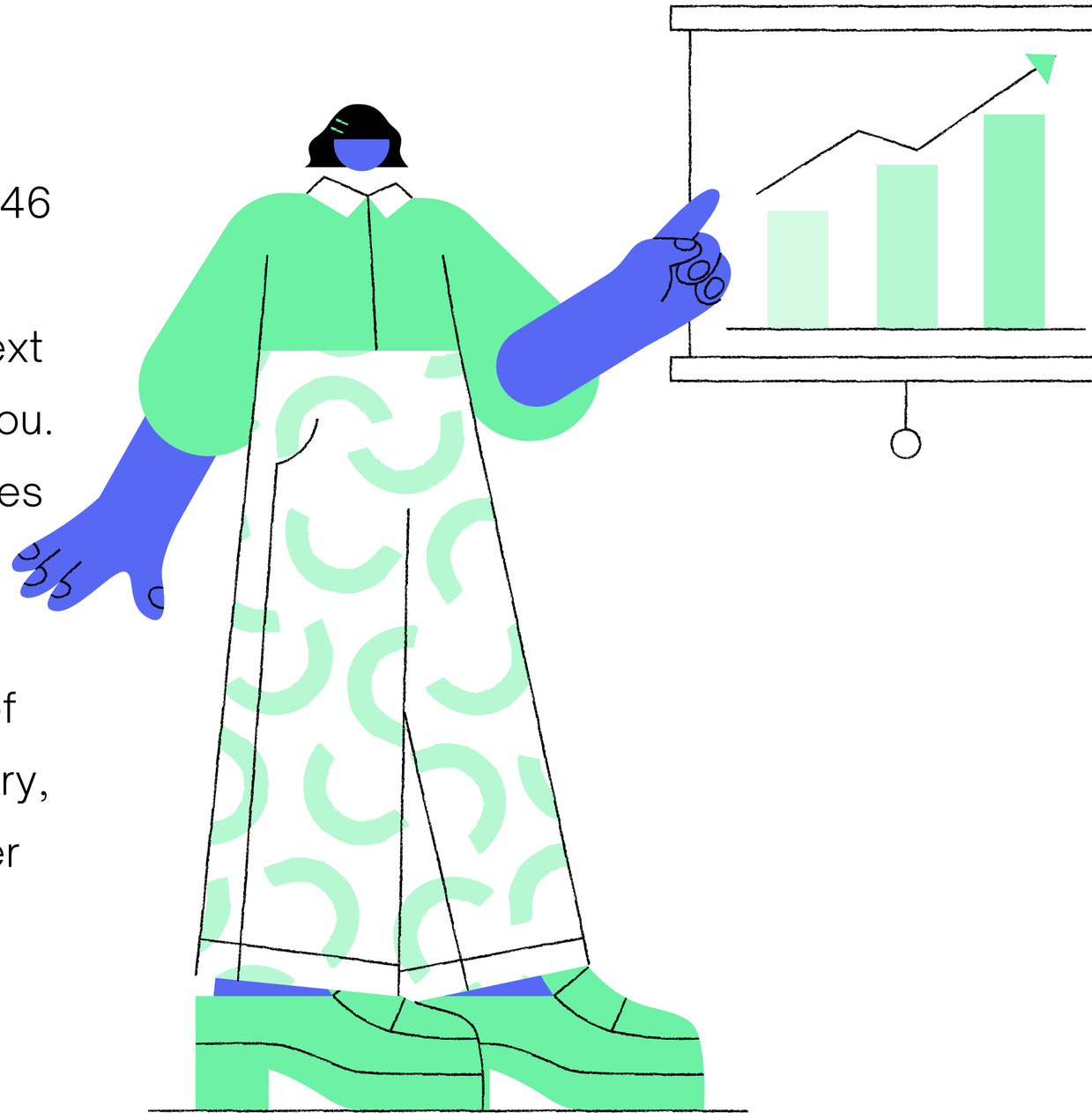
By the end of the session, you will...

Understand

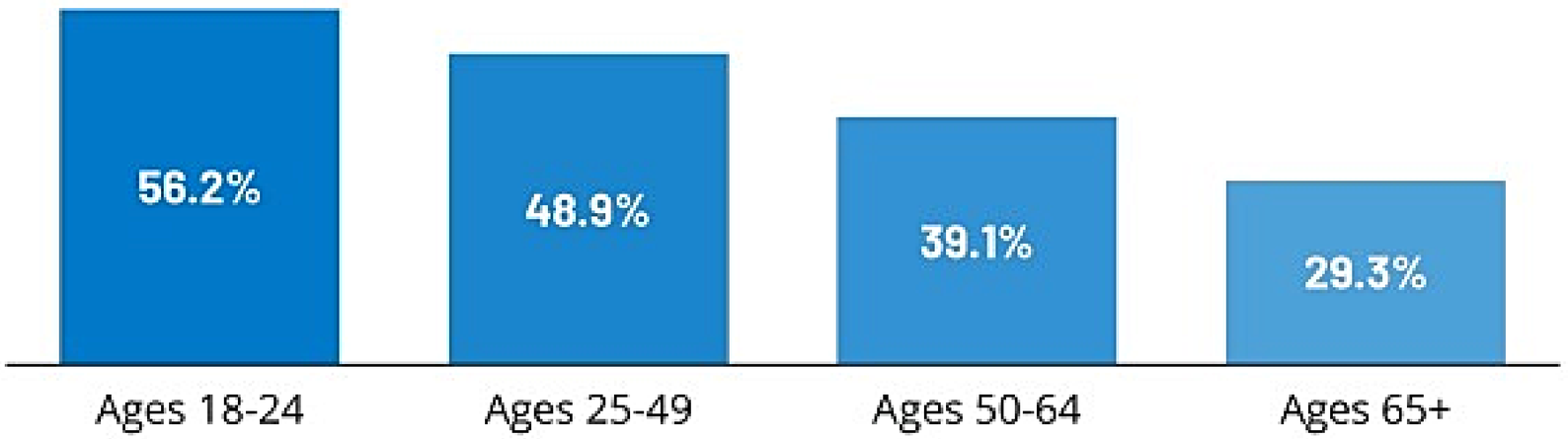
- Problem analysis
- Approach
- Implementation

Mental Health Awareness

Every year, mental diseases impact 19 percent of adults, 46 percent of teenagers, and 13 percent of children. People suffering from mental illness may be in your family, live next door, teach your children, or work in the cubicle next to you. A mental illness is a physical illness of the brain that causes disturbances in thinking, behavior, energy or emotion that make it difficult to cope with the ordinary demands of life. Research is starting to uncover the complicated causes of these diseases which can include genetics, brain chemistry, brain structure, experiencing trauma and/or having another medical condition, like heart disease.



Younger Adults are More Likely to Report Symptoms of Anxiety and/or Depressive Disorder During the COVID-19 Pandemic



SOURCE : U.S Census bureau, Household Pulse Survey, 2020

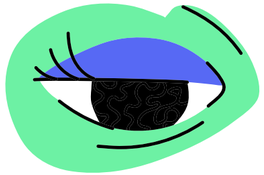
According to the World Health Organization (WHO)Trusted Source: “Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community.”

APPROACH TOWARDS THE PROBLEM

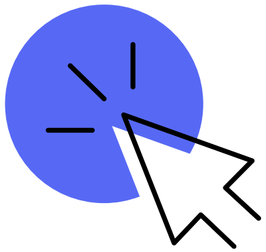
- We'll ask them to answer certain mental health-related questions.
- Based on their responses, we can estimate if their mental condition is normal, disturbed, or extremely depressed.
- If the user has a severe case of depression or mental illness, the app will recommend counselling; otherwise, it will recommend some yoga or exercise, travelling, and spending time with family, among other things.
- If they wish, we can inquire about their situation via mail by asking a few questions.

Walkthrough

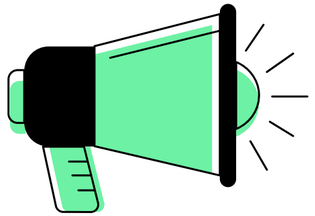
steps to know your better mental health



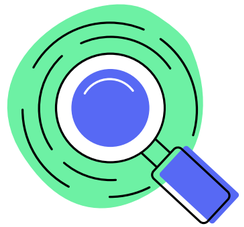
About the mental health



Questionnaire



Results



Tips and advices

THANK YOU