

Natural Disaster Recovery

-- HackTheGlobe2019

Team 7

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Terry, 42 years old

... since that earthquake

He...

Lost his ex-wife

Kept himself busy

Afraid to seek therapists

Kept having nightmares





30-40%

PTSD among
Direct Victims



40%

Not seeking help
because of stigma

218 Million

People Affected
per Annum



8 x

More than the
general population



Sources: Ritchie, H., & Roser, M. (2014, June 03). Natural Disasters.

Canada Task Force 2, Disaster Response Team

Goldmann, E., & Galea, S. (2014). Mental Health Consequences of Disasters. *Annual Review of Public Health*

CAMH (2019), *Addressing Stigma*

Pain Points



Lack of awareness for
mental health symptoms

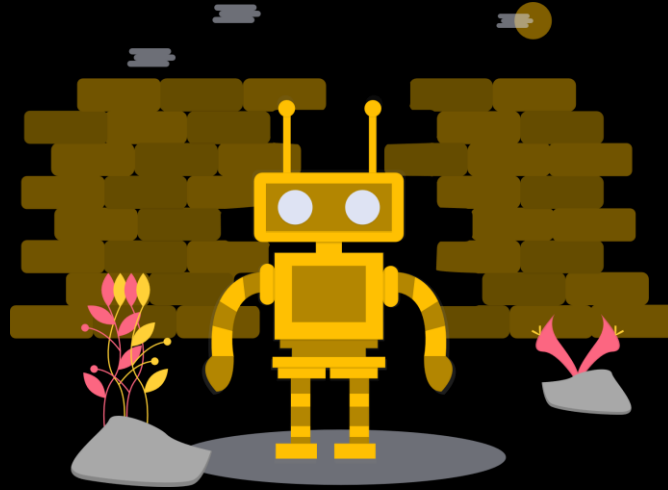


Afraid of human therapy
visits, stigmatization



Scarcely available
human therapists

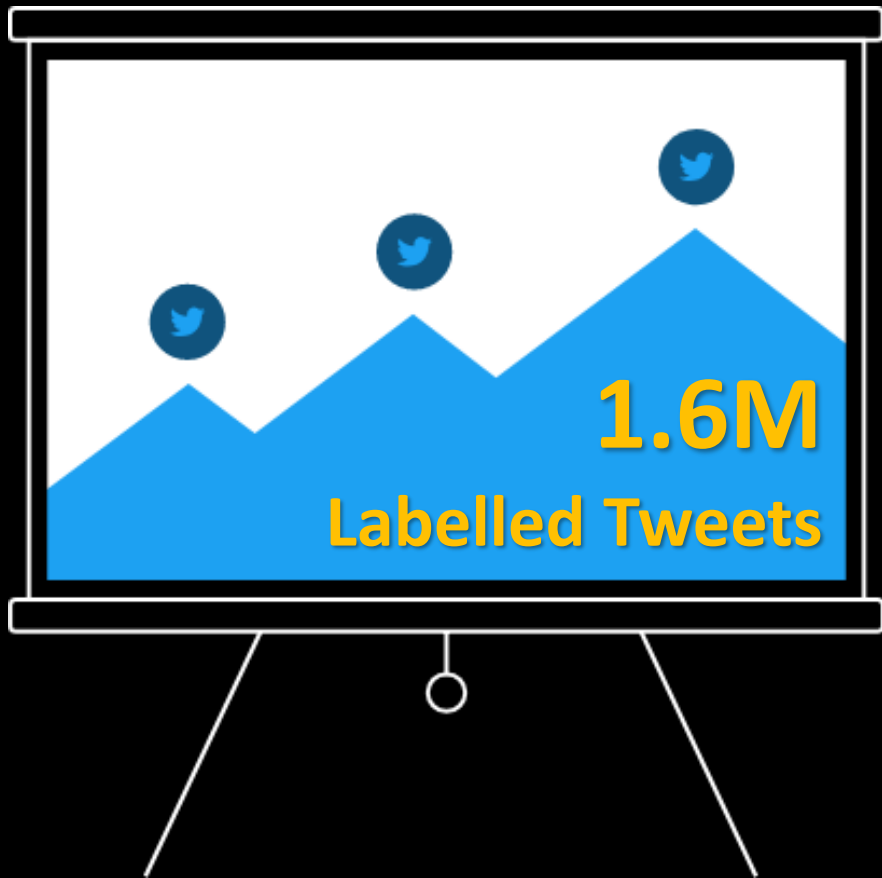
TheraBot



A **stigma-free, readily accessible** psychological advisor for **discovery** and **treatment** of **post-natural disaster** mental health problem

Diagnosis

Using **NLP** to evaluate the **sentiment** (e.g. positive or negative) of users' sentences.



Diagnosis

Terrible

Nightmare

Bothering

THERAPY

-1.49



Diagnosis

Terrible

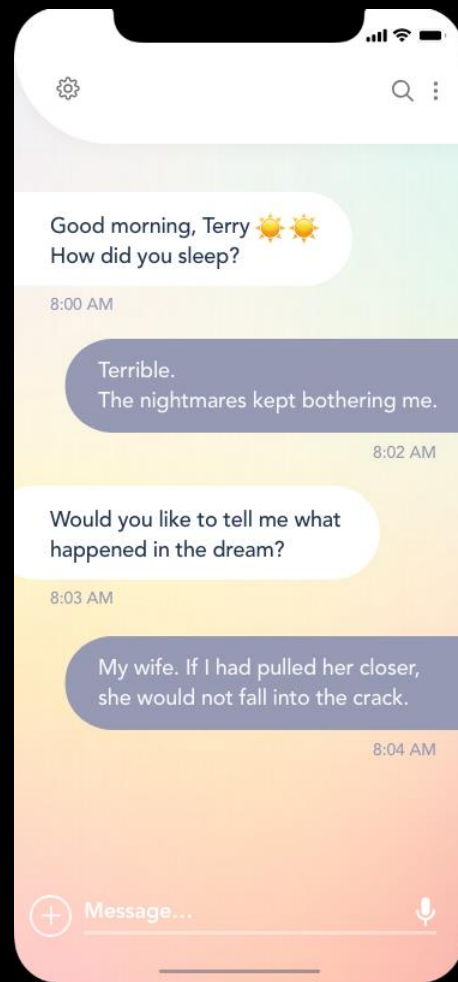
Nightmare

Bothering

Fall

THERAPY

- 2.69



Diagnosis

Terrible

Nightmare

Bothering

Fall

THERAPY

- 3.12



Therapies



Cognitive Behavioral Therapy (CBT)

Reconceptualize the thinking pattern & understanding of trauma experience



Prolong Exposure (PE)

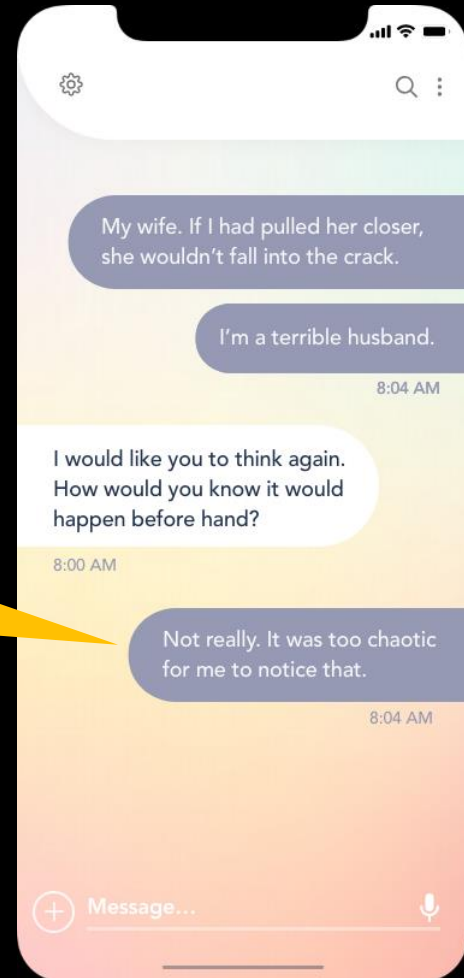
Controlled exposure to fears from traumatic memories

Therapy - CBT

Powerless against
natural disasters

THERAPY

- 3.12

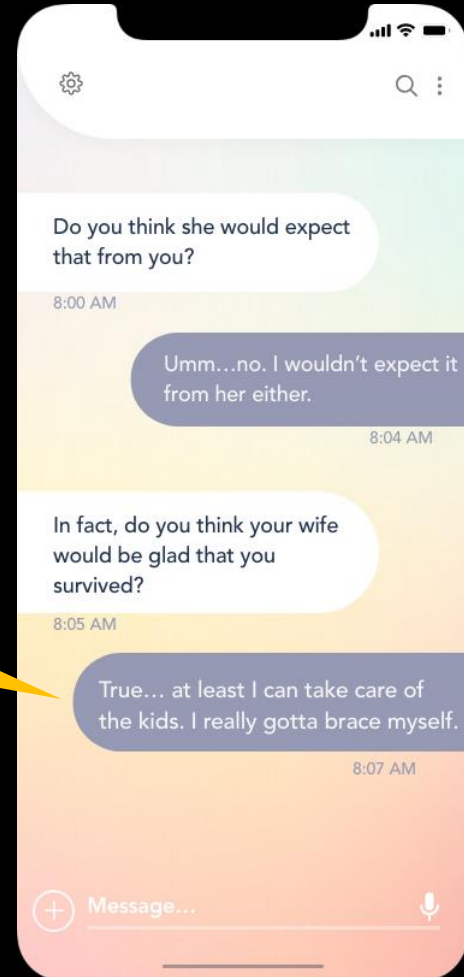


Therapy - CBT

Did the right thing
at that moment

THERAPY

- 2.40



Impact



Impact



Up to **\$7,000**
Per person per annum

×



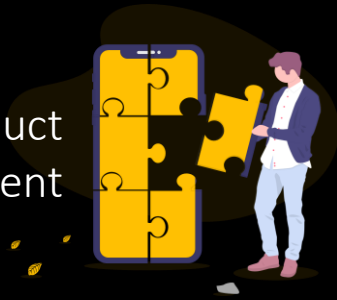
80 Million
People in need of
mental health service

=



560 Billion
0.7% of Global GDP

Research & Product
Development



Test launch and
marketing campaign



Regions

- Internet Access
- Charities Presence
- English Speaking

Partners

- Charities/No-Profits
- Researchers
- Government

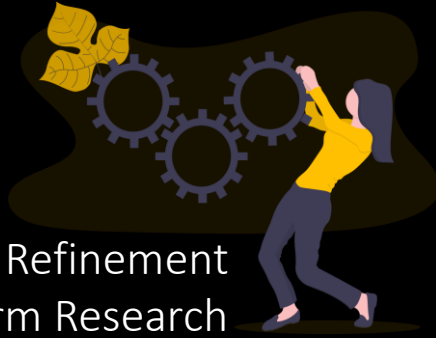
Research & Product
Development



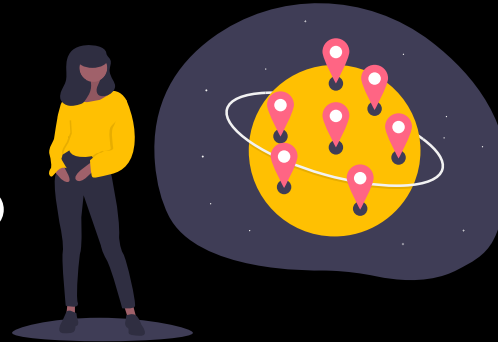
Test launch and
marketing campaign



Continuous Refinement
& Inform Research



Global
Launch





Thank you!

Knowledge Base

External resources:

- How to cope with crisis
- How to take care of children after crisis
- Helplines

