

HACK THE MOUNTAINS □



FREN

Assistant to the Therapist

Presented by DuckingCode

Why is Mental health Important

& why should we pay attention to it?

Mental illnesses, such as depression and anxiety, affect people's ability to participate in health-promoting behaviors. In turn, problems with physical health, such as chronic diseases, can have a serious impact on mental health and decrease a person's ability to participate in treatment and recovery. Mental health conditions will affect a staggering one in four people at some time in their lives.

When it comes to our commitments to the rest of the world, people are silent on the issue of mental health.





Mental Health in 2020

What the **Statistics** say

- 1/4 population is affected by a mental or neurological disorder.
- 50% of lifetime mental illness begins by the age 14, 75% by 24.
- 5% of adults experience a mental illness equivalent to 43.8 million people.

And this is **just a fraction** of it.



Let us help.

To encourage **therapy**

Our *Hack of the Hour* presents to you a product which is meant to strengthen the relationship between a **Therapist** & its **Client**. A product that is meant to channel the Client's emotions and feelings anytime. Providing a detailed analysis, tailored to the Client itself.



Let us meet Jim.



HI JIM!

Jim has been going to therapy to get help with his mental health.

BUT,

Jim has been
facing some
issues...

EVEN AFTER ATTENDING THERAPY FOR SOME TIME NOW,

- He can't open-up with his **Therapist**.
- Even when he does, he is not able to recall the occurrences accurately.
- Thus, the **Therapist** receives incomplete information from **Jim**.
- Which leads to slow and incomplete analysis from the **Therapist**.
- The **recovery** of Jim's mental health is **delayed**.
- This in turn makes him **doubt therapy**, since he is not getting desired results even after spending so much time and money.

Allow us to help, please.

Features offered by Fren

MOBILE-READY WEB APP

A Web App ready to be accessed anywhere, anytime.

ACCURATE DATA LOGGING

Reliable entry logging and timestamp collection, for analysis of data.

SENTIMENT ANALYSIS

Analyses a journal entry to describe Jim's mood.

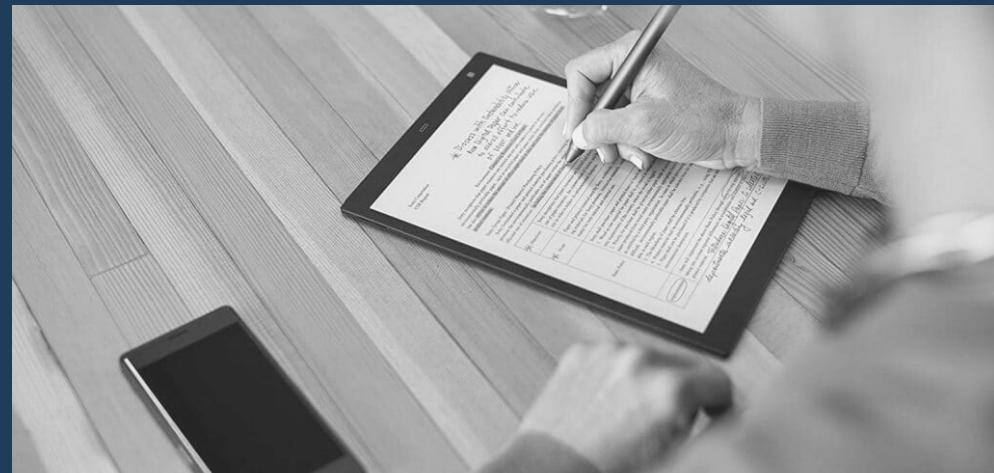
WORD ANALYSIS

Scans through the journal entry and highlights the context.

NETWORK VISUALISATION

Graph Visualisation of Co-related words.

WHAT IT DOES



CAPTURE

The **Client** writes it's thoughts, feelings, and emotions down in our product.

CALCULATE

We take them and perform some magic on it, providing some numbers and comparisons.



CONCLUDE

The bunny out of the bag is shown to the **Therapist**, custom to each client to support the process in its entirety.

HOW CAN **FREN** HELP IN SPEEDY RECOVERY?

1

Jim starts using Fren

Therapist suggests Jim to log his daily experiences, using **Fren**.

2

Fren listens to him

Fren logs his experiences, anytime, anywhere.

3

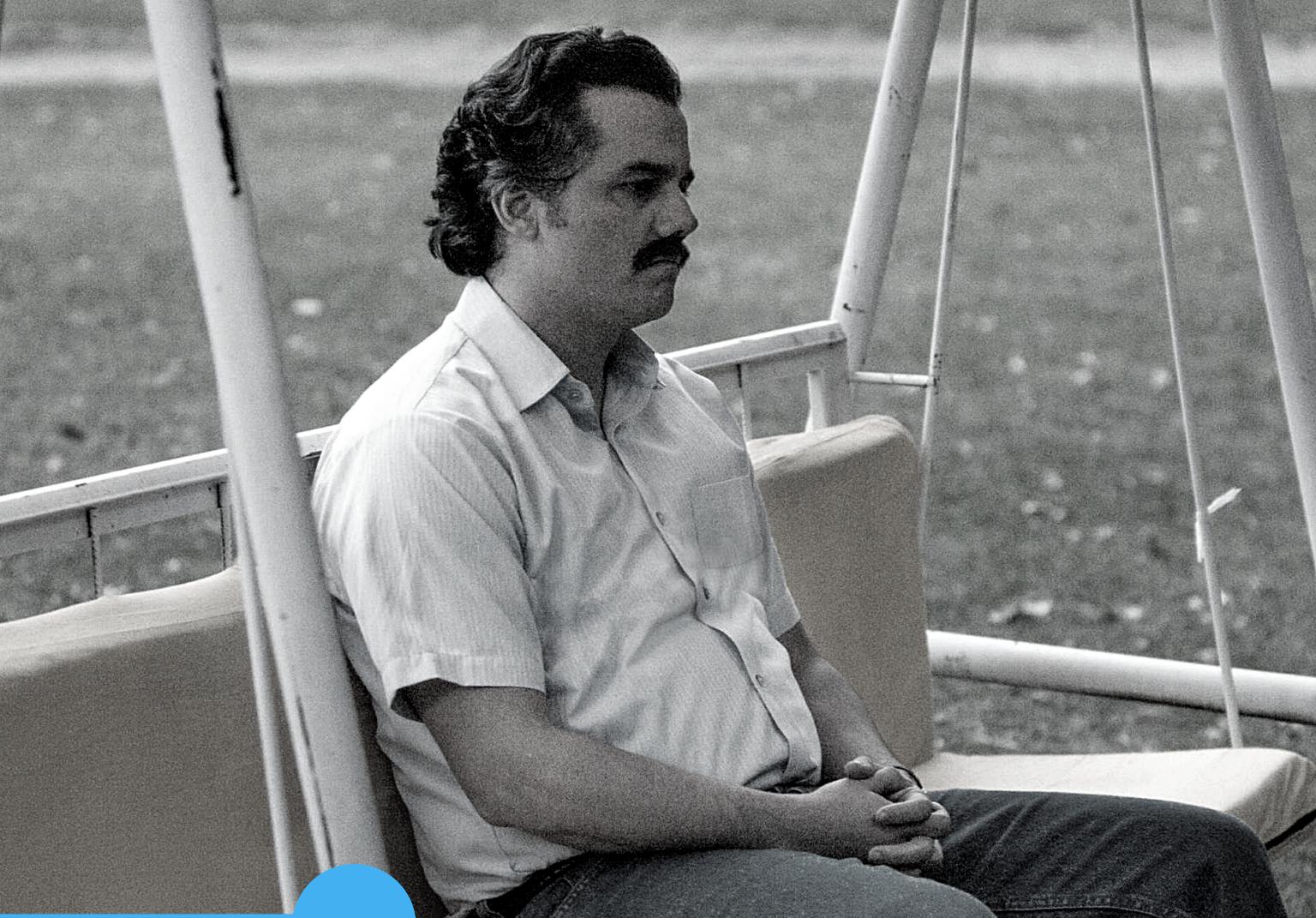
Fren discusses with the Therapist

Before the next session, **Fren** analyses all the journal data, provides the Therapist with a comprehensive report.

4

Jim has speedy recovery

With the comprehensive report, the Therapist gives an accurate analysis of Jim's mental health. This helps in an accelerated recovery of Jim.



Pre-Fren

The Client faces trouble sharing their thoughts and emotions accurately to the therapist.

Post-Fren

The Client has a **frend** with which, it can share it's thoughts and emotions accurately anywhere, anytime, alongside it's therapy sessions.

Let's meet Jim again, After his interactions with Fren

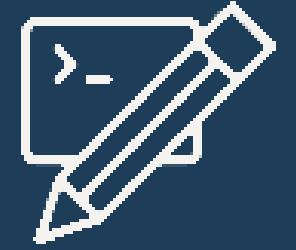


Jim takes larger steps towards his **recovery**



Drum-roll, please.





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Future Developments

TEXT SUMMARIZATION

Privacy of the client is extremely essential.

However in extreme cases, keeping in mind the well being of the client, the summary of the clients note will be provided to the therapist.

CHATBOT

To make it more user friendly we wish to create an interactive BOT to help the client with his specific needs.

PHOTO PSYCHOLOGY

Exploration of how clients react to pictures so as to understand their spectrum of emotions.

*Thank
you!*

Mental Health is the new Binod!