

# Login

Email

Password

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**LOGIN**

Don't have an account? [\*\*Sign up\*\*](#)

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## Sign Up

Email

Password

Confrim Password

Verification Code

**SIGN UP**

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[\*\*About\*\*](#)



Your Mental Health Companion

Chat with AI

Mood Tracker

Resources

Profile

PLPINIAN

Student User #: MS-2024-001

## Chat with AI

Positive



Hello PLPINIAN! I'm here to listen and support you. How are you feeling today? Feel free to share what's on your mind.

Just now

Hellooo!!

Just now



I appreciate you checking in, it's good to connect. What's been on your mind lately?

Just now

Type your message here...





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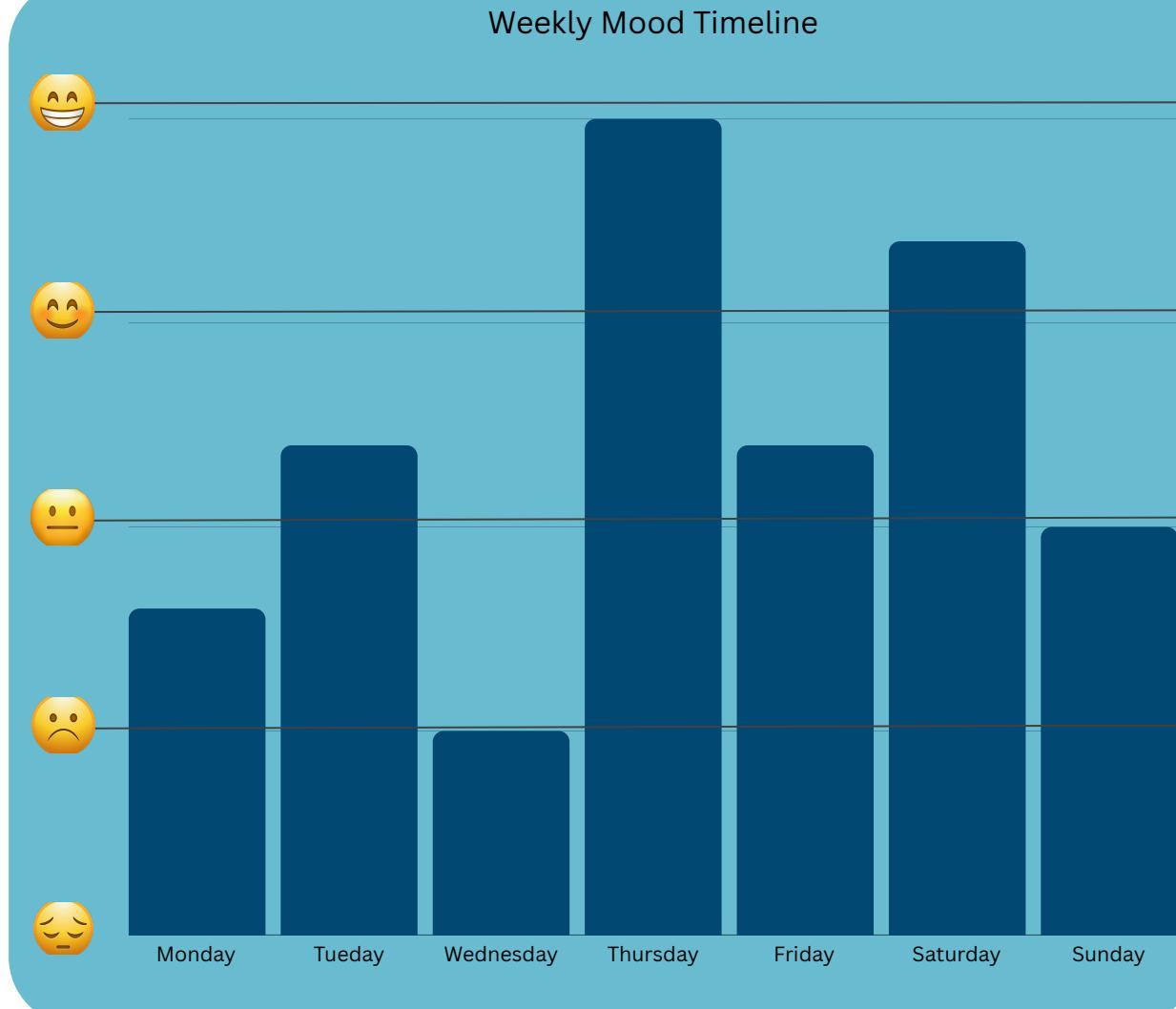
Profile

PLPINIAN

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# Mood Tracker

Track your emotional patterns and discover insights



## Insights

### Monday

Sep 29, 2025: You seemed a bit down today. Remember to take things slowly — small steps can lead to big progress.

### Tuesday

Sep 30, 2025: Your mood slightly improved! You might be starting to feel more balanced. Keep up the positive habits that help you.

### Wednesday

Oct 1, 2025: You felt a bit low today. It's okay to rest and recharge — try doing something relaxing or talk to someone you trust.



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## Mental Health Resources

Find support, information, and tools to help you feel better

*"Be patient with yourself. Growth takes time."*

— Daily Wellness Reminder

### Guidance and Counselling Office

📍 Location: Ground Floor, Main Building, West Wing

🕒 Office Hours: Monday–Friday, 8:00 AM – 5:00 PM

📞 Phone: 0912-345-6789

✉️ Email: guidanceoffice@plpasig.edu

👤 Mr. Juan Dela Cruz – Guidance Counselor



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## Mental Health Resources

Find support, information, and tools to help you feel better

### Crisis and Emergency Contacts

#### NCMH Crisis Hotline

24/7 mental health crisis support (Philippines)

📞 1553 (Luzon landline)

📱 0966-351-4518 (Globe/TM)

📱 0908-639-2672 (Smart/Sun/TNT)

#### Hopeline Philippines

Suicide prevention and crisis intervention

📞 (02) 8804-4673

📱 0917-558-4673



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## Profile & Privacy Settings

Manage your account and privacy preferences

### Profile Overview

User ID #:

MS-2024-001

Account Type:

Student

Joined Since:

September 2024

### Edit Display Name (Optional)

Students can change their nickname (not real name). Helps personalize the chat without revealing identity.

PLPINIAN

Update  
Nickname

### Privacy Settings

Keep my chats completely private (default: ON)

Enable mood tracking and analytics

Allow crisis intervention alerts

Receive wellness tips and resource updates



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Student User #: MS-2024-001

## Profile & Privacy Settings

Manage your account and privacy preferences

### Privacy Settings

- Allow my mood summary to be seen by a counselor
- Enable mood tracking and analytics
- Allow crisis intervention alerts
- Receive wellness tips and resource updates
- Keep my chats completely private (default: ON)
- Include my data in anonymous reports (helps improve mental health support)

Session Settings

Logout

 Clear Chat History

