**Please include a README file to explain how to get your submission to run, and any other additional information (project background, theme selected etc).**

**Theme Selection:**

The theme we have selected for QuickHack 2021 is Mental Health.

**Main Idea of the website:**

The main idea of our website is to address the level of stress, depression and anxiety of the users based on their sharings (in the form of writings) and suggest appropriate solutions based on the evaluated results to mitigate the mental illness encountered by the users. Most importantly, the website consists of features that assign a professional consultant to keep track of and monitor the mental health progress of the users in order to make sure the solutions and advice provided are effective and helpful for the users.

**Project Background:**

For the journaling feature, we apply the machine learning technique using panda and tensorflow libraries and tensorflowHub to create a model which can predict a score to the user based on the inputs writings from the users. We train and validate our model using the emotions dataset for NLP from the Kaggle site.