

PROJECT DOCUMENT – POCKET THERAPIST

TEAM NAME: Team 10

TEAM MEMBERS:

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1. Title – Pocket Therapist: AI-Based Mental Health Support App

Pocket Therapist is an AI-powered mental health support application designed to help users manage stress, anxiety, creating fake scenarios and emotional challenges. In today's fast-moving lifestyle, many individuals face mental health issues but hesitate to seek help. This app provides a safe, easy-to-use platform for mood tracking and emotional support. It encourages self-care and mental wellness through digital assistance. Pocket Therapist aims to make mental health support accessible anytime.

2. OBJECTIVE

The main objective of Pocket Therapist is to provide an AI-based mental wellness system for users to improve emotional health. The app helps individuals track their mood, reduce stress, stop space out, cut off fake scenarios and develop healthy mental habits. It offers personalized recommendation and coping strategies based on user input. Pocket Therapist also creates a supportive environment through journaling and chatbot balance and well-being.

3. TOOL USED

Pocket Therapist is developed using modern tools and technologies to ensure smooth performance.

4. METHODOLOGY

The app begins with user registration and daily mood check-ins. Users enter their emotions, stress levels, or journal thought regularly. This data is securely stored in the database for tracking progress. AI analyzes mood pattern and identifies stress triggers. Based on analysis, the app provides personalized self-care tips, meditation and motivation support. A chatbot features ensures instant emotional assistance anytime.

5. RESULTS

Pocket Therapist helps user understand their emotional pattern and improve mental well-being. The app provides quick stress-relief solutions and personalized wellness suggestions. Users can track mood changes over time and build healthier routines. The chatbot offers immediate support, reducing feeling of loneliness. Overall, the app creates a positive impact on emotional health management.

6. CONCLUSION

Pocket Therapist is an effective AI-based mental health support application that promotes emotional wellness. It provides a safe platform for mood tracking, cutting face scenarios, connecting to reality, self-care guidance and instant support. By using AI-driven recommendation, the app helps users to manage stress and anxiety in daily life. This project contributes towards making mental health support more accessible and user-friendly. Pocket Therapist encourages a healthier and balanced life style.

7. PROJECT URL

<https://pocket-therapist.vercel.app> ↗

8. GITHUB REPO

<https://github.com/tthrishasingh-sona/Pocket-therapist-.git>
<https://github.com/madihapathan2192009-ai/Pocket-therapist-.git>
<https://github.com/ayeshasultanaa015-byte/Pocket-therapist-.git>
<https://github.com/shamembegum20-dotcom/Pocket-therapist-.git>

