mymhai.com

# Mhai

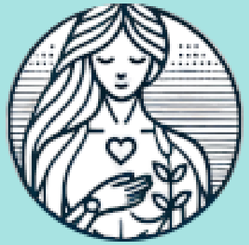
## MENTAL HEALTH AI FOR SUICIDE PREVENTION

# What is Mhai?

- Mhai stands for Mental Health AI, a project dedicated to leveraging artificial intelligence for suicide prevention.
- The app aims to identify and monitor anxiety, depression, and other mental disorder as key triggers for suicide, offering early intervention through personalized support.
- Core features include surveys, interactive AI chat, and access to mental health professionals.
- It is initially designed for interventions facilitated by mental health professionals. However, once the app has been thoroughly tested and demonstrates stability, along with positive feedback from both professionals and patients, it could be made available for direct use by patients.

# Addressing the Mental Health Crisis

- **Global Impact**: Suicide claims over **700,000 lives** annually worldwide.
- **Barriers to Support**: Stigma, lack of access to mental health professionals, and delayed interventions.
- **Opportunity**: Use technology to address gaps in early detection and support.



# Mhai's Unique Approach

- Combines AI-driven interactions, data analysis, and professional care to provide a comprehensive mental health solution.
- Supports users through three pillars:
  - Surveys: Collect structured data to evaluate mental health.
  - AI Chat: Engage users with empathetic conversations for support and insights.
  - Professional Access: Connect premium users with licensed mental health professionals.

# Mhai's Goals

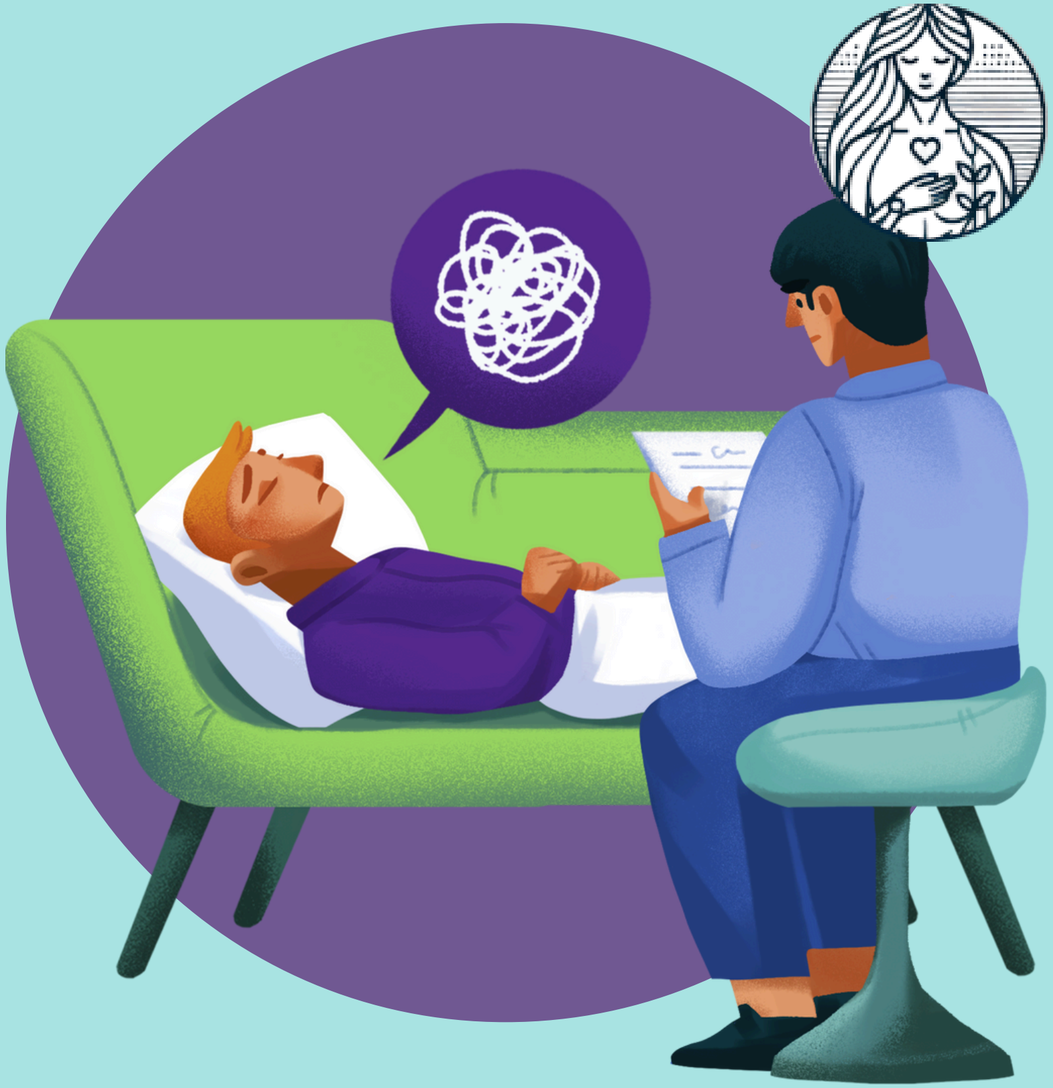
- Early Detection: Identify anxiety, depression, and other mental disorders at early stages.
- Suicide Prevention: Predict and mitigate periods of crisis through proactive measures.
- Empower Users: Enable individuals to track and understand their mental health.
- Global Reach: Offer accessible support, including in low-resource settings.

# Who Mhai Helps

- **Patients**: Individuals experiencing anxiety, depression, or at risk of suicide.
- **Mental Health Professionals**: Access comprehensive patient insights to enhance treatment.
- **Organizations**: Workplaces, schools, and healthcare providers aiming to support mental well-being.
- **Family and Caregivers**: Receive alerts and insights into loved ones’ mental health (if authorized).

# Key Modules of Mhai

- **AI Chat**: Personalized, empathetic conversations to support emotional well-being.
- **Surveys**: Regular mental health check-ins and assessments.
- **Dashboard**: Visual insights into emotional trends and triggers.
- **Notifications**: Alerts for follow-ups, surveys, or potential crises.
- **Professional Access**: Chat and video consultations with licensed professionals (premium).
- **Blog and Resources**: Educational content to enhance mental health awareness.



# Potential Scoring Systems for Evaluating Patient Conditions in Mhai

- **Columbia Suicide Severity Rating Scale (C-SSRS Screener)**: Widely used to assess suicide risk based on ideation and behavior, providing a structured approach to evaluate severity and immediate concerns.
- **Beck Depression Inventory (BDI)**: Measures depressive symptoms, offering valuable insights into a patient's mental health and potential triggers for suicidal ideation.
- **Suicide Probability Scale (SPS)**: Assesses suicide risk factors, including hopelessness, social withdrawal, and personal stress, to provide a comprehensive risk evaluation.

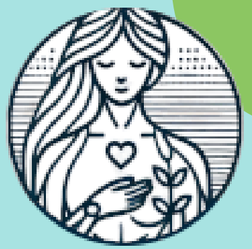
# The AI Behind Mhai

- **AI Models**: Leveraging state-of-the-art NLP models for emotional and mental health analysis.
- **Examples**: mentBERT for anxiety and depression detection, sentiment analysis models, emotion classifiers.
- **Data Analysis**: Combine AI insights with patient-reported data for accurate mental health profiling.
- **Scalability**: Designed for integration with cloud platforms to support large user bases.
- **Security**: HIPAA and GDPR compliance for data privacy and safety.

# Collaboration for Impact / Partnership with:

- **Mental Health Organizations**: To validate and scale the solution.
- **Healthcare Providers**: For professional support integration.
- **Tech Firms**: To enhance AI capabilities, scalability and researching.

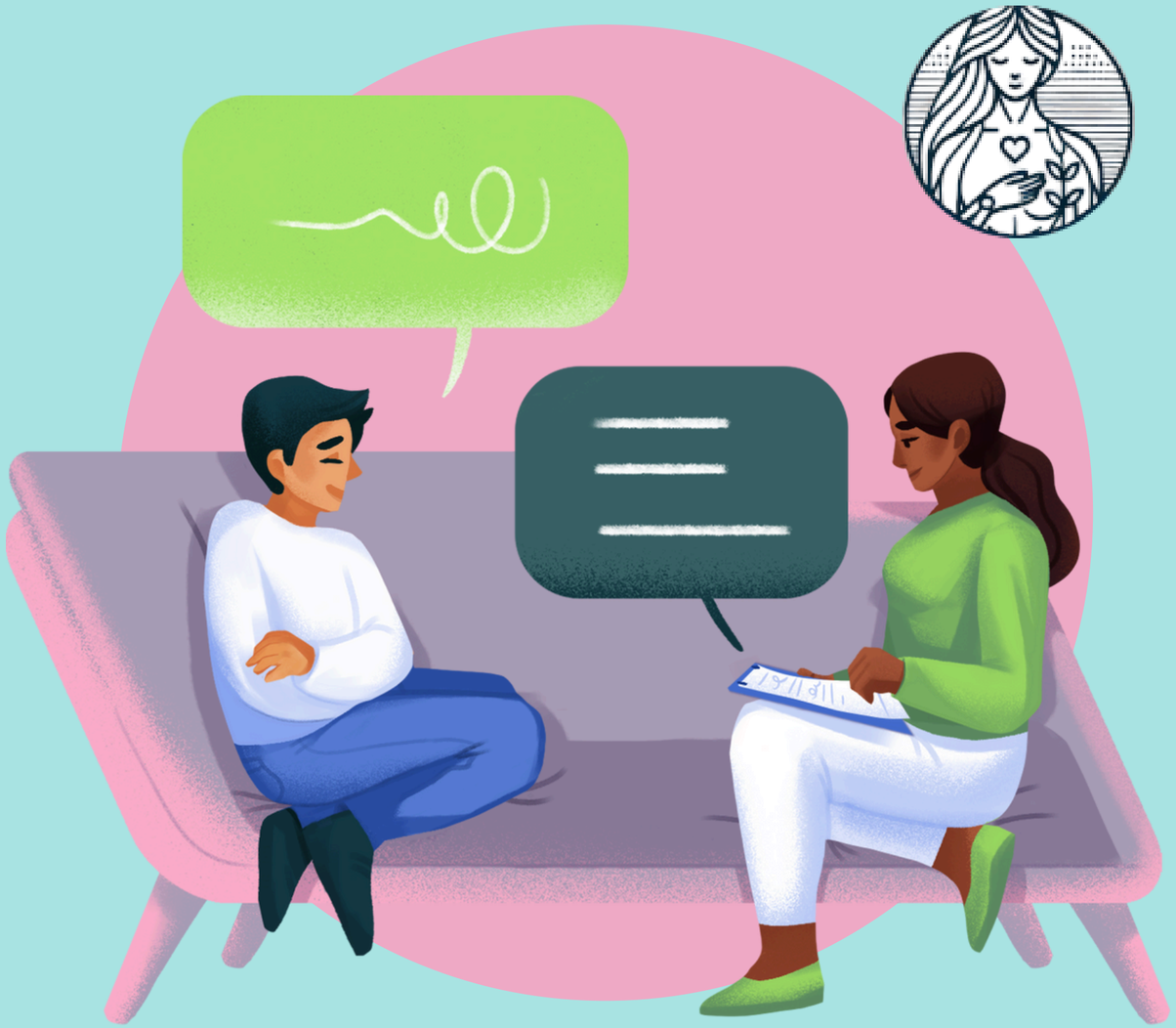
# Implementation Plan



- **Phase 1: Minimum Viable Product (MVP)**
  - Target audience: Early adopters and pilot programs.
  - Features: Surveys, AI chat, and basic dashboard.
- **Phase 2: Scaling and Enhancements**
  - Expand features: Professional access, advanced analytics.
  - Target regions: High-risk areas with significant suicide rates.
- **Phase 3: Global Deployment**
  - Translation and cultural adaptation for broader reach.

# Measuring Success

- **Short-Term Goals:**
  - Improved detection of anxiety, depression, and other mental disorders.
  - Reduced symptom severity and functional impairments.
- **Long-Term Goals:**
  - Lower suicide rates in target populations.
  - Establish Mhai as a trusted global tool for mental health.
- **Vision:**
  - A world where mental health crises are identified and addressed before they escalate.



# Why Mhai Matters

- Suicide prevention is a global priority, and early intervention is critical.
- Mhai offers an innovative, scalable solution to address anxiety, depression, and other mental disorders, and their associated risks.
- With your support, we can make mental health care more accessible and effective.

# Contact

For more information or collaboration inquiries, please contact us:

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Schedule a **Calendly** meeting with me here:
**https://calendly.com/ivan-ogasawara**

## Thank you!