



LOVING ME MORE

THE MENTAL HEALTH CARE WEBSITE



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Introduction



Mental health has been hidden behind a curtain of stigma and discrimination for too long. It is time to bring it out into the open. The magnitude, suffering and burden in terms of disability and costs for individuals, families and societies are staggering. In the last few years, the world has become more aware of this enormous burden and the potential for mental health gains. We can make a difference using existing knowledge ready to be applied.

We need to enhance our investment in mental health substantially and we need to do it now.

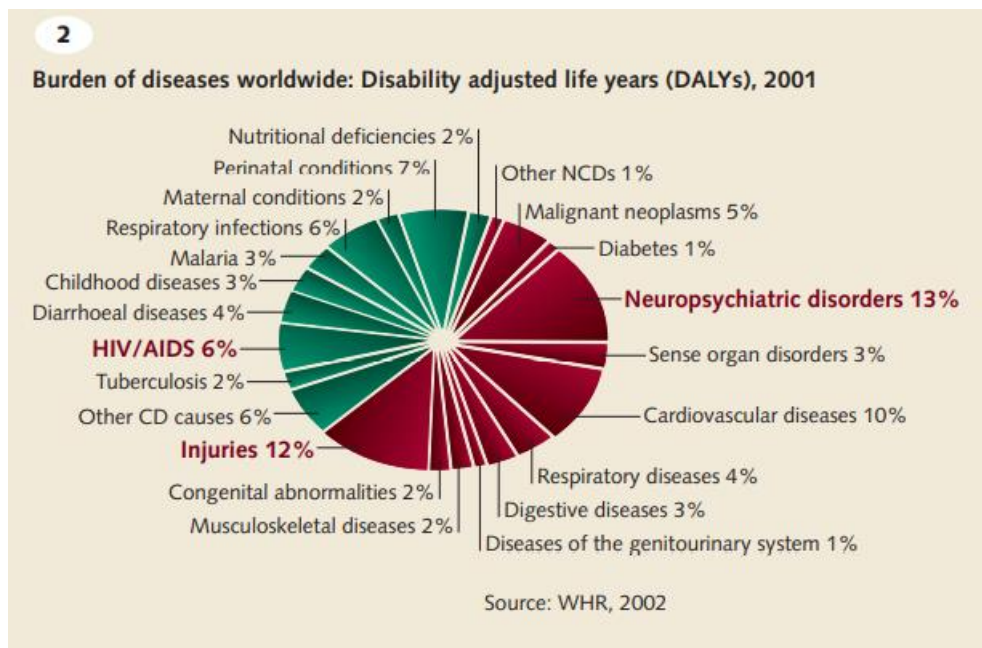


For all individuals, mental, physical and social health are vital and interwoven strands of life. As our understanding of this relationship grows, it becomes ever more apparent that mental health is crucial to the overall well-being of individuals, societies and countries. Indeed, mental health can be defined as a state of well-being enabling individuals to realize their abilities, cope with the normal stresses of life, work productively and fruitfully, and make a contribution to their communities. Unfortunately, in most parts of the world, mental health and mental disorders are not accorded anywhere near the same degree of importance as physical health. Rather, they have been largely ignored or neglected. This website aims to guide you in the discovery of mental health, in the magnitude and burdens of mental disorders, and in understanding what can be done to promote mental health in the world and to alleviate the burdens and avoid deaths due to mental disorders. Effective treatments and interventions that are also cost-effective are now readily available. It is therefore time to overcome barriers and work together in a joint effort to narrow the gap between what needs to be done and what is actually being done, between the burden of mental disorders and the resources being used to address this problem. Closing

the gap is a clear obligation not only for the World Health Organization, but also for governments, aid and development agencies, foundations, research institutions and the business community.

The magnitude and burdens of the problem

- As many as 450 million people suffer from a mental or behavioural disorder.
- Nearly 1 million people commit suicide every year.
- Four of the six leading causes of years lived with disability are due to neuropsychiatric disorders (depression, alcohol-use disorders, schizophrenia and bipolar disorder).
- One in four families has at least one member with a mental disorder. Family members are often the primary caregivers of people with mental disorders. The extent of the burden of mental disorders on family members is difficult to assess and quantify, and is consequently often ignored. However, it does have a significant impact on the family's quality of life.
- In addition to the health and social costs, those suffering from mental illnesses are also victims of human rights violations, stigma and discrimination, both inside and outside psychiatric institution.



REASONS THAT LEAD ME TO THIS PROJECT

- The thing that motivated me to create this kind of site is the increasing number of depression cases in our society ... And nowadays due to covid-19 people are losing their loved ones their jobs due to which the number of people suffering from depression and mental instability are increasing in high rate which sometimes causes suicidal cases. This problem is increasing due to lack of awareness in people about stress, anxiety, depression and many more things.
- People may seem normal from their physical appearance but one cannot predict what is going in their minds and they suffer from mental trauma and without letting know other people and without any treatment and acknowledgement they just keep going through this torture.
- So basically, through my website I want to spread awareness about “How Mental health is important to us?” and many more things like how people should deal with these problems.
- Preventing mental illness by reducing risk factors and learning coping strategies.
- Promoting the recovery message.
- Supporting those experiencing mental illness to increase wellbeing.
- Reducing stigma and discrimination.

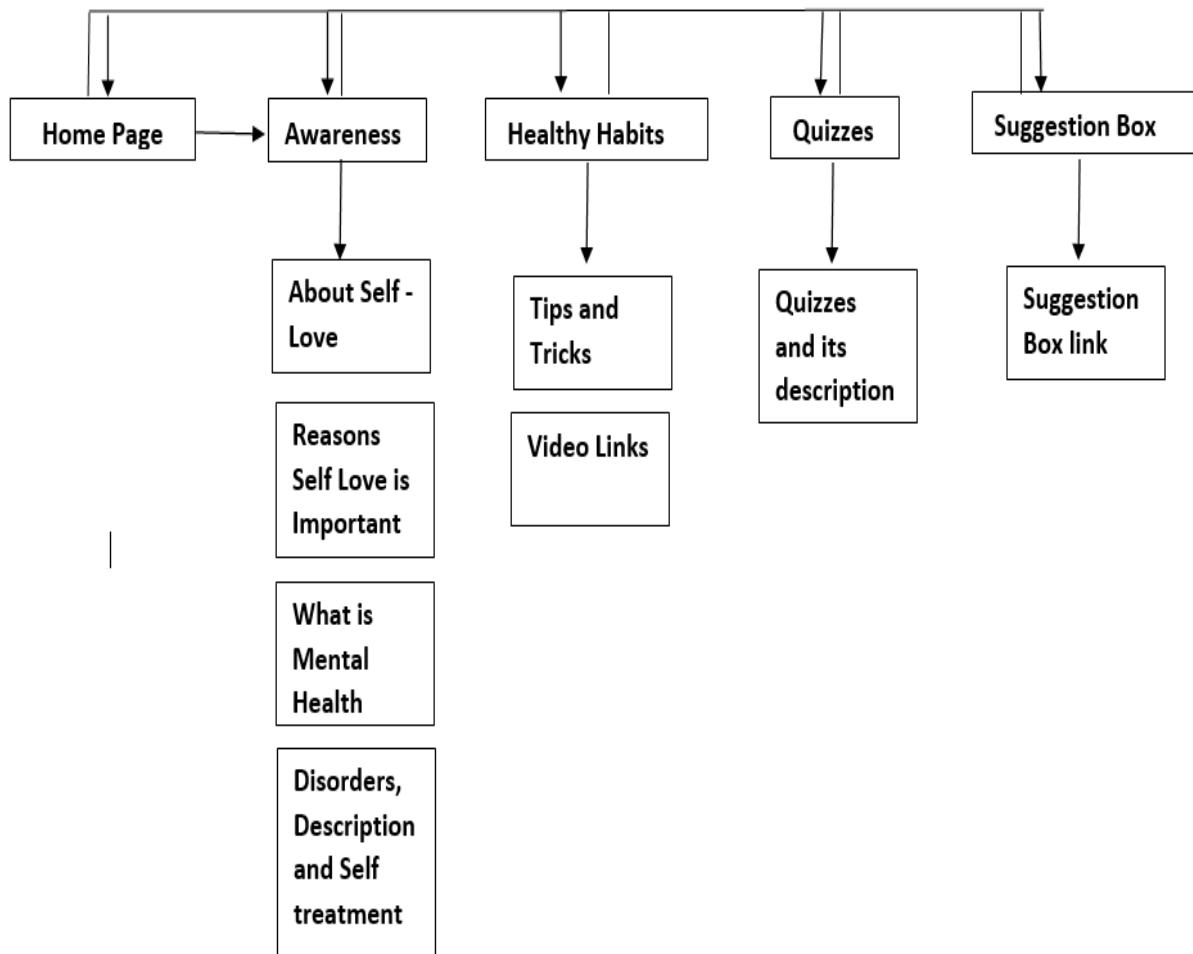
It is about everyone including us.

Background Study

✚ For this project I have visited some sites as references and they are listed below:

- <https://www.mentalhealth.gov/>
- <https://www.mentalhealth.org.uk/>
- <https://everymind.org.au/need-help/self-care>
- <https://yourstory.com/mystory/top-ten-best-mental-health-websites-2020/amp>

Our Approach



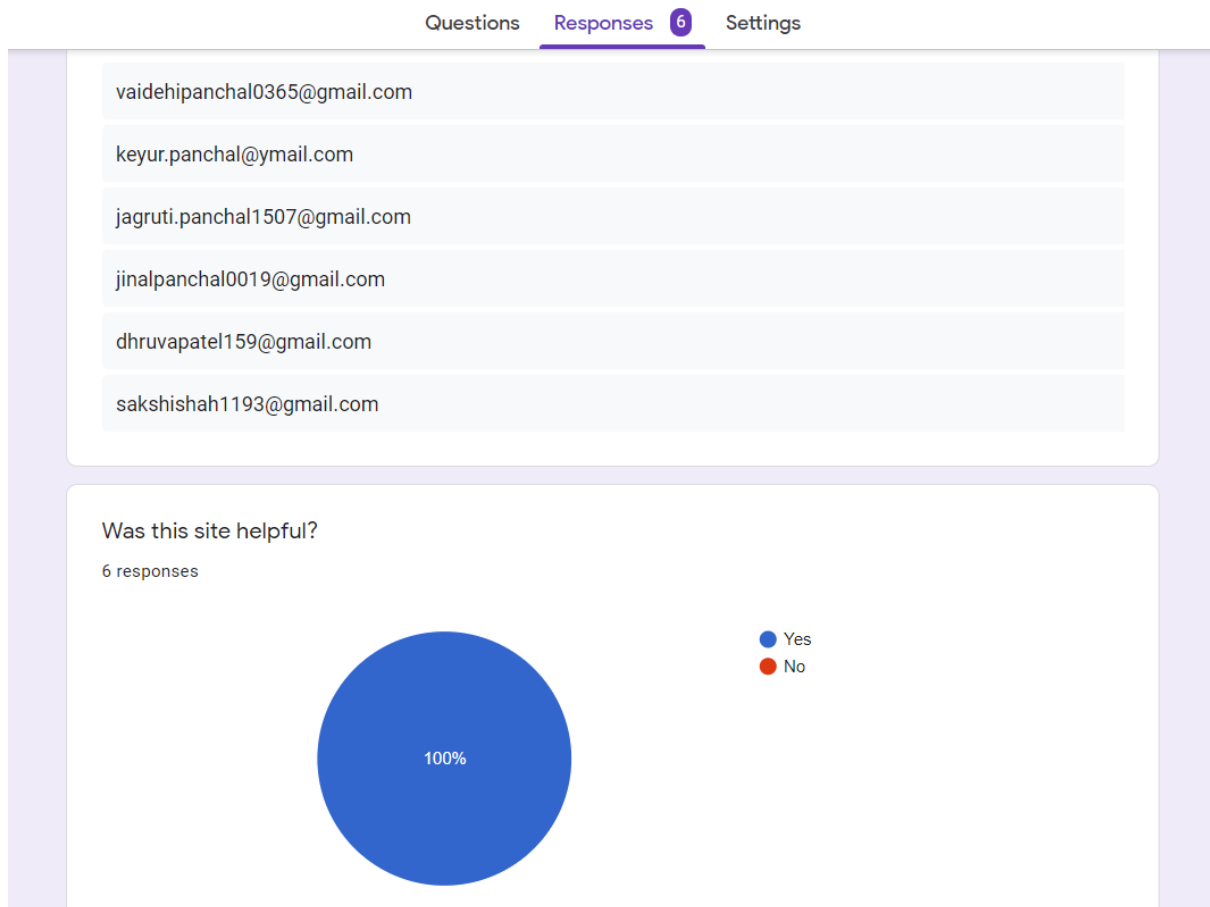
Experiment

- ✚ At the time I was going through the references I saw that making a website will not work I need to design a website which is more interesting and making it responsive is much needed.
- ✚ So, for making the site quite interesting I added a section called “Quizzes” where there are certain quiz links like – the Personality quiz and all... here the user can take any of the quiz easily which will be the FUN PART of this project.
- ✚ Also, I have added some video links in one of the sections named “Healthy Habits”. The videos will be regarding Mental Health that how is this important etc...
- ✚ To make this site interactive I have added a Suggestion Box so that the user can respond that how effective the website is and how we can improve that in future.

Results

- Result is that people are enjoying the website and the new sections like Fun Quiz and Suggestion box section people are also being responsive to the suggestion box and giving their suggestions.

So below are some screenshots of the responses of my family and friends:-



Please give your suggestions and recommendations here if any :)

3 responses

Overall the site is good but you can add some more quizzes and also some more information.

Nice work

Good Work. Fun quizzes..

Summary

- ✚ Now concluding the whole thing, this website is basically to spread awareness to acknowledge people that having anxiety and depression issues are normal and we should not ignore these problems and take it lightly we should talk about these problems freely. And through this website I want to convey the same.
- ✚ Mental Health is something that should be taken care of. People need to start understanding the suffering of others who are suffering from this problem rather than making an issue of it.
- ✚ Through this site the users can get some information. They can also feel relaxed by watching some of the videos and playing quizzes.

