MindMate: AI-Powered Mental Health Screening & Support App

Description

MindMate is an AI-driven web application designed to make mental health screening and support accessible, private, and stigma-free. It helps users self-assess their mental well-being, get instant feedback, and receive empathetic AI-powered support.

Key Features

1. **Mental Health Screening**

   ○ Users can take clinically validated questionnaires such as **PHQ-9** (depression) and **GAD-7** (anxiety).

   ○ Results are automatically evaluated and presented in a clear, structured format.

2. **AI-Powered Chatbot**

   ○ A supportive, conversational assistant powered by **OpenAI GPT-4o-mini**.

   ○ Provides empathetic responses, coping strategies, and mental health resources.

   ○ Uses a **Retrieval-Augmented Generation (RAG) pipeline** to ground responses in reliable mental health material.

3. **Personalized Feedback**

   ○ Offers immediate insights based on screening results.

   ○ Suggests practical steps for managing stress, anxiety, or low mood.

4. **Clean & Accessible Interface**

   ○ Built with **Next.js + TailwindCSS** for a modern, user-friendly experience.

- ○ Mobile-responsive and easy to navigate.

5. **Secure & Scalable Backend**

   - ○ Backend powered by **FastAPI**, integrated with **TiDB** for database and vector search.

   - ○ Supports AI embeddings for efficient and relevant retrieval of mental health resources.

Functionality Workflow →

1. Completes a quick screening test (e.g., PHQ-9 or GAD-7).

2. Receives instant feedback + risk level assessment.

3. Can chat with the AI assistant for advice, coping strategies, and answers to mental health questions.

4. AI responses are empathetic, practical, and supported by reliable knowledge sources.