

NAME : Malla Koushik
BRANCH : Computer Science
BATCH START DATE: 24-11-2025
BATCH END DATE : 28-11-2025
PROJECT TITTLE : Mental Health Support Assistant
PROJECT LINK : <https://my-site-nrnt6ujv-mallakoushik7.wix-vibe.com/>

MindCare

Home Support Hub Contact Get Support Reach Out

(AI MHSA)

YOUR MENTAL WELLBEING GUIDED & SUPPORTED



A large red circular button with a downward arrow is positioned in front of the window image.

MindCare

Home Support Hub Contact Get Support Reach Out

 Wellbeing Guidance

Expert advice for overall mental health

All Categories



Stress Relief

Effective Stress Management Techniques for Students

Discover practical and quick techniques to manage academic stress and maintain your well-being.

[Read More →](#)

Healthy Habits

Building Healthy Sleep Habits for Better Focus

Improve your sleep quality to enhance concentration, mood, and overall academic performance.

[Read More →](#)

Productivity & Focus

Overcoming Procrastination: Strategies for Students

Learn actionable strategies to tackle procrastination, boost productivity, and achieve your academic goals.

[Read More →](#)

Comprehensive Support for Every Need

Explore our curated resources designed to support your mental health journey, from daily guidance to specific strategies for challenging times.



⌚ Stress Management

Practical tips to handle academic and personal pressures effectively.

[Learn More →](#)



✳️ Coping Strategies

Effective techniques for navigating difficult situations and emotions.

PROJECT DESCRIPTION :

The AI Mental Health Support Assistant is a no-code, AI-powered tool designed to provide students with emotional support, stress management strategies, and wellbeing guidance in a safe and accessible way. Many students struggle with academic pressure, anxiety, loneliness, overthinking, and lack of motivation, but they often hesitate to talk openly with others. This project aims to bridge that gap by creating a private, judgment-free digital companion that students can interact with anytime.

The assistant uses advanced AI models to understand the user's mood, identify emotional patterns, and respond with empathetic, non-clinical support. It provides calming techniques, mindfulness suggestions, daily motivation, positive affirmations, and simple self-care routines tailored to the user's situation. The assistant never gives medical advice; instead, it focuses on encouragement, emotional clarity, and healthy coping strategies.

Built using no-code tools like Notion AI, Glide, Bubble, Zapier, or Typeform, the system can track mood entries, generate personalized wellbeing tips, remind users about self-care activities, and offer safe responses during emotional distress. The tool also gently guides users to seek help from trusted individuals or professionals if they express severe stress or self-harm thoughts.

This AI Mental Health Support Assistant supports social responsibility by promoting mental wellness, reducing stigma, and helping students build emotional resilience. It acts as a first-level support system—always available, always calm, and always ready to help.

THANK YOU IBM

—MAGIC BUS FOUNDATION