MENTAL HEALTH PORTAL

Presented by:
Tashnin Khan Tanisha(23201112),
Nowrin Akhter Riya (23201117),
Fahmida Tabassum(23201132)

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INTRODUCTION

As days pass, mental health challenges among students are increasing. Many experience stress, anxiety, or depression due to academic and social pressures. While awareness about mental well-being is growing, seeking help is still stigmatized. Some students fear judgment or lack the courage to talk openly about their problems. Access to counselors and support is often limited or intimidating.

WHAT IS MENTAL HEALTH PORTAL?

Mental Health Portal allows students to seek confidential mental health support using a unique anonymous ID. It connects them with counselors, tracks progress, and offers rewards for engagement. Funded by universities and NGOs, the platform manages sessions, evaluations, and awareness programs securely while maintaining full anonymity.

TABLES OF MENTAL HEALTH PORTAL

1.Patient

2.Evaluation

3.Counsellor

4.Awareness-Program

5.Progress

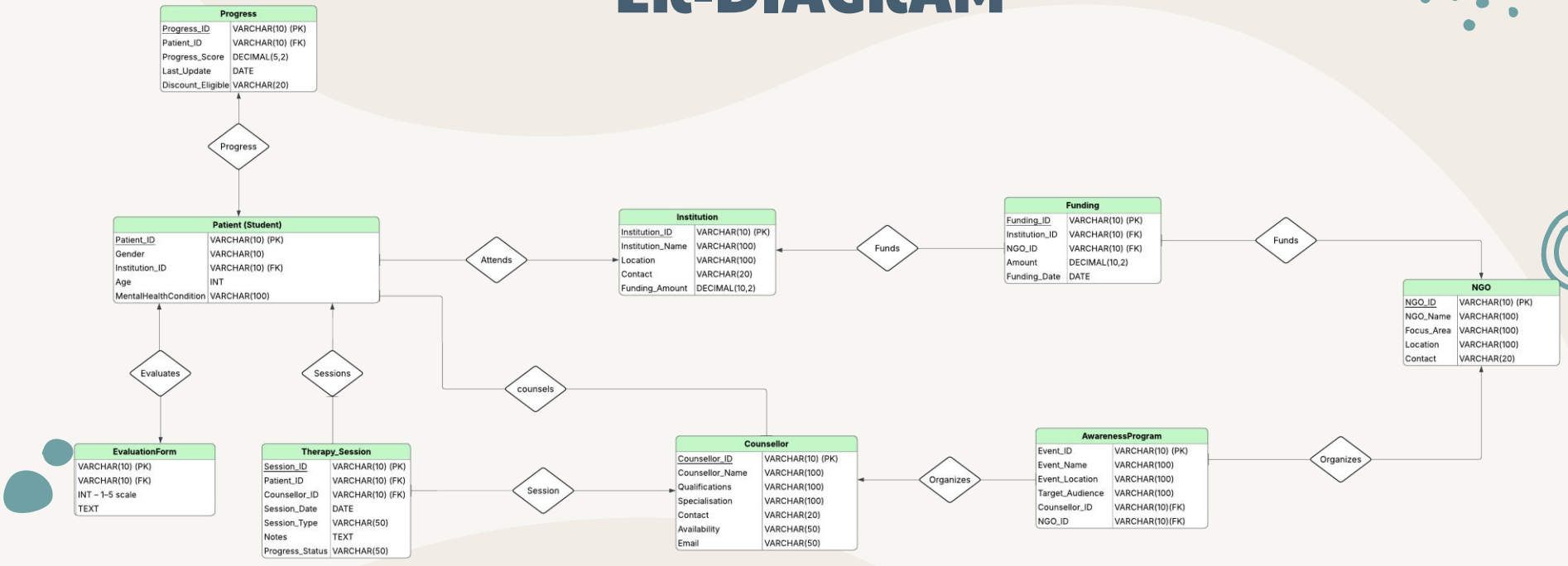
6.NGO

7.Funding

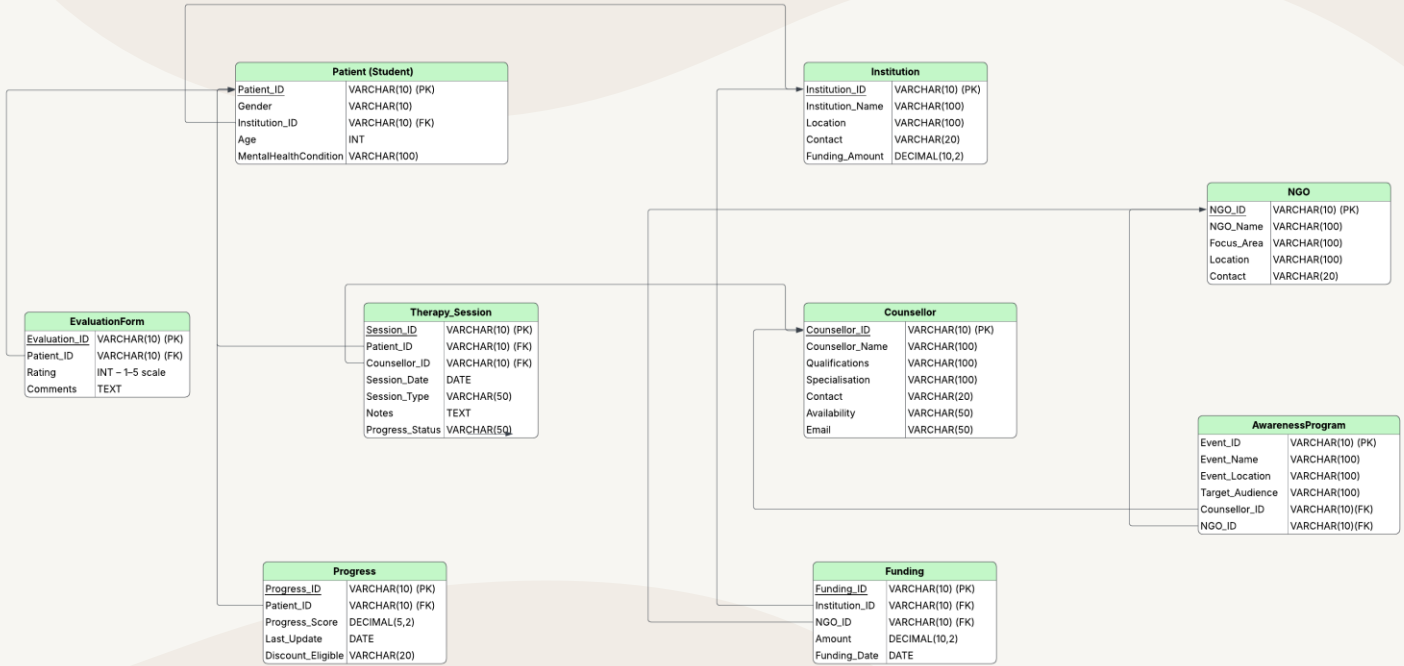
8.progress

9.Therapy-Session

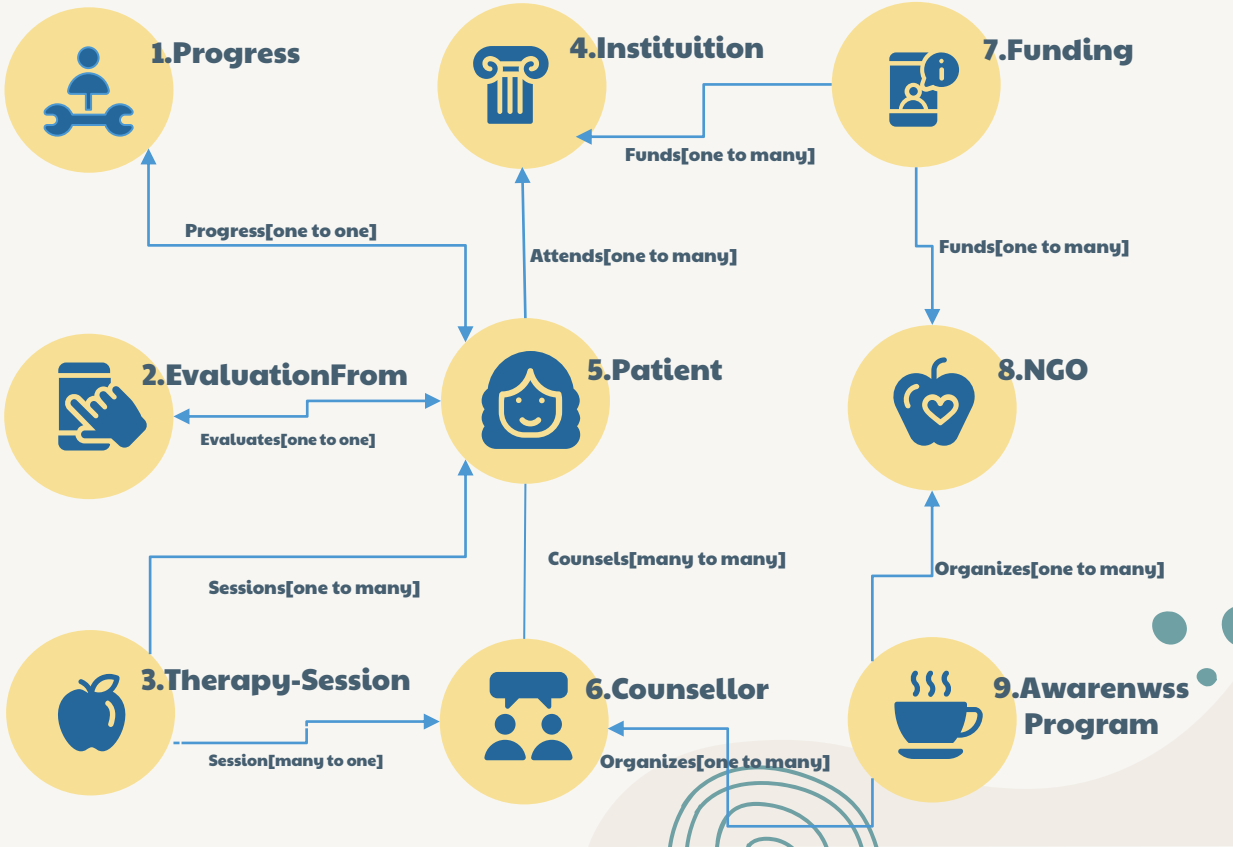
ER-DIAGRAM


Progress
Progress_ID VARCHAR(10) (PK)
Patient_ID VARCHAR(10) (FK)
Progress_Score DECIMAL(5,2)
Last_Update DATE
Discount_Eligible VARCHAR(20)
Progress
Patient (Student)
Patient_ID VARCHAR(10) (PK)
Gender VARCHAR(10)
Institution_ID VARCHAR(10) (FK)
Age INT
MentalHealthCondition VARCHAR(100)
Attends
Institution
Institution_ID VARCHAR(10) (PK)
Institution_Name VARCHAR(100)
Location VARCHAR(100)
Contact VARCHAR(20)
Funding_Amount DECIMAL(10,2)
Funds
Funding
Funding_ID VARCHAR(10) (PK)
Institution_ID VARCHAR(10) (FK)
NGO_ID VARCHAR(10) (FK)
Amount DECIMAL(10,2)
Funding_Date DATE
Funds
NGO
NGO_ID VARCHAR(10) (PK)
NGO_Name VARCHAR(100)
Focus_Area VARCHAR(100)
Location VARCHAR(100)
Contact VARCHAR(20)
Evaluates
Sessions
counsels
EvaluationForm
VARCHAR(10) (PK)
VARCHAR(10) (FK)
INT – 1–5 scale
TEXT
Therapy_Session
Session_ID VARCHAR(10) (PK)
Patient_ID VARCHAR(10) (FK)
Counsellor_ID VARCHAR(10) (FK)
Session_Date DATE
Session_Type VARCHAR(50)
Notes TEXT
Progress_Status VARCHAR(50)
Session
Counsellor
Counsellor_ID VARCHAR(10) (PK)
Counsellor_Name VARCHAR(100)
Qualifications VARCHAR(100)
Specialisation VARCHAR(100)
Contact VARCHAR(20)
Availability VARCHAR(50)
Email VARCHAR(50)
Organizes
AwarenessProgram
Event_ID VARCHAR(10) (PK)
Event_Name VARCHAR(100)
Event_Location VARCHAR(100)
Target_Audience VARCHAR(100)
Counsellor_ID VARCHAR(10)(FK)
NGO_ID VARCHAR(10)(FK)
Organizes

SCHEMA-DIAGRAM



RELATIONS BETWEEN TABLES



QUERIES

01. SELECT * FROM Patient

PatientID	InstitutionID	Gender	Age	MentalHealthCondition
P2001	I1001	Female	21	Anxiety
P2002	I1002	Male	22	Depression
P2003	I1003	Female	20	Academic Stress
P2004	I1001	Male	23	Addiction
P2005	I1002	Female	19	Relationship Issues
P2006	I1004	Male	24	Career Confusion
P2007	I1005	Female	22	PTSD
P2008	I1006	Male	20	Anger Issues
P2009	I1001	Female	25	Depression
P2010	I1003	Male	21	Anxiety
P2011	I1002	Female	22	Learning Disability
P2012	I1004	Male	23	Substance Abuse
P2013	I1005	Female	20	Stress
P2014	I1003	Male	22	Suicidal Thoughts
P2015	I1002	Female	19	Grief
P2016	I1004	Male	21	Depression
P2017	I1005	Female	23	Anxiety
P2018	I1006	Male	24	PTSD
P2019	I1001	Female	22	Academic Stress
P2020	I1002	Male	20	Substance Abuse

Shows every record from the Patient table with all columns and details.

02.SELECT Name, Specialisation , Qualification FROM Counselor;

Name	Specialisation	Qualification
Dr. Rafi Islam	Child Counseling	MSc in Clinical Psychology
Dr. Nusrat Jahan	Family Therapy	PhD in Psychiatry
Dr. Shuvo Rahman	Addiction Recovery	MPhil in Psychology
Dr. Tania Akter	Academic Stress	MS in Counseling Psychology
Dr. Mahmud Hasan	Depression & Anxiety	PhD in Clinical Psychology
Dr. Liza Karim	Career Counseling	MSc in Clinical Psychology
Dr. Shahin Alam	PTSD & Trauma	PhD in Mental Health
Dr. Ruma Sultana	Relationship Issues	MS in Psychology
Dr. Imran Hossain	Substance Abuse	MPhil in Counseling
Dr. Farhana Ahmed	Women's Mental Health	MSc in Clinical Psychology
Dr. Tanvir Chowdhury	Anger Management	PhD in Psychology
Dr. Salma Khatun	Learning Disabilities	MS in Educational Psychology
Dr. Mehedi Hasan	Suicidal Prevention	PhD in Clinical Psychology
Dr. Arifa Akter	Stress Management	MSc in Psychology
Dr. Nayeem Rahman	Grief Counseling	MS in Counseling Psychology

Lists each counselor's name, area of specialization, and qualifications.

03.SELECT SessionID, SessionDate, SessionType, Notes
FROM TherapySession WHERE PatientID = 'P2001';

Lists all sessions attended by patient P2001 with date, type, and notes..

SessionID	SessionDate	SessionType	Notes
S3001	2025-09-05	Individual	Initial session focusing on anxiety triggers.

04.SELECT Rating, Comments FROM EvaluationForm WHERE Patient_ID = 'P2002';

Shows how patient P2002 was rated and what comments were given in evaluations.

Rating	Comments
3	Needs further sessions for confidence building.

05.SELECT NGO_NAME, Focus_Area,Location FROM NGO;

NGO_NAME	Focus_Area	Location
Helping Hands	Education	Dhaka
Green Earth	Environment	Chittagong
Food For All	Hunger Relief	Khulna
Health First	Healthcare	Rajshahi
Women Rise	Women Empowerment	Sylhet
Child Hope	Child Welfare	Barisal
Clean Future	Sanitation	Rangpur
Safe Shelter	Homeless Support	Mymensingh
TechForGood	Digital Education	Dhaka
WaterLife	Clean Water Access	Comilla
HopeBridge	Disaster Relief	Narayanganj
GreenLight	Renewable Energy	Gazipur
SkillUp	Vocational Training	Jessore
FeedBangla	Food Security	Bogura
CareBangla	Elderly Care	Pabna
BrightFuture	Youth Development	Feni
SaveNature	Wildlife Protection	Cox’s Bazar
MindCare	Mental Health	Tangail
PeaceWorks	Community Building	Naogaon
AidConnect	Emergency Aid	Kushtia

Displays each NGO’s name, what issue they focus on, and where they operate.

06.SELECT Patient_ID, AVG(Rating) AS AvgRating FROM EvaluationForm GROUP BY Patient_ID;

Patient_ID	AvgRating
P2001	4.0000
P2002	3.0000
P2003	5.0000
P2004	2.0000
P2005	4.0000
P2006	3.0000
P2007	5.0000
P2008	4.0000
P2009	3.0000
P2010	2.0000

Groups evaluations by patient and computes each one's average rating.

07.SELECT p.PatientID, pr.Discount_Eligible FROM Patient p
JOIN Progress pr ON p.PatientID = pr.Patient_ID
WHERE pr.Discount_Eligible IN ('Yes', 'Partial');

PatientID	Discount_Eligible
P2001	Yes
P2003	Yes
P2004	Partial
P2005	Yes
P2007	Yes
P2008	Yes
P2009	Partial

Lists patients who qualify for full or partial therapy fee discounts.

08. SELECT * FROM TherapySession WHERE CounselorID = 'C1005' AND SessionDate BETWEEN '2025-09-01' AND '2025-09-30';

SessionID	PatientID	CounselorID	SessionDate	SessionType	Notes	ProgressStatus
S3002	P2002	C1005	2025-09-07	Individual	Discussed coping mechanisms for depression.	Improving
S3009	P2009	C1005	2025-09-15	Individual	Progress review for depression therapy.	Completed
S3016	P2016	C1005	2025-09-23	Individual	Review of depression medication response.	Ongoing

Filters all therapy sessions by CounselorID = C1005 and the month of September 2025.

09.SELECT i.Institution_Name, SUM(f.Amount) AS TotalFunding FROM Institution I JOIN Funding f ON i.Institution_ID = f.Institution_ID GROUP BY i.Institution_Name;

Institution_Name	TotalFunding
University of Asia Pacific	250000.00
Independent University, Bangladesh	180000.50
BRAC	220000.00
Daffodil International University	300000.00
American International University-Bangladesh	150000.00
Dhaka University	275000.75
Rajshahi University	320000.00
Leading University	295000.00
Khulna University	310000.50
Cumilla University	205000.00
Jessore University	260000.00
Jahanggir University	340000.00
Pabna University	285000.00
Chittagang University	195000.00
Jagannath University	375000.00
Bangladesh University of Textiles	210000.50
Barishal University	425000.00
Shahjalal University of Science and Technology	190000.00
Bangladesh University of Professionals	270000.00
Military Institute of Science and Technology	310000.00

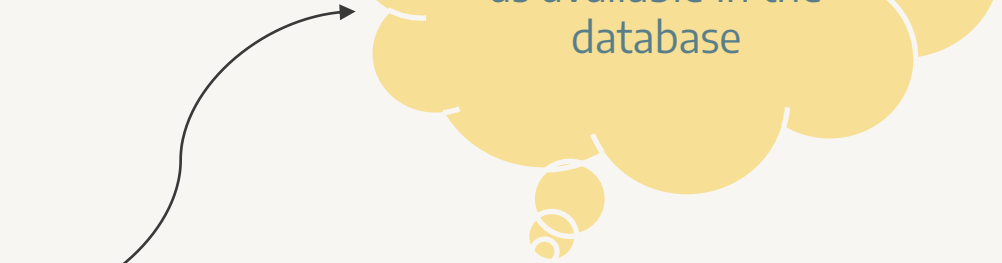
10.SELECT DISTINCT p.PatientID FROM Patient p
JOIN EvaluationForm e ON p.PatientID = e.Patient_ID
WHERE p.MentalHealthCondition = 'Depression'
AND e.Rating < 5;

PatientID
P2002
P2009

Finds patients diagnosed with Depression who received low evaluation scores (<5).

11.SELECT Name, Contact FROM Counselor
WHERE Availability = 'Available';

Name	Contact
Dr. Rafi Islam	01712001122
Dr. Shuvo Rahman	01689003344
Dr. Tania Akter	01911004455
Dr. Liza Karim	01718006677
Dr. Shahin Alam	01819007788
Dr. Imran Hossain	01999009900
Dr. Farhana Ahmed	01714001010
Dr. Salma Khatun	01818001212
Dr. Mehedi Hasan	01616001313
Dr. Nayeem Rahman	01717001515



12.SELECT Event_Name, Event_Location FROM AwarenessProgram WHERE Target_Audience LIKE '%Students%';

Event_Name	Event_Location
Mindfulness for Students	Dhaka
Coping with Depression	Chittagong

List all awareness events aimed at students

13. SELECT p.PatientID, COALESCE(pr.Progress_Score, AVG(e.Rating)*20) AS ProgressScore FROM Patient p LEFT JOIN Progress pr ON p.PatientID = pr.Patient_ID LEFT JOIN EvaluationForm e ON p.PatientID = e.Patient_ID GROUP BY p.PatientID, pr.Progress_Score;

PatientID	ProgressScore
P2001	88.5000
P2002	75.2000
P2003	92.0000
P2004	64.7500
P2005	80.3000
P2006	70.1000
P2007	95.6000
P2008	85.4500
P2009	74.0000
P2010	68.2500
P2011	NULL
P2012	NULL
P2013	NULL
P2014	NULL
P2015	NULL
P2016	NULL
P2017	NULL
P2018	NULL
P2019	NULL
P2020	NULL

Displays each patient's progress score either the recorded value or an estimated one using average rating.

14.SELECT c.Name, COUNT(*) AS SessionCount FROM Counselor c JOIN TherapySession t ON c.Counselor_Id = t.CounselorID GROUP BY c.NameORDER BY SessionCount DESC LIMIT 1;

Name	SessionCount
Dr. Mahmud Hasan	3

Counts each counselor's total sessions and shows the one with the highest count.

15. SELECT p.PatientID, pr.Progress_Score, pr.Discount_Eligible FROM Patient p JOIN Progress pr ON p.PatientID = pr.Patient_ID WHERE pr.Progress_Score > 80;

PatientID	Progress_Score	Discount_Eligible
P2001	88.50	Yes
P2003	92.00	Yes
P2005	80.30	Yes
P2007	95.60	Yes
P2008	85.45	Yes

Finds high-performing patients (score > 80) and displays whether they get a discount

16. SELECT p.PatientID, COUNT(t.SessionID) AS TotalSessions FROM Patient p LEFT JOIN TherapySession t ON p.PatientID = t.PatientID GROUP BY p.PatientID;

PatientID	TotalSessions
P2001	1
P2002	1
P2003	1
P2004	1
P2005	1
P2006	1
P2007	1
P2008	1
P2009	1
P2010	1
P2011	1
P2012	1
P2013	1
P2014	1
P2015	1
P2016	1
P2017	1
P2018	1
P2019	1
P2020	1

17. SELECT i.Institution_Name, SUM(f.Amount) AS TotalFunding
FROM Institution I JOIN Funding f ON i.Institution_ID = f.Institution_ID
GROUP BY i.Institution_Name
HAVING SUM(f.Amount) > 300000;

Institution_Name	TotalFunding
Rajshahi University	320000.00
Khulna University	310000.50
Jahanggir University	340000.00
Jagannath University	375000.00
Barishal University	425000.00
Military Institute of Science and Technology	310000.00

Shows institutions whose total funding exceeds 300,000 units.

18. SELECT p.PatientID, MAX(t.SessionDate) AS LastSession FROM Patient p JOIN TherapySession t ON p.PatientID = t.PatientID GROUP BY p.PatientID HAVING MAX(t.SessionDate) >= DATE_SUB(CURDATE(), INTERVAL 30 DAY);

PatientID	LastSession
P2012	2025-09-19
P2013	2025-09-20
P2014	2025-09-21
P2015	2025-09-22
P2016	2025-09-23
P2017	2025-09-24
P2018	2025-09-25
P2019	2025-09-26
P2020	2025-09-27

Displays patients who attended therapy at least once in the past month.

19. SELECT DISTINCT c.Name FROM Counselor c
JOIN TherapySession t ON c.Counselor_Id = t.CounselorID
JOIN Patient p ON t.PatientID = p.PatientID
WHERE p.MentalHealthCondition = 'PTSD';

```
+------------------+
| Name             |
+------------------+
| Dr. Shahin Alam  |
+------------------+
```

Finds which counselors have worked with PTSD-diagnosed patients.

20. SELECT c.Name, AVG(e.Rating) AS AvgRating
FROM Counselor c JOIN TherapySession t ON c.Counselor_Id = t.CounselorID JOIN EvaluationForm e ON t.SessionID = e.Evaluation_ID GROUP BY c.Name;

NO OUTPUT !

The query joins the counselor,TherapySession,and EvaluationFrom tables to calculate the average rating each counselor received. However, since no matching records exist across all three tables, the output is empty.

CONTRIBUTION

	Parent Counsellor Therapy-Session	Institution NGO Funding	Evaluation Form Progress AwarenessProgram	ER SCHEMA PPT
TANISHA	✓	✗	✗	✓
RIYA	✗	✓	✗	✓
FAHMIDA	✗	✗	✓	✓

CONCLUSION

Mental health deserves the same attention as physical well-being, yet many students continue to suffer in silence. The **Mental Health Portal** offers a safe, anonymous, and accessible space for students to seek professional help. By linking institutions, counselors, and NGOs, it ensures continued support, progress tracking, and emotional well-being. Through this initiative, we aim to create a community where seeking help is seen as strength —not weakness.

THANK YOU!