**GROUP 5 Team project**

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1. Title

**AI-Enhanced Mental Health Support System**

Subtitle

**Mental Health and Progress Tracking system**

2. Introduction

Mental health is a critical component of overall well-being, yet many individuals struggle to articulate their emotions and experiences effectively. The development of a Mental Health Journaling and Progress Tracking with AI Insights system aims to provide users with a supportive space to express their thoughts while leveraging technology to gain insights into their emotional health. This concept paper outlines the framework for a mental health journaling application that incorporates AI-driven sentiment analysis, emotional trends visualization, and reflective prompts to enhance users' understanding of their mental well-being.

3. Problem Statement

Many people have shown difficulty in understanding and managing their mental health which is partly influenced by a lack of tools for self-reflecting and emotional tracking.

4. solution

A system using traditional journaling with the help of AI as an analytical support tool to help these people identify patterns and trends giving insights and keeping track and record of their emotional states. This system aims to provide an AI-powered journaling solution that not only allows for self-expression but also offers meaningful analysis and insights into users’ emotional well-being.

5. Objectives

AI-Powered Journaling: Create a digital diary where users can write or record their thoughts and feelings, enabling real-time analysis of their emotional state.

Sentiment Analysis: Track emotional fluctuations over time, providing users with summaries and insights into their mental health.

Emotional Trends Visualization: Generate visual representations of emotional data, allowing users to observe patterns and trends in their mental well-being.

AI Reflection: Offer personalized self-reflection prompts that guide users in understanding their emotional triggers and behaviors.

6. Implementation Plan

1. Research on mental health issues and trends understand user needs.
2. Create a journaling application, incorporating key features from our research.
3. Develop the AI algorithms for mental health analysis and emotional trend tracking.
4. Continuous testing for further updating and improvements.

8. Conclusion

The integration of AI technology into mental health journaling offers a transformative approach to emotional well-being. By enabling users to track their mental health journey, gain insights through sentiment analysis, visualize emotional trends, and engage in self-reflection, this platform aims to