

Tab 1

Project documentation

COLLEGE NAME:SPACES DEGREE COLLEGE

NAME:PEELA PHANEENDRA

BARANCH/ DEPARTIMENT:BSC COMPUTER (A)

BATCH START DATE:15/12/2025

BATCH END DATE:17/12/2025

PROJECT TITLE:AI MENTAL HEALTH

PROJECT LINK:<https://my-site-2zyt4skl-phaneendrpeela.wix-vibe.com/>

PROJECT DASHBOARD



MINDFUL SPACE



SUPPORT TOOLS

Explore our collection of mental wellness resources. Select a category below to access guided prompts and exercises.



EMOTIONAL CHECK-IN

Gentle prompts to explore your current emotional state



Copy of Tab 1

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PROJECT DASHBOARD Screenshot



MOTIVATION & WELL-BEING

Daily wellness routines and self-care actions

EMOTIONAL CHECK-IN PROMPTS

MAIN PROMPT

Hello there! How are you truly feeling in this moment?

MOOD DESCRIPTION

Can you describe your current mood in a few words or with an emoji?



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STRESS & ANXIETY SUPPORT

Breathing exercises and grounding techniques

PROJECT DESCRIPTION: This AI Mental Health Support Website offers non-clinical emotional support through gentle prompts. It guides users to express feelings, reflect on experiences, and practice self-care. The website provides stress-reducing exercises, journaling prompts, and supportive conversations. It encourages users to focus on progress, not perfection. The platform is safe, supportive, and non-judgmental, ideal for students or demo projects. It helps users develop a daily wellness routine and cultivate self-kindness. The website's goal is to provide emotional support and comfort.