

Impact AI 2.0
HACKATHON
AT
BMS COLLEGE OF
ENGINEERING

AI-Powered Mental Health Support Tool

HEALING BEGINS WITH YOU

404 NOT FOUND


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Where Tech Meets Therapy

“Find Your Calm Here!”

INTRODUCTION



Mental health issues are increasing globally, yet many people hesitate to seek help due to stigma, lack of access, or awareness.

Technology, especially AI, has the potential to offer accessible, personalized, and stigma-free support.

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PROBLEM STATEMENT

Design an AI-powered tool that provides mental health support by analyzing user behavior and offering personalized coping mechanisms, connecting users to professional help when necessary.

Tip: Type/chat freely—AI detects mood shifts to offer real-time support.

How to use:

1. Sign up via email/phone to enable personalized tracking.
2. Chat or journal daily—AI suggests activities (music/games) based on detected mood.
3. Trigger guardian mode by typing keywords like "help" for instant emergency support.

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OBJECTIVES

1. Provide a comprehensive digital platform for mental wellness.
2. Use AI to detect emotions and personalize interactions.
3. Encourage healthy habits through journaling, games, and reminders.
4. Empower users with self-help tools and emergency support features.

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How to use:

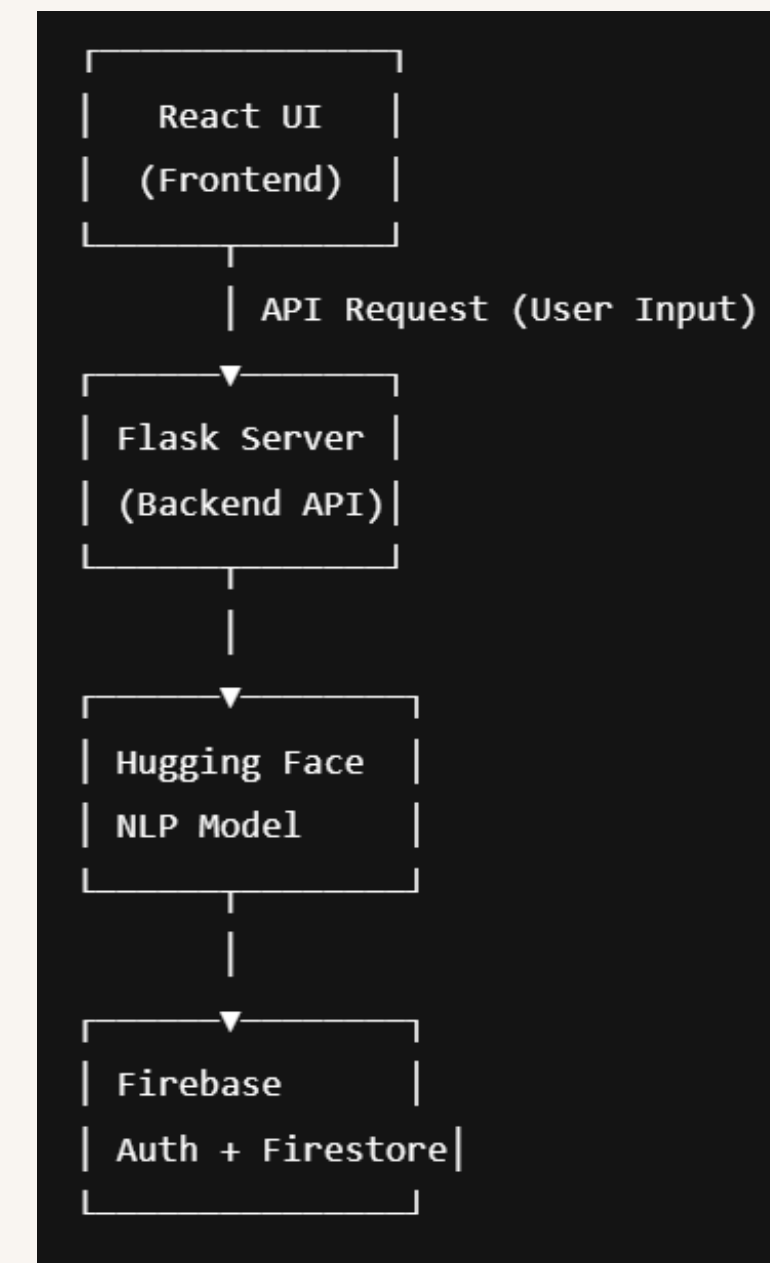
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WorkFlow

- User inputs mood/chat via React app, which sends data to Flask API (/predict, /analyze).
- Flask backend passes input to Hugging Face NLP model for emotion/stress detection.
- Backend returns analysis + personalized coping advice to React frontend for display.
- Firebase handles Auth and Firestore saves user emotions, chats, and coping history.



TECH STACK

tFRONTENDt

- React
(iOS/Android/Web)

tBACKENDt

- Firebase
(Auth/Firestore
/Functions)

AI CORE

- Hugging Face
Transformers

tAPI'St

- Music API
- Twilio Emergency SMS



Thank You

