Project Initialization and Planning Phase

Date	Nov 30, 2024
Team ID	739891
Project Name	Unlocking the Minds: Analysing Mental Health with NLP
Maximum Marks	3 Marks

Define Problem Statements (Customer Problem Statement Template):

Mental health is a critical aspect of overall well-being, affecting individuals' emotional, psychological, and social functioning. The prevalence of mental health disorders, such as depression, anxiety, and stress, has been increasing globally, influenced by factors like socio-economic conditions, lifestyle changes, and the challenges posed by the digital age. Despite this growing recognition, mental health remains underdiagnosed and stigmatized in many regions, preventing individuals from seeking the necessary care and support.

The growing burden of mental health issues places pressure on healthcare systems, social structures, and economies. Early identification and effective management of mental health conditions are essential for improving quality of life, reducing societal costs, and promoting productivity. However, many gaps remain in our understanding of how mental health is impacted by different factors and how best to address these challenges in a comprehensive manner.

Reference: https://miro.com/templates/customer-problem-statement/

Example:

Problem Statement (PS)	I am (Customer)	I'm trying to	But	Because	Which makes me feel
PS-1	Struggling with mental health issues	Recognise the symptoms	unaware of how deeply mental health affects	Of that I am seeking for professional help	Right support