Group No: 10

Mental Health Care System

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Problem Statement

Many individuals facing mental health challenges encounter significant barriers, including stigma, limited access to resources, and inadequate support networks. This often results in prolonged suffering, decreased quality of life, and reluctance to seek help. Addressing these issues is essential for improving mental health outcomes and promoting overall well-being.

Relevance of the problem statement for social cause

Relevance and Impact:

1. **Growing Need:** More people need mental health help than ever.

2. **Access Problems:** Hard-to-find resources can delay or prevent care.

3. **Privacy:** Protecting user privacy encourages people to seek help.

4. **Care Gaps:** Better coordination leads to more consistent and effective treatment.

5. **Engagement:** A user-friendly app keeps people motivated to take care of their mental health

What is Mind Mapping

Mind mapping is a visual thinking tool used to organize information, ideas, or concepts.

MENTAL HEALTH CARE SYSTEM MIND MAP
Group No - 10

Activity: Persona

Background:

- educational and professional background
- psychologist and psychiatric
- medical assistant
- physical therapist
- Typically, complete bachelor's degree in medical school

Challenges Faced:

- workload and Burnout
- Staff shortages
- financial Pressure
- Technology integration

Motivation:

- Patient care
- Compassion and empathy
- Teamwork and collaboration

Doubts / Fear:

- Clinical Treatments.

Aspiration:

- Improving patient outcomes
- Professional Growth
- Research and innovation
- educational impact

Summary:

Various educational and professional background, but they generally share a commitment to improving patient health and well-being. Health care providers face numerous challenges, addressing these

Background:

- Rushi a 28-year-old Social Worker, has been in the mental health and Care System for 5 Years

- They have seen many individuals Struggle

Doubts / Fear:

- fear of not making a difference OR failing clients

- Doubts about their own abilities and

Challenges Faced:

- Bureaucratic red tape and limited Funding

- High Caseloads and burnet

- Balancing empathy with Professional boundaries

- Staying up to date with best Practices and research

Aspiration:

- To create a more accessible and inclusive mental health system

* To develop innovative programs and Services that address systemic gaps

- To become a leader and advocate foy mental health refer

Summary:

Rushi is a dedicated and compassionate Social worker driven by a desire to improve The mental health and care system. Despite facing challenges and cloud's, they remain committed to their work and strive to Create Positive change.

Motivation:

- Passion for helping others heal and grow

- Desire to make a positive impact on there community.

5W1H Activity

- **Who**
- **What**
- **Where**
- **When**
- **Why**
- **How**

5W-1H Activity

Team 10:

Aspect	Questions	Answer
Who	**Who is affected by the problem?**	People with Mental Health issues (like depression, trauma, anxiety, etc)
What	**What exactly is the issue?**	Nowadays, people and students of our age group face Mental health problems like depression, anxiety, trauma, etc.
Where	**Where does the problem occur?**	It can be faced anywhere across the world. Depends on the person's life situation/condition.
When	**When does this problem arrives?**	It depends person to person depending on their life. It can be due to several things like Work-life stress, financial Issues, personal problems, etc.
Why	**Why is solving this project important?**	Solving this project is important as almost every person nowadays face mental issues like depression, anxiety, etc. If the problem is not solved earlier can face serious consequences.
How	**How will your solution address the problem?**	Our main goal is to create an app for mentally ill people. In the app we will be having professional mental health advisors which will address their problem and keep regular track. We will be recommending entertainment sessions which will help them to come out of depression, etc. Will give them exercises like meditation, yoga, etc

Theory of Prioritization

The "Theory of Prioritization" model explains:

- Ranking and sequencing actions, tasks, or resources.
- Purpose: Decision-making on what to prioritize or address first.
- Useful when resources are limited, ensuring critical tasks are completed first.

Theory of Prioritization

Sr.NO	Identified Problem	Point (out of 6000)
1	Stress, Deperation, Anxite	6000
2	Lack Of Public Awarness	3300
3	Mood Disorders	2400
4	Limited Accessibility	1200
5	Technology Limitation	1000
6	Social Media Impact	3000
7	Facility not availible in rural area	3800

Scamper

- **It is a creative thinking and problem-solving technique.**
- **It Helps generate new ideas or improve existing ones.**
- **Systematically modify aspects of a product, process, or service.**
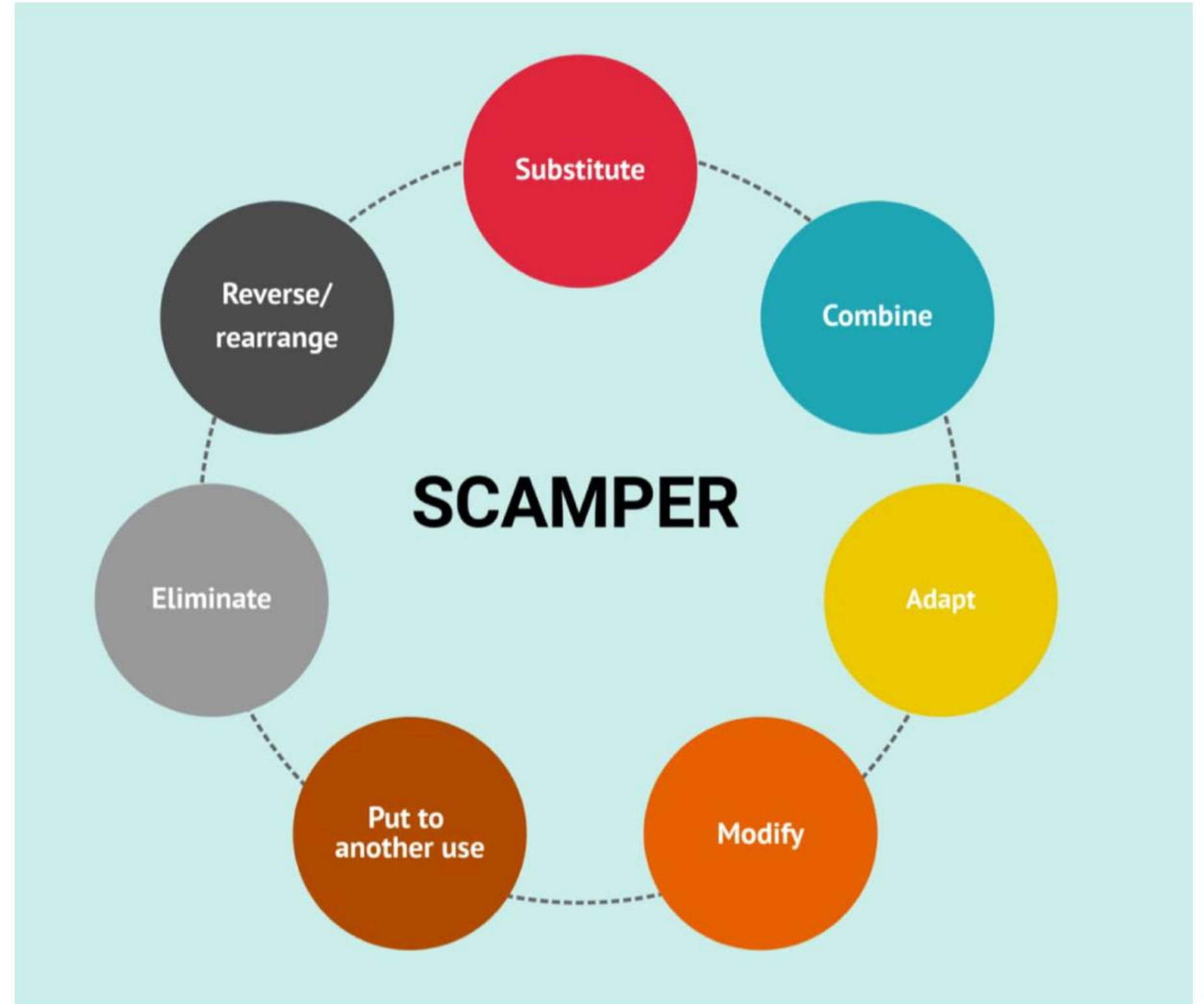
Scamper (Substitute, Adapt, Eliminate)

1. Substitute

- **Substituting elements of existing systems with more effective or user-friendly options can directly improve user experience.**
- **For example, substituting in-person therapy sessions with virtual ones can increase accessibility.**

2. Adapt

- **Adapt successful models from other countries.**
- **Mental health system like community-based approche.**

3. Eliminate

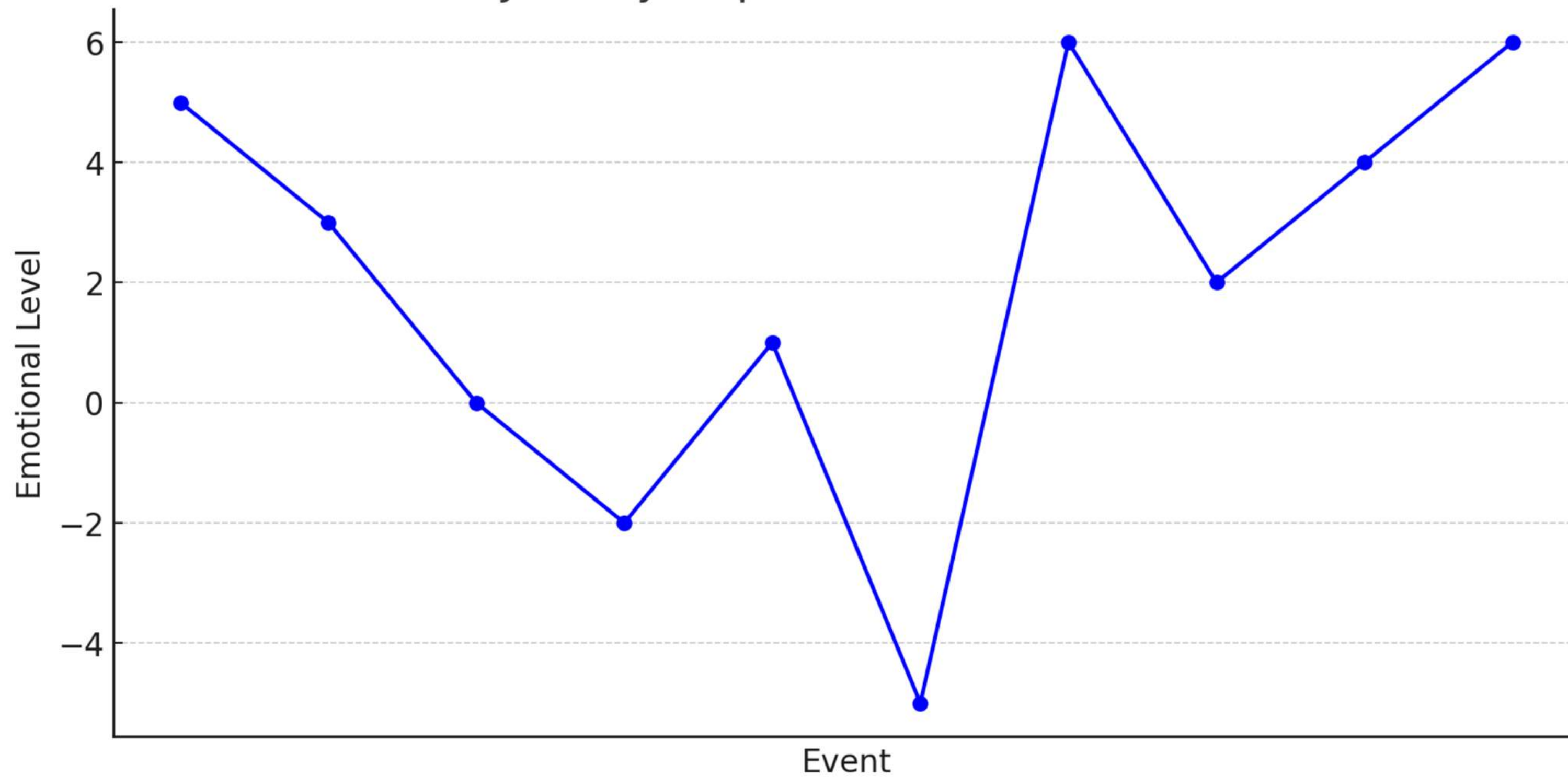- **Eliminate stigma through public awareness campaigns and education.**

Journey Map

For Worker

1. Welcome
2. Login
3. Activity -(psychiatrist)
4. Activity-(Yoga, Meditation, Meditation)
5. Counciling
6. psychiatrist name and time
7. Yoga time or type
8. meditation time
9. motivation speach time
10. Funbox activity

Workers

Emotional Journey Map for Mental Health Care Worker

Student

Emotional Journey Map for Student

Thank You