



Mental Mentor

# Looking after Your



A website on caring  
for your mind and  
spirit.

# Mental Health

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# Agenda

01

What is mental  
health & Why it's  
more important  
than mind

02

Problems  
related to  
mental health

03

Features

04

Conclusion



# What is



# Mental Health?

Is it a state  
of mind?

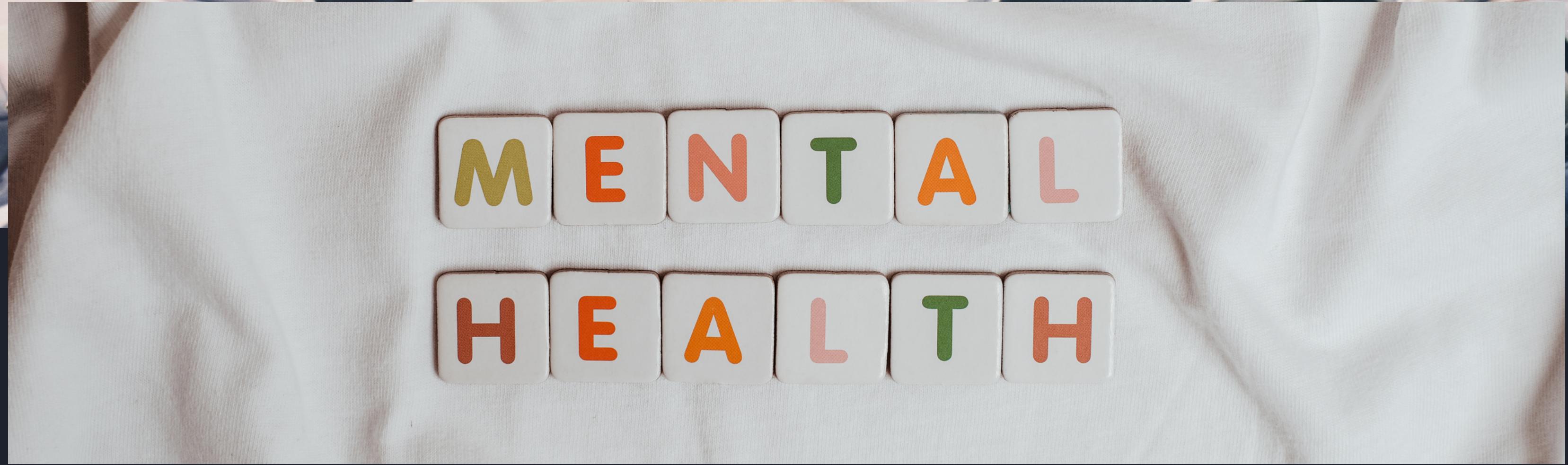


# Defining Mental Health

**Mental health is a positive concept.  
It encompasses our emotions, our  
psyche, and our social interactions.**

**Mental health is more important than the  
mind because it encompasses all aspects of  
our lives and is essential for optimal  
functioning and well-being. It's important to  
prioritize and take care of our mental health  
in the same way that we take care of our  
physical health**





# Problems related to mental health

Some common problems related to mental health include stigma, lack of access to treatment, social isolation, workplace stress, trauma and abuse, substance abuse, lack of education and awareness, and mental health issues in marginalized communities. It is important to address these problems and work towards improving mental health access, education, and support for all individuals.



# Features

## 1. Mental Strength Test

These tests are designed to help visitors assess their mental health in specific areas such as depression, anxiety, and self-confidence tests. The depression test is designed to help visitors identify its symptoms

## 2. Journal

It will provide users with a safe and confidential space to document their thoughts and emotions.

## 3. Guide & Therapy

Guide will help user to overcome their various problem by providing useful articles about their problems.

Therapy will recommend the best therapist near user for Therapy & Consultation..





Anxiety is the most common mental illness in the world, affecting 284 million people.  
(Data-2018)

970 million people worldwide have a mental health or substance abuse disorder. (Data-2018)



# Thank you!

We help to solve this issue by

- Raising awareness
- Support and resources
- Education and training
- Research