MindMate.AI

Generative AI for Youth Mental Wellness

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Problem

- Youth often feel anxious, stressed, or lonely.

- Stigma + lack of access -> they hesitate to seek help.

- Existing tools: generic, not youth-focused, little personalization.

- Need: Private, empathetic, AI-based support.

Solution: MindMate.AI

- Empathetic conversational AI check-ins.

- Mood detection (positive / neutral / negative).

- Personalized coping strategies: breathing, journaling, grounding.

- Safety layer: red-flag detection -> crisis hotlines.

- Mood dashboard with local data storage.

Demo & Tech

- Prototype: Streamlit app (single file).

- Core features in MVP:

    1. Chat with empathetic reply.

    2. Sentiment analysis & coping tips.

    3. Mood dashboard with CSV export.

- Tech stack: Python, Streamlit, NLTK (VADER), SQLite/CSV.

- Privacy-first: no cloud storage, runs locally.

Impact & Roadmap

- Impact: empower students to self-reflect & build coping habits.

- USP: safe, private, youth-centered micro-interventions.

- Roadmap:

  - Phase 1: Transformer sentiment classifier.

  - Phase 2: LLM fine-tuned for safe dialogue.

  - Phase 3: Multilingual + voice support.

  - Phase 4: Clinician integration.

- Ask: mentorship, hosting credits, pilot partners.