

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.

MindMate.AI - Chat Demo

User: I'm stressed about my exams.

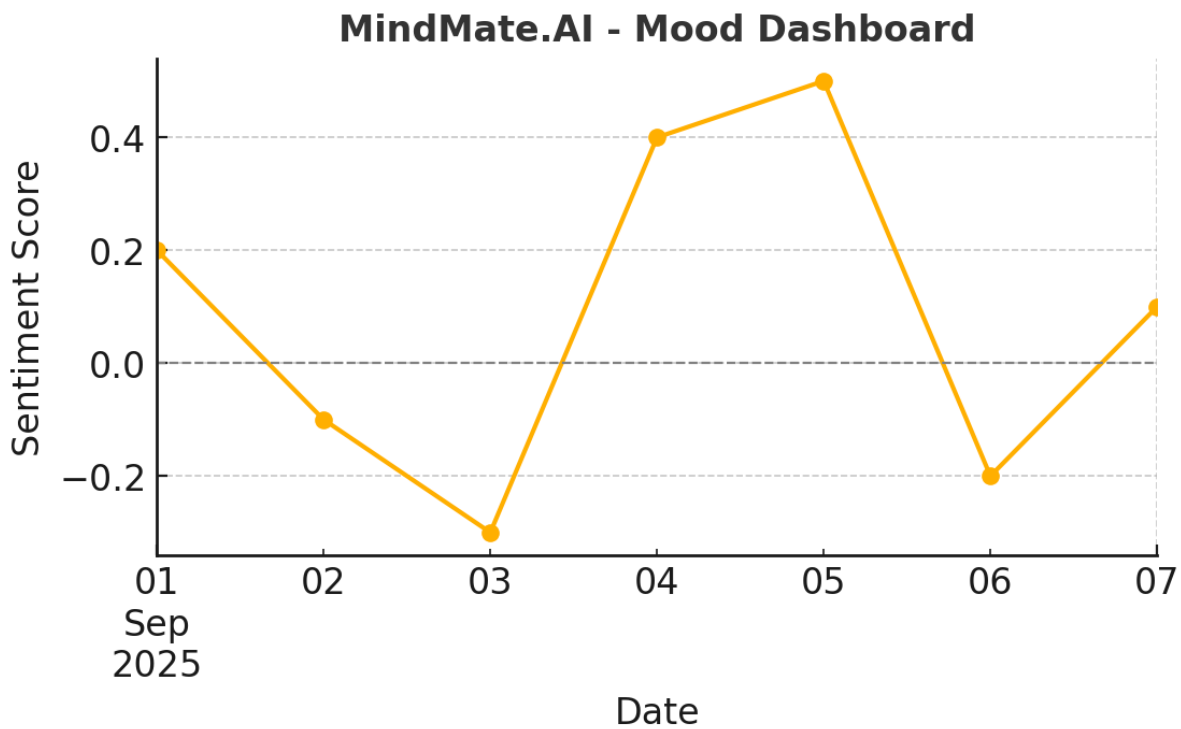
MindMate: I hear you. Exams can feel overwhelming. Let's try a 3-minute breathing exercise together.

MindMate: Suggested quick tips:

- Try 4-4-6 breathing
- Grounding exercise: 5-4-3-2-1 method

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.



Safety & 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.

MindMate.AI - Safety Alert

 **Emergency Detected**
If you are in immediate danger,
please call your local emergency services
or dial 988 (US).