MindMate.AI

Generative AI for Youth Mental Wellness

Team: Siddharth Katiyar

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.

MindMate.AI - Mood Dashboard
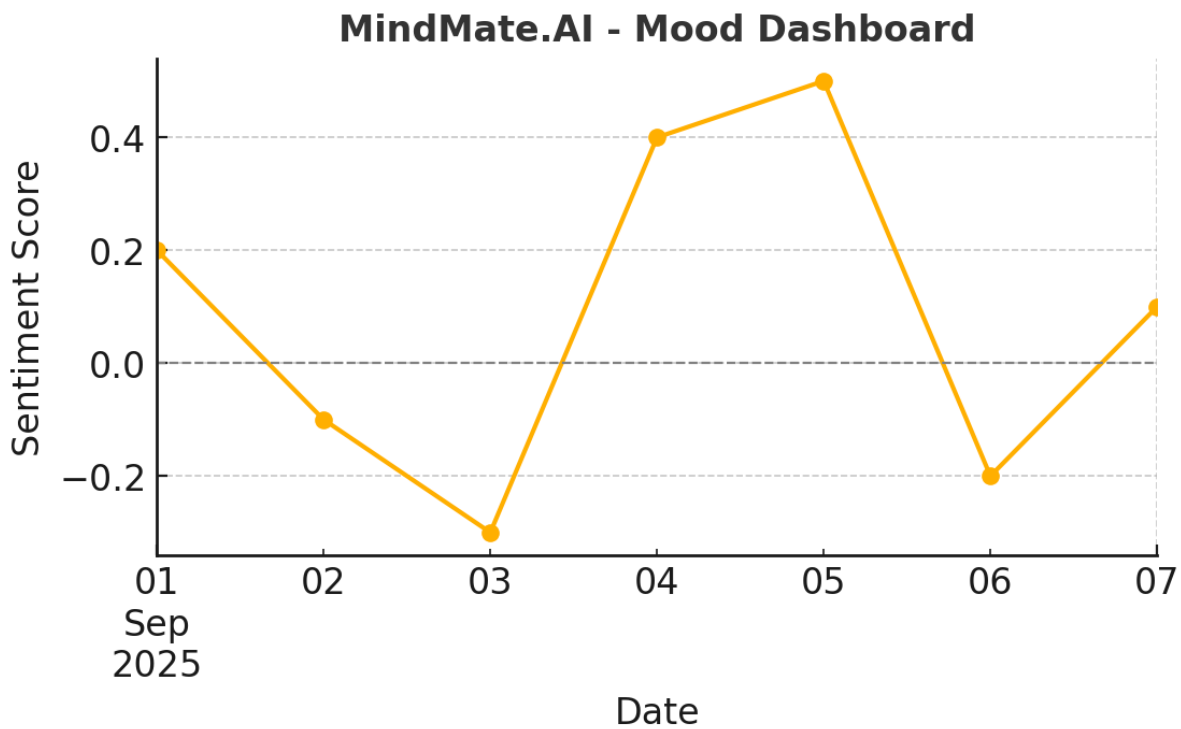
Safety & Roadmap

- 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).

MindMate.AI - Executive Summary

Problem

Youth today face high levels of stress, anxiety, and loneliness, yet stigma and lack of access prevent many from seeking help. Existing wellness apps are often generic, impersonal, or lack safety features.

Solution

MindMate.AI is a Generative AI-powered wellness companion that offers empathetic conversations, automatic mood detection, personalized coping strategies, and a simple mood dashboard. It is lightweight, privacy-first, and designed specifically for students.

Unique Value Proposition

- Privacy-first: no logins, local data storage.
- Safety layer: red-flag detection with hotline escalation.
- Student-centered: short, actionable coping strategies.
- Lightweight tech stack: Streamlit + Python, easy to deploy.
- Scalable: foundation for LLM fine-tuning, multilingual support, clinician integration.

Impact

MindMate.AI empowers students to self-reflect, build coping habits, and take the first safe step toward mental wellness - while reinforcing that professional care is always recommended for severe distress.

Roadmap

Phase 1: Transformer-based sentiment analysis

Phase 2: Fine-tuned safe LLM dialogue

Phase 3: Voice + multilingual support

Phase 4: Clinician integration & pilot testing

MindMate.AI - Elevator Pitch

Students often feel anxious, stressed, or isolated, but stigma and lack of access stop them from seeking help.

MindMate.AI is our Generative AI-powered wellness companion that provides empathetic conversations, detects mood, suggests short coping strategies, and visualizes emotional trends in a private dashboard.

It's lightweight, runs locally without logins, and includes a safety layer that escalates red-flag phrases to crisis hotlines.

Our hackathon prototype already demonstrates 3 working features, and our roadmap includes transformer-based sentiment models, fine-tuned safe LLMs, and multilingual support.

MindMate.AI empowers youth to take the first safe step toward mental wellness.

MindMate.AI - Judge's Quick Review Sheet

At-a-Glance

- Challenge: Generative AI for Youth Mental Wellness

- Team: Siddharth Katiyar

- Prototype: Streamlit app (chat, mood detection, dashboard)

- Duration: Built for Hackathon 2025

Problem

- Students face stress & anxiety but hesitate to seek help due to stigma & access gaps.

Solution

- AI companion with empathetic chat, automatic mood detection, coping tips, dashboard, and safety alerts.

Unique Value Proposition

- Privacy-first: local data storage

- Safety-first: red-flag detection

- Lightweight: easy to run on laptop or cloud

- Tailored for students

Impact

- Helps students reflect, cope, and seek professional support when needed.

Roadmap

- Transformer sentiment -> Safe LLM dialogue -> Multilingual/voice -> Clinician integration.

Hackathon Prototype Submission Cover Letter

Dear Hackathon Organizer / Mentor,

Please find attached my team's submission for the Gen AI Exchange Hackathon - Student Track: Generative AI for Youth Mental Wellness.

Project Name: MindMate.AI

Challenge: Generative AI for Youth Mental Wellness

Team Lead: Siddharth Katiyar

Submission Package Includes:

- Prototype (Streamlit app)

- GitHub repository

- Pitch Deck (with screenshots)

- Demo storyboard & script

- Executive Summary (1-pager)

- Elevator Pitch Card

- Judge's Quick Review Sheet

- Screenshots (chat, dashboard, safety alert)

Links:

- Prototype Bundle (ZIP): [Attach or link Final_Submission_Bundle_v2.zip]

- GitHub Repository: https://github.com/YOUR_USERNAME/MindMateAI_Prototype

- Demo Video (2-3 min): [Insert uploaded YouTube/Drive link]

We have designed MindMate.AI as a privacy-first, empathetic AI companion for students that provides emotional check-ins, mood tracking, coping tips, and a safety escalation feature. The prototype demonstrates 3 core working features, and the roadmap includes transformer-based sentiment analysis, safe LLM integration, and multilingual support.

We are excited to share this work and look forward to feedback from the evaluation team.

Thank you,

Siddharth Katiyar

Team: MindMate.AI

MindMate.AI - Hackathon Submission Checklist

1. Challenge Selected: [Student] Generative AI for Youth Mental Wellness

2. Brief about your solution: Paste the prepared text (MindMate.AI description).

3. USP of the solution: Paste the prepared USP points.

4. Upload Project Deck: Upload 'MindMateAI_PitchDeck_with_Screenshots.pdf' (<=5MB).

5. Prototype Link: Provide hosted link OR attach 'MindMateAI_Prototype.zip'.

6. Demo Video: Record 2-3 min demo using 'Demo Script' & 'Storyboard', upload MP4.

7. GitHub Repository: Push code using provided steps, paste repo URL.

8. Attachments available in Final Bundle ZIP: Prototype, GitHub repo, Deck, Storyboard, Screenshots.

9. Final check: Ensure video length < 3 minutes, deck PDF size < 5MB, GitHub repo public.

10. Submit before deadline: Sept 21, 2025, 2:29 PM (IST).

Tip: Keep this checklist open while filling the hackathon submission form.

MindMate.AI

Generative AI for Youth Mental Wellness

Team Lead: Siddharth Katiyar

Hackathon: Gen AI Exchange 2025 - Grand Finale

The Problem

- 1 in 3 students report anxiety or depression symptoms.

- Stigma prevents early help-seeking.

- Existing wellness apps: generic, not tailored, limited trust.

- Urgent need: safe, empathetic, private support.

Our Solution: MindMate.AI

- AI-powered wellness companion for students.

- Empathetic chat check-ins.

- Mood detection + tailored coping tips.

- Safety layer with hotline escalation.
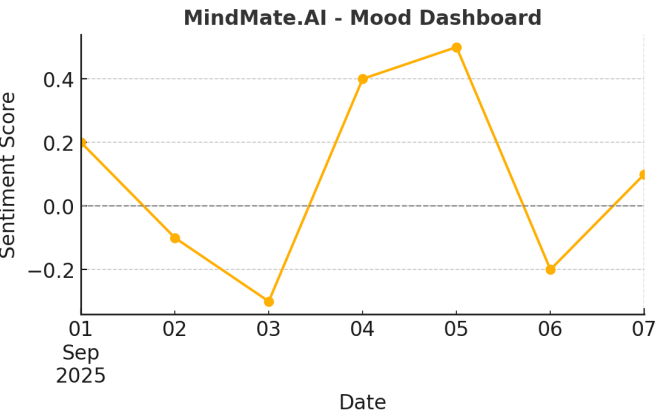
- Mood trend dashboard.

Demo Screenshots

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

MindMate.AI - Mood Dashboard

MindMate.AI - Safety Alert

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Unique Value Proposition

- Privacy-first (local data storage).

- Safety-first design (red-flag detection).

- Youth-centered micro-interventions.

- Lightweight, low-cost deployment.

- Scalable for global student wellness.

Market & Impact

- Addressable market: 1.5B students worldwide.

- Impact: early stress intervention, better academic & social outcomes.

- Potential partnerships: schools, universities, NGOs, ed-tech firms.

Tech & Roadmap

- Tech Stack: Streamlit + Python + NLTK + RAG (future).

Roadmap:

Phase 1: Transformer sentiment analysis

Phase 2: Fine-tuned safe LLM for dialogue

Phase 3: Voice + multilingual support

Phase 4: Clinician integration & pilots

Ask & Closing

- Ask: Mentorship, hosting credits, partnerships for pilots.

- Vision: Empower youth to take the first safe step toward mental wellness.

MindMate.AI - Private. Safe. Empathetic.

MindMate.AI - Impact Infographic

The Problem

 1 in 3 students report anxiety or depression symptoms
 Stigma + lack of access prevents early help
 Existing apps: generic, not student-focused

Our Solution

 Empathetic AI chat check-ins
 Mood detection + dashboard
 Coping tips: breathing, journaling, grounding
⚠ Safety layer with hotline alerts
 Privacy-first: data stays local

Unique Value Proposition

 Privacy-first design
 Safety-first with red-flag detection
 Youth-centered interventions
 Lightweight & low-cost
 Scalable for schools & NGOs

Roadmap

Phase 1: Transformer sentiment analysis
Phase 2: Fine-tuned safe LLM
Phase 3: Voice + multilingual
Phase 4: Clinician integration & pilots

Impact

 Empower 1.5B students worldwide
 Safe, private first step toward wellness
 Early intervention improves academic & social outcomes

Q1. What problem are you solving, and why now?

Youth mental health is at a crisis point: 1 in 3 students report anxiety or depression symptoms, but stigma and lack of access stop them from seeking help. Existing apps are generic and impersonal. MindMate.AI fills the gap by being private, empathetic, and youth-focused.

Q2. How is your solution different from existing wellness apps?

Unlike generic apps, MindMate.AI is:

- Privacy-first (no logins, no cloud storage).

- Safety-first (red-flag detection with hotline escalation).

- Lightweight (runs on laptop or cloud, no heavy setup).

- Youth-centered (short coping tips, empathetic micro-interactions).

Q3. How does the AI detect mood or emotion?

We currently use NLP-based sentiment analysis (VADER) to classify text as positive, neutral, or negative. This powers coping suggestions. Our roadmap includes fine-tuned transformer models and safe LLMs for more nuanced emotion detection.

Q4. How do you handle safety and avoid harmful responses?

We built a red-flag detection layer. If the AI detects high-risk phrases (like self-harm), it immediately displays an emergency alert with hotline guidance. This ensures safety-first, even in early-stage prototypes. Future versions will integrate safe LLM guardrails.

Q5. Who is your target audience?

Primary: Students aged 15-25, who are most at risk of stress, anxiety, and stigma around mental health.

Secondary: Schools, universities, NGOs, and ed-tech companies who can deploy it as a wellness support tool.

Q6. What's your business or sustainability model?

We envision a B2B2C model: partnerships with schools, universities, and ed-tech platforms who can integrate MindMate.AI into student services. Longer term, freemium features could be offered directly to students.

Q7. How do you ensure privacy and data security?

All check-ins are stored locally on-device or in private CSV logs. No cloud storage, no third-party tracking. This ensures data never leaves the student's control, building trust and reducing privacy concerns.

Q8. How scalable is the solution?

Very scalable - the prototype is built on Python + Streamlit with lightweight NLP. It can run on a student laptop or be deployed on campus servers/cloud. Adding transformers and LLM APIs will enhance accuracy while keeping deployment flexible.

Q9. What is your roadmap beyond the hackathon?

Phase 1: Transformer-based sentiment analysis

Phase 2: Fine-tuned safe LLM dialogue

Phase 3: Multilingual & voice support

Phase 4: Clinician integration and pilot deployments with schools/universities.

Q10. Why is your team the right one to build this?

We combine expertise in Generative AI, LLMs, and deep learning with a strong understanding of student challenges. We've built a working prototype in weeks, demonstrating technical execution and passion for impact.

MindMate.AI - Grand Finale Rehearsal Script

0:00 - 0:20 | Greeting & Intro

Good [morning/afternoon] judges, my name is Siddharth Katiyar, and I'm proud to present MindMate.AI, our Generative AI prototype for Youth Mental Wellness.

0:20 - 0:50 | The Problem

1 in 3 students today report anxiety or depression symptoms.

Yet stigma, cost, and lack of access prevent many from seeking help early.

Existing wellness apps are generic, impersonal, and fail to build trust.

The need is clear: a solution that is safe, empathetic, and private.

0:50 - 1:20 | The Solution

Our solution is MindMate.AI, a privacy-first AI companion.

It allows students to check in with how they feel, receive empathetic responses, get tailored coping tips, and track mood trends in a personal dashboard.

Most importantly, we've built a safety layer - if red-flag phrases are detected, the app immediately provides crisis hotline details. Safety first, always.

1:20 - 2:00 | Demo Walkthrough

Here's how it works:

- A student types, 'I'm stressed about my exams.'

- The AI detects negative mood, responds with empathy, and suggests coping tips like breathing exercises.

- The dashboard then shows mood trends across days, helping students self-reflect.

- And if severe distress phrases appear, the app triggers a red alert with hotline guidance.

This is simple, practical, and already working in our prototype.

2:00 - 2:30 | Unique Value Proposition

What makes MindMate.AI unique?

- Privacy-first: no logins, no cloud storage

- Safety-first: red-flag detection

- Student-centered: short, actionable micro-interventions

- Lightweight & scalable: laptop or cloud-ready

2:30 - 3:00 | Market & Impact

There are over 1.5 billion students worldwide.

By helping students reflect early and cope safely, we improve both academic outcomes and long-term wellbeing.

We can partner with schools, universities, NGOs, and ed-tech companies to scale globally.

3:00 - 3:30 | Tech & Roadmap

Our MVP is built on Python, Streamlit, and NLP sentiment analysis.

Roadmap:

- Phase 1: Transformer-based sentiment analysis

- Phase 2: Fine-tuned safe LLM dialogue

- Phase 3: Multilingual + voice support

- Phase 4: Clinician integration and pilots

3:30 - 3:45 | Closing & Ask

To scale, we're seeking mentorship, hosting credits, and pilot partnerships with schools and universities.

Our vision: MindMate.AI empowers youth to take the first safe step toward mental wellness - privately, safely, and with empathy.

Thank you.

MindMate.AI - Pitch Day Checklist

Before the Pitch (T-3h to T-10min)

- Charge laptop + carry backup charger

- Ensure stable internet or offline deck backup

- Test screen share: Deck + Demo + Infographic

- Rehearse pitch script (3-4 min), review flashcards

- Time practice: aim 3:30-3:45 min

- Open prototype app in background

During the Pitch (3-4 min)

0:00 - 0:20: Greet judges, show Greeting Slide

0:20 - 1:20: Present Problem + Solution

1:20 - 2:00: Demo screenshots (chat, dashboard, safety alert)

2:00 - 3:30: USP, Market, Roadmap

3:30 - 4:00: Ask & Vision, close with impact line

Q&A (5-7 min)

- Use flashcards for key answers

- Keep answers 30-45 sec max

- Always return to Impact + Safety

- Pivot to roadmap for advanced tech questions

After the Pitch

- Thank judges again

- Share Portfolio PDF or repo link if asked

- Write down feedback immediately

MindMate.AI - Demo Narration Script

Step 1 - Chat Demo (0:00 - 1:00)

On screen: Open chat window. Type: 'I'm stressed about my exams.'

Narration:

"Let's see MindMate.AI in action.

I type 'I'm stressed about my exams.'

The AI instantly detects this as anxiety, replies with empathy, and suggests quick coping tips like breathing exercises or writing down thoughts.

This shows how students can safely express feelings and get supportive responses in seconds."

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

Step 2 - Dashboard Demo (1:00 - 2:00)

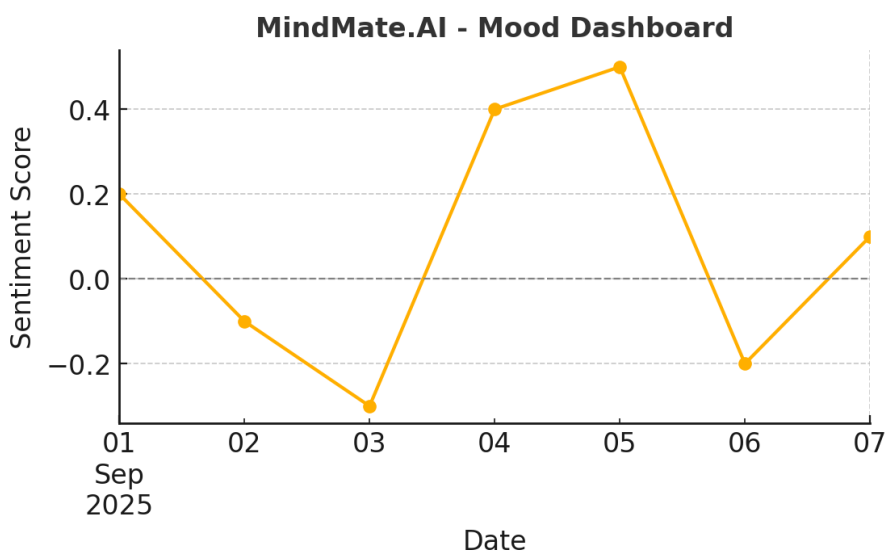On screen: Switch to the Mood Dashboard with sample history.

Narration:

"Here's the mood dashboard.

It tracks emotional trends over time, so students can reflect on how they've been feeling.

This makes wellness visible - a student can see if stress is rising and take action earlier.

Everything is stored locally, so privacy is protected."

MindMate.AI - Mood Dashboard

Step 3 - Safety Alert Demo (2:00 - 3:00)

On screen: Type: 'I don't want to live anymore.' -> Trigger red alert.

Narration:

"And most importantly, here's the safety layer.

If a student types a high-risk phrase like 'I don't want to live anymore,' the AI immediately stops normal responses and displays a crisis hotline alert.

This ensures students are guided to professional, real human help when they need it most.

So in just 3 minutes, we've seen all three core features:

- Empathetic chat check-ins

- Mood trend dashboard

- Safety-first crisis escalation"

MindMate.AI - Safety Alert

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