MindMate.AI

Generative AI for Youth Mental Wellness

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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.
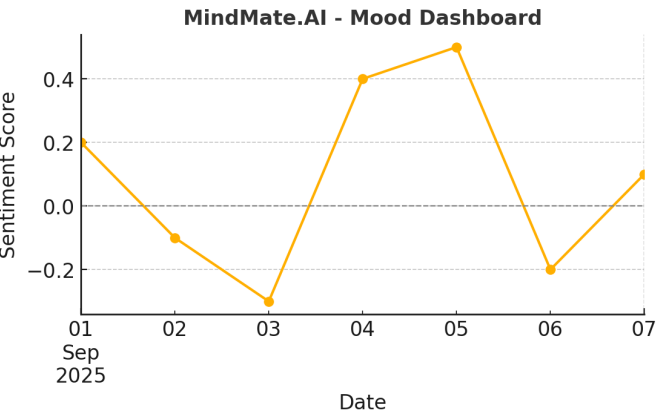
- Mood trend dashboard.

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

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

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.