IDEA IGNITE

TEAM- STRIKERS

MEMBERS :-

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TOPIC- MENTAL SUPPORT SYSTEM

PROBLEM

Depression is a serious mental health condition characterized by persistent feelings of sadness, hopelessness, and a lack of interest or pleasure in activities. It can significantly impair a person's ability to function in daily life, affecting their work, relationships, and physical health. Depression is often accompanied by other symptoms such as changes in appetite, sleep disturbances, fatigue, difficulty concentrating, and, in severe cases, thoughts of self-harm or suicide.

Problem that we are attempting to solve-

We are trying to Implement a comprehensive Mental Health Support Network can significantly alleviate the burden of depression through various innovative approaches.

THE TECHNOLOGIES THAT WE ARE TRYING TO IMPLEMENT-

1. Privacy and Data Security

Solution: The platform utilizes blockchain technology to ensure that user data is securely encrypted and stored immutably. This approach guarantees high levels of privacy and data integrity, encouraging more people to seek help without the fear of data breaches or misuse.

2. Timely Interventions

Solution: AI and ML-driven sentiment analysis can monitor user interactions in real-time to detect signs of distress or crisis. This enables timely interventions, helping to prevent crises and ensuring that users receive the support they need when they need it most.

3. Personalized Support

Solution: The platform uses AI and ML to provide personalized recommendations for mental health resources, self-help tools, and professional services based on individual behavior and preferences. This tailored approach enhances the effectiveness of the support provided, addressing diverse mental health needs.

5. Comprehensive Resource Access

Solution: Users have access to a wide range of mental health resources, including professional counselors, support groups, and educational content, all in one place. This holistic approach ensures that users can find the help they need within a single platform.

6. Community and Peer Support

Solution: The platform fosters a supportive community environment where users can connect with peers, share experiences, and offer mutual support. This sense of belonging and understanding is crucial for mental well-being.

7. Crisis Support

Solution: The platform provides quick access to emergency contacts and professional help, ensuring that users can receive immediate assistance in times of crisis. This feature is vital for preventing severe consequences and potentially saving lives.

THE AVAILABLE DATASETS/RESEARCH AVAILABLE FOR US TO INTEGRATE AI/ML FOR RESEARCH-

1.https://www.kaggle.com/datasets/programmerrdai/mental-health-dataset/data

2.https://www.kaggle.com/datasets/parulpandey/emotion-dataset/data

3.https://www.kaggle.com/datasets/souvikahmed071/social-media-and-mental-health/data

5.https://www.who.int/data/gho/data/themes/mental-health

4.https://pubmed.ncbi.nlm.nih.gov/