**What is Mental Health?**

Mental health is the overall wellness of how you think, regulate your feelings, and behave. Sometimes people can experience a significant disturbance in this mental functioning. A mental disorder may be present when patterns or change in thinking, feeling, or behaving cause distress or disrupt a person's ability to function.

A mental health disorder may affect how well you:

* Maintain personal or family relationships
* Function in social settings
* Perform at work or school
* Learn at a level expected for your age and intelligence
* Participate in other important activities

**How are Mental Health disorders defined?**

The Diagnostic and Statistical Manual of Mental Disorders (DSM) is a guide published by the American Psychiatric Association that explains the signs and symptoms of several hundred mental health conditions, including **anxiety, depression, eating disorders, post-traumatic stress disorder and schizophrenia.**

The DSM provides criteria for making a diagnosis based on the nature, duration and impact of signs and symptoms. It also describes the typical course of the disorder, risk factors and common co-existing conditions.

Another commonly used diagnostic guideline is the International Classification of Diseases (ICD) from the World Health Organization.

**How are Mental Health disorders diagnosed?**

A diagnosis of a mental health condition may be made by a psychiatrist, psychologist, clinical social worker, or other mental health professional.

A medical professional determines a diagnosis by interviewing you about your history of symptoms. Sometimes a doctor will require a couple of medical tests to rule out possible physical ailments, but we cannot evaluate mental health itself through blood tests or other biometric data. Instead, they consider numerous factors described below.

* A medical history of physical illness or mental health disorders in you or in your family
* A complete physical to identify or rule out a condition that may be causing symptoms
* Questions about your current concerns or why you're seeking help
* Questions about how recent events or changes in your life — trauma, relationships, work, death of a friend or relative — have affected how you think, feel, or behave
* Questionnaires or other formal tests that ask for your feedback on how you think, feel, or behave in typical situations
* Questions about past and current alcohol and drug use
* A history of trauma, abuse, family crises or other major life events
* Questions about past or current thoughts about violence against yourself or others
* Questionnaires or interviews completed by someone who knows you well, such as a parent or spouse

**What Should we be worried?**

1. In a given year:

* Nearly one in five (19%) U.S. adults experience some form of mental illness.
* One in 24 (4.1%) has a serious mental illness\*.
* One in 12 (8.5%) has a diagnosable substance use disorder.

1. Depression is one of the leading causes of disability. Suicide is the fourth leading cause of death among 15-29-year-old
2. Despite progress in some countries, people with mental health conditions often experience severe human rights violations, discrimination, and stigma
3. WHO estimates that the burden of mental health problems in India is 2443 disability-adjusted life years (DALYs) per 100 00 population; the age-adjusted suicide rate per 100 000 population is 21.1. The economic loss due to mental health conditions, between 2012-2030, is estimated at ***USD 1.03 trillion.***
4. According to an estimate by the World Health Organization (WHO), mental illness makes about 15% of total disease conditions around the world.
5. The same estimates suggests that India has one of the largest populations affected from mental illness. WHO labelled India as “World’s Most Depressing Country”.
6. It is estimated that between 1990 to 2017, one in seven people in India suffered from mental illness ranging from depression, anxiety to severe conditions such as schizophrenia according to a report.

**Why this problem occurred in India?**

* The first and foremost reason for India to lose its mental health is lack of awareness and sensitivity about the issue.
* There is a big stigma around people suffering from any mental health issue.
* They are often called as “Lunatic” or “psychotic” by the society. This leads to vicious cycle of shame, suffering and isolation of patients.
* WHO states that in India, (per 100,000 population) there are psychiatrists (0.3), nurses (0.12), psychologists (0.07) and social workers (0.07), while the desirable number is anything above 3 psychiatrists and psychologists per 100,000 population.

**EXIXTING SOLUTIONS IN THE MARKET?**

Apps for mental health diagnosis and consultancy with a psychiatrist:

* **BETTERHELP :**

A paid service that matches users with counsellors who specialize in their areas of concern. After answering a few questions about your mental health needs, the app will link you to a qualified and licensed counsellor. You can even specify preferences for counsellors, such as gender and age, so that you're matched with someone you're comfortable with.

Its benefits include adaptability to change counsellor if not satisfied and to choose a prefer communication type (text, video, audio).

The app requires a weekly subscription fee, ranging from $40 to $70. The exact price is determined by numerous factors, such as your whether you receive a low income or if you have a disability.

* **MindShift CBT :**

MindShift CBT is a completely free mental health app from the Anxiety Canada Association. It uses a cognitive behavioural therapy (CBT) approach to help you cope with anxiety symptoms.

The app includes a variety of tools and the ability to monitor your progress over time. These tools include mood tracking, belief experiments, coping cards, and more. You can also set goals for yourself, such as expanding your comfort zone and tackling a challenge.

* **MoodPath :**

If you're just getting started on your journey of coping with depression, Moodpath is a useful tool that offers insight and self-monitoring tools. The app asks you questions about your mood and thought patterns and delivers an assessment every two weeks. In turn, your doctor or therapist can then use these assessments to help you decide on the right course of treatment. This tracking can also help you figure out potential triggers and understand patterns that emerge over time.

The app also includes a variety of free courses that help you understand depression, its causes, and how it affects the body and thought patterns over time.

* **Apps.Autism360.ai :**

Is a one-step solution for diagnosis of autism, in young kids and teens also providing necessary consultancy for the same.

This app also offers guided courses to improve and track your progress for the same. The learning course are based on efficient use of CBT.

**WHAT ARE WE BUILDING ?**

**MindField. Buzz** is a one stop destination for finding your Mind Buddies.

It is an interactive social media community app which allows common people, doctors/psychologist/psychiatrists, and other stake holders like researchers to interact and collaborate together online.

Common people, doctors and other stack holders will be divided into three categories for better communications and collaborations.

Each community member can interact with other community members normally like any other social media app or can engage in a private line conversation.

These categories enhance the ability to create small, yet diverse and more active communities as compared to larger communities like Facebook pages etc.

Users remain free to create their own smaller communities across these three broad communities.

MindField. Buzz is designed with the purpose that using community building, awareness on mental health can be spread across various strata of society

**MindField.Care**

Is a service which aims to connect users with counsellors who specialize in different area of concern, a questionnaire is designed with the help of expert psychologist/doctors about user mental health conditions they are connected with qualified counsellors.

This app will initially focus on areas like depression, PTSD, anxiety, schizophrenia and other learning and neurodevelopment disorder like dyslexia, autism, ADHD, dyscalculia, dysgraphia.

user will have to answer a basic questionnaire individually designed for the above mentioned disorder which provides a basic diagnosis for the user then a option is provided to connect to a specialized consultant and continue there diagnosis further.

The user is then connected to multiple different communities based on our AI algorithm and user interests on **MindField. Buzz**

**MindField.Learn**

Is a paid service which provides users with a holistic and sophisticated curriculum/course designed with the help on industry specialized doctors on the above mentioned disorders.

App provides users with option to set their own timelines, learn at there own pace, monitor their progress which is supervised by an individual consultant assigned to you.

User can also share their progress with their MindField Buddies on MindField. Buzz app.

All of the three solution **MindField. Buzz, MindField.Care, MindField.Learn** together provides a holistic solution for your Mental health and is what sets us apart from the existing solutions in the market.

-------------------Designed with love, by MindField Team-----------------------