**A**

**PROJECT REPORT**

ON

**Mental Health Mate**

Submitted in partial fulfillment for the award of

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**(PG-DAC) from**

**INSTITUTE OF EMERGING TECHNOLOGIES**

**Authorized Training Centre**

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**CERTIFICATE**

This is to certify that the project report entitled **Mental Health Mate** is a bonfire work carried out by **ANISHA MALODE, ROHIT SRIVASTAVA, TEJAS RUIKAR, and SANSKRUTI MANKAR** andsubmitted in partial fulfillment ofthe requirement for the C-DAC ACTS, DAC course in Institute of Emerging Technology in the batch of MARCH 2023.

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**Abstract**

The "Mental Health Mate" web application is a groundbreaking platform designed to address the pressing challenges of mental health support and awareness in today's society. With a focus on promoting emotional well-being, providing accessible resources, and fostering a sense of community, Mental Health Mate offers users a comprehensive toolset to navigate their mental health journeys. Through a user-friendly interface, individuals can access a variety of features including educational content, self-assessment tools, guided meditation sessions, and a supportive community forum. By harnessing the power of technology, Mental Health Mate aims to bridge the gap between individuals seeking mental health assistance and the resources they need, ultimately contributing to a more informed, resilient, and connected global population.

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1. **Introduction**

In recent years, the importance of mental health has gained significant recognition as a critical component of overall well-being. The modern world's fast-paced nature, coupled with various life stressors, has led to a rise in mental health challenges such as anxiety, depression, and stress-related disorders. However, while awareness surrounding mental health has improved, there remains a substantial gap between the demand for support and the accessibility of appropriate resources. The advent of technology provides an unprecedented opportunity to address this gap.

The "Mental Health Mate" web application emerges as a response to this pressing need for accessible and comprehensive mental health support. This platform goes beyond the traditional confines of therapy and counseling by offering a diverse range of tools tailored to individual preferences and needs. The application's user-centric design prioritizes ease of use and inclusivity, ensuring that individuals of all ages and technological backgrounds can benefit.

This project outlines the fundamental features and objectives of the Mental Health Mate web application. We delve into the various components that make up the platform, including its educational resources, self-assessment tools, guided meditation sessions, and community forum. Additionally, we explore the potential impact of such a platform on individuals seeking mental health assistance and the broader societal implications of promoting emotional well-being through digital means. Through the convergence of technology, mental health expertise, and community engagement, Mental Health Mate strives to revolutionize the way society approaches, discusses, and supports mental health challenges.

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1. **Problem Definition and Scope**
   1. *Problem Definition*

The contemporary world is grappling with a multifaceted mental health crisis, characterized by rising rates of anxiety, depression, and other emotional disorders. Despite growing awareness surrounding mental health, significant barriers prevent individuals from accessing timely and effective support. These barriers encompass social stigma, limited access to mental health professionals, lack of knowledge about available resources, and challenges in maintaining consistent self-care practices. This confluence of factors creates an urgent need for a comprehensive and accessible solution that addresses these barriers and empowers individuals to proactively manage their mental well-being.

The "Mental Health Mate" web application emerges to tackle these pressing challenges. It recognizes that a substantial percentage of the population seeks assistance outside of traditional clinical settings, demanding a flexible and technologically-driven approach to mental health support. By offering a user-friendly interface and an array of features, Mental Health Mate aims to bridge the gap between individuals in need and the resources that can contribute to their emotional well-being. This problem statement encompasses the following key aspects:

* **Limited Accessibility:** Many individuals face challenges in accessing mental health services due to factors such as geographical location, financial constraints, and long waiting times. This lack of accessibility exacerbates mental health issues and prevents timely interventions.
* **Stigma and Awareness:** Social stigma continues to surround mental health, deterring individuals from seeking help and openly discussing their struggles. Additionally, there is a lack of awareness about available resources and coping strategies that can aid in managing mental health.
* **Personalized Support:** The one-size-fits-all approach to mental health support often falls short in addressing the diverse and unique needs of individuals. Customized and personalized interventions are essential for effective management and recovery.
* **Consistency and Engagement:** Maintaining consistent self-care practices is challenging for many. Individuals often struggle to stay engaged with mental health routines and may benefit from tools that foster motivation and accountability.
* **Isolation and Community:** Mental health challenges can lead to feelings of isolation. Building a supportive community can alleviate this isolation, providing a sense of belonging, understanding, and shared experiences.

Addressing these issues requires a dynamic and adaptable solution that harnesses the power of technology. The Mental Health Mate web application seeks to provide a holistic support system, guiding users through their mental health journeys with education, assessment, mindfulness practices, and community interaction. By recognizing the nuanced nature of the problem and tailoring its approach to individual needs, Mental Health Mate aims to revolutionize the way society approaches mental health support and contribute to a more informed, empathetic, and resilient global community.

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* 1. Goals and objectives

**Goals:**

* **Promote Mental Well-being:** The primary goal of the Mental Health Mate web application is to promote and enhance mental well-being among its users by providing accessible and comprehensive resources.
* **Reduce Stigma:** The application aims to reduce the stigma associated with mental health by fostering open conversations and creating a supportive community where users can share their experiences without fear of judgment.
* **Empower Self-Care:** The application seeks to empower users with the tools and knowledge to take control of their mental health through self-care practices, guided meditation, and educational resources.
* **Increase Awareness:** Mental Health Mate aims to increase awareness about various mental health conditions, coping strategies, and available resources, fostering a more informed user base.
* **Facilitate Connection:** The application strives to create a sense of connection and belonging among users through its community forum, enabling individuals to connect with others who share similar experiences.
* **Provide Personalized Support:** Mental Health Mate aims to offer personalized support by tailoring content, resources, and recommendations to each user's unique needs and preferences.

**Objectives:**

1. **Educational Empowerment:**
   * Develop a comprehensive library of educational articles, videos, and resources on various mental health topics.
   * Offer easily understandable content that helps users increase their mental health literacy.
2. **User Engagement:**
   * Encourage regular engagement by providing goal-setting features, progress tracking, and personalized notifications.
   * Implement gamification elements to motivate users to consistently use the application.
3. **Holistic Support:**
   * Provide a range of self-assessment tools to help users evaluate their mental well-being and receive tailored recommendations.
   * Offer guided meditation sessions and relaxation exercises to facilitate stress reduction and emotional regulation.
4. **Community Building:**
   * Create a safe and inclusive community forum where users can share their experiences, seek advice, and provide support to others.
   * Implement moderation tools to ensure respectful interactions and a positive environment.
5. **Personalization:**
   * Utilize user profile data, assessment results, and interaction history to offer personalized content recommendations.
   * Allow users to set and track their mental health goals, with the application providing relevant resources and reminders.
6. **Accessibility and Usability:**
   * Ensure the application's user interface is intuitive, easy to navigate, and accessible to individuals with disabilities.
   * Design responsive layouts that work seamlessly across various devices and screen sizes.
7. **Data Privacy and Security:**
   * Implement robust security measures to protect user data and ensure compliance with data protection regulations.
   * Provide clear privacy policies and give users control over the data they share.
8. **Awareness and Education:**
   * Collaborate with mental health professionals and organizations to ensure the accuracy and relevance of educational content.
   * Run awareness campaigns and initiatives to increase knowledge about mental health issues and reduce stigma.
9. **Continuous Improvement:**
   * Regularly gather user feedback to identify areas for improvement and new features.
   * Implement updates and enhancements based on user suggestions and evolving mental health trends.

By achieving these goals and objectives, the Mental Health Mate web application aspires to create a positive impact on users' mental well-being, empower them with the tools for self-care, and contribute to a more compassionate and informed society

* 1. Major Constrains and Outcomes

1. **Software Requirement Specifications**
   1. Purpose
   2. Scope
   3. Functional & Non-functional Requirements
2. **System Modules**
3. **Performance Requirement**
   1. Hardware Requirements

* CPU: Multi-core processor (e.g., Intel Xeon, AMD Ryzen) for handling concurrent user requests.
* RAM: Minimum 8 GB of RAM for small to moderate traffic; 16 GB or more for higher traffic loads.
* Storage: SSD for faster data access and improved application performance.
* Network: High-speed internet connection with sufficient bandwidth to handle incoming and outgoing data traffic.
  1. Software Requirements

1. **UML Diagrams**
   1. Data Flow Diagram (DFD)
   2. Entity Relationship Diagram (ERD)
   3. Use Case Diagram
   4. Class Diagram
   5. Sequence Diagram
   6. Activity Diagram
   7. Deployment Diagram
2. **Test Cases**
3. **Application Screenshots**
4. **Future Scope**
5. **References**