



Reflect

Making Mental Health More Accessible

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*“Build something that
solves real problems and
uses real data”*

Mental Health: An Underserved Silent Crisis



According to the NIH, about
3 in 4 individuals with any
mental disorder did not
receive treatment in the
past 12 months.

We built this because we
needed it.

In the moments of:

disorientation in freshman year...
to the pressure of senior
recruiting season (and stressful
times in between)

Major Depressive Disorder in the US

Major Depressive Episode (MDE) affects 1 in 9 US adults annually, but most people don't seek treatment (NSDUH)

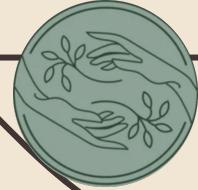
Read our full analysis! →



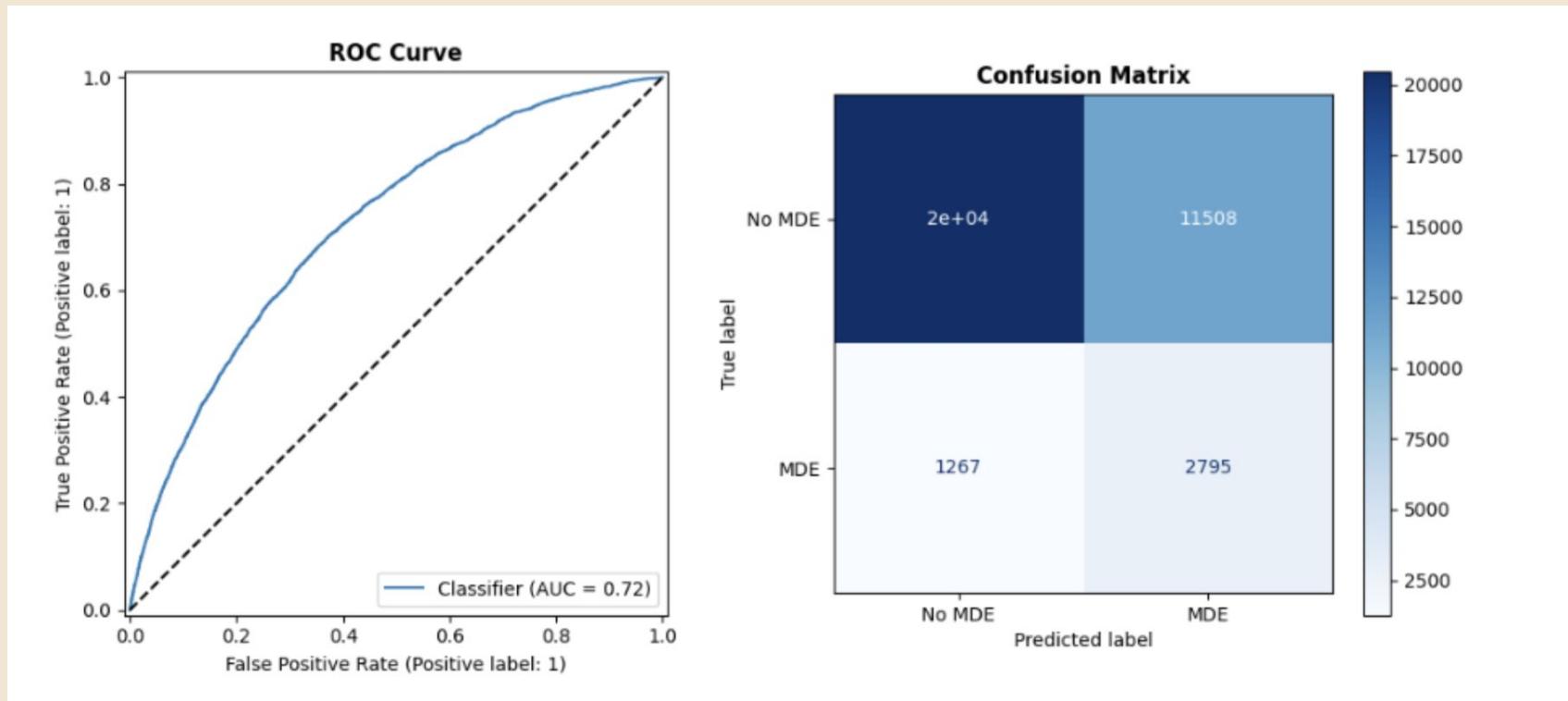
Mental health crisis can seem silent, but using a Random Forest Model on ~180k adult patients, **we found that we were able to predict whether someone had MDE based on:**



Age, Sex, marital status, Employment, substance use patterns, (All without requiring any clinical screening)



The Gap: Major Depressive Disorder



Introducing Reflect





Reflect

Your personal mental health toolkit

What should we call you?

alex

Get Started →



Reflect

alex ▾

Welcome back, alex.

SATURDAY, FEBRUARY 21

 Write what's on your mind

Daily Check-in

Very Low  Low  Okay  Good  Excellent

"Focus on progress, not perfection."

Recent Journal

 No journal entries yet. Start writing to see them here.

Milestones

 No milestones yet. Start a streak to track your progress.

Scan a diary page

Digitize and reflect on your handwritten notes.



Open scanner →

Talk to someone

Find therapists and mental health resources near you.



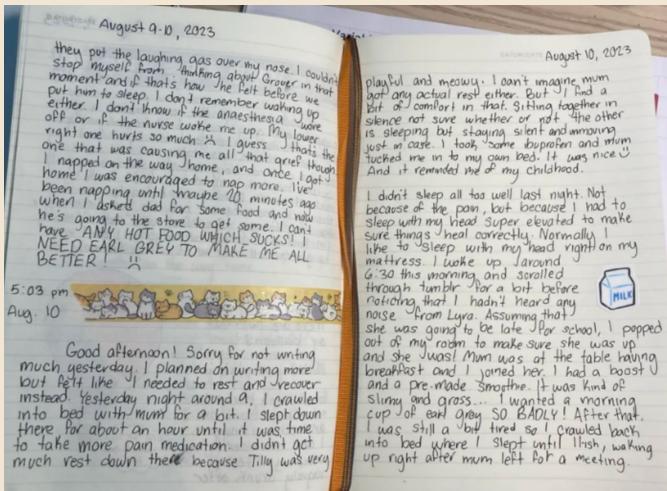
Find someone →

Frontend Key Components

The screenshot shows the main interface of the Reflect app. At the top, there's a navigation bar with a circular icon and the word "Reflect". To the right, it says "judges" with a dropdown arrow. Below the header, a large green banner reads "Welcome back, judges." in white. Underneath, the date "SUNDAY, FEBRUARY 22" is displayed. A white button with a pen icon and the text "Write what's on your mind" is centered. The main content area has three sections: "Daily Check-in" (with icons for mood levels: Very Low, Low, Okay, Good, Excellent), "Recent Journal" (with a note: "No journal entries yet. Start writing to see them here."), and "Milestones" (with a note: "No milestones yet. Start a streak to track your progress."). At the bottom, there are two more sections: "Scan a diary page" (with a camera icon) and "Talk to someone" (with a heart and briefcase icon).

This screenshot shows the "Diary Scanner" feature. At the top, there's a "Back" button, a circular profile icon, and the title "Diary Scanner". Below the title, a sub-instruction "Convert your handwritten thoughts into digital text." is shown. On the right, there's a "New Scan" button. The central part of the screen displays a photograph of a handwritten diary page with text. Below the photo, a green button says "Analyze Entry". Further down, a section titled "Past Entries (5)" shows five cards with timestamped entries. The first card is from "2/22/2026, 1:30:56 AM" with the text "Good conduct The six points of conduct 1.". The second card is from "2/21/2026, 11:49:20 PM" with the text "August 9-10, 2023 they put the laughing". To the right of these cards, there are buttons for "Confirm & Save Entry" and "Edit Transcription". On the far right, a sidebar lists "Handwritten to text" and "REAL-TIME" under "Good conduct" and "The six points of conduct". It also lists the "Six points of conduct": 1. Self-control as to the mind, 2. Self-control in Action, 3. Tolerance 4. Cheerfulness, 5. One-pointedness, and 6. Confidence.

Backend Key Components

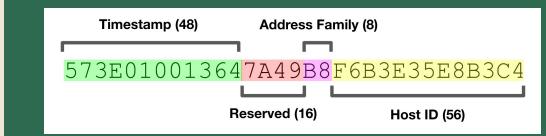


Google Maps API:
Used to calculate accurate driving distances in seeking nearest mental health.

SAMHSA Dataset:
Substance Abuse and Mental Health Services Administration (US Federal Agency). Data contains ~9000 mental health facilities in the US (we used their location info lat and lng)

Image → Text: Taking journal image → GPT-4o vision API → supabase storage.

Saving user data: Backend generates UUID on first visit.



Supabase (Database) Tables - storing data



Facilities

Cols:id, address info + lat,
lng, geocoded_at

Purpose: Stores mental
health facilities from the
SAMHSA dataset

Entries

Cols: id, text, user_id,
created_at

Purpose: Stores Diary scan
transcriptions

Future Steps

- Improve therapist sorting by specialization and insurance coverage
- Enhance the AI to respond more empathetic and flag distressing signals in real time
- Expand SAMHSA dataset filtering by insurance type, specialty, and availability
- Improve mood tracking to visualize meaningful health trends over time in-app
- Explore data privacy best practices for health applications



Thank You, Questions?



Tech stack

Frontend

- React 18 + Vite
- Tailwind CSS (CDN)
- Google Fonts: Inter + Lora

Backend

- Node.js + Express
- OpenAI API (diary scanner transcription)
- Google Maps API (Distance Matrix + Geocoding)
- Multer (image uploads)
- UUID + cookie-parser (user identity)

Database

- Supabase (PostgreSQL) – stores users, diary entries, facilities

Storage

- localStorage – journals, mood entries, milestones/streaks (per user)

