



CalmBuddy: Your 24/7 Campus Wellness Companion



AI Chatbot for Student Mental Health & Stress Support

Why CalmBuddy? 🤔



- Students face stress, anxiety, and exam pressure 😞
- Hesitate to talk to friends or counselors 💬
- Need instant, accessible support, 24/7 🌱

Key Features



Breathing & Mindfulness

Exercises for calm  



Gratitude Prompts

Focus on positive memories 



Motivational Support

Advice & stress checks 



Helpline & Crisis

Immediate support 



Study & Focus Tools

Planner and boosters  

How CalmBuddy Calms You 🌱

Tap into these proven techniques for immediate relief:



Visualization

Safe Place



Gratitude Check

Count your blessings



Body Scan

Tension Release



Positive Memory

Recall happy moments

Study Help Made Easy



01

Plan My Study



Organize tasks & subjects

02

Focus Boost



Pomodoro / micro-sessions

03

Study Tips / Tricks



Flashcards, teaching, summaries

Interactive Widgets & Flows



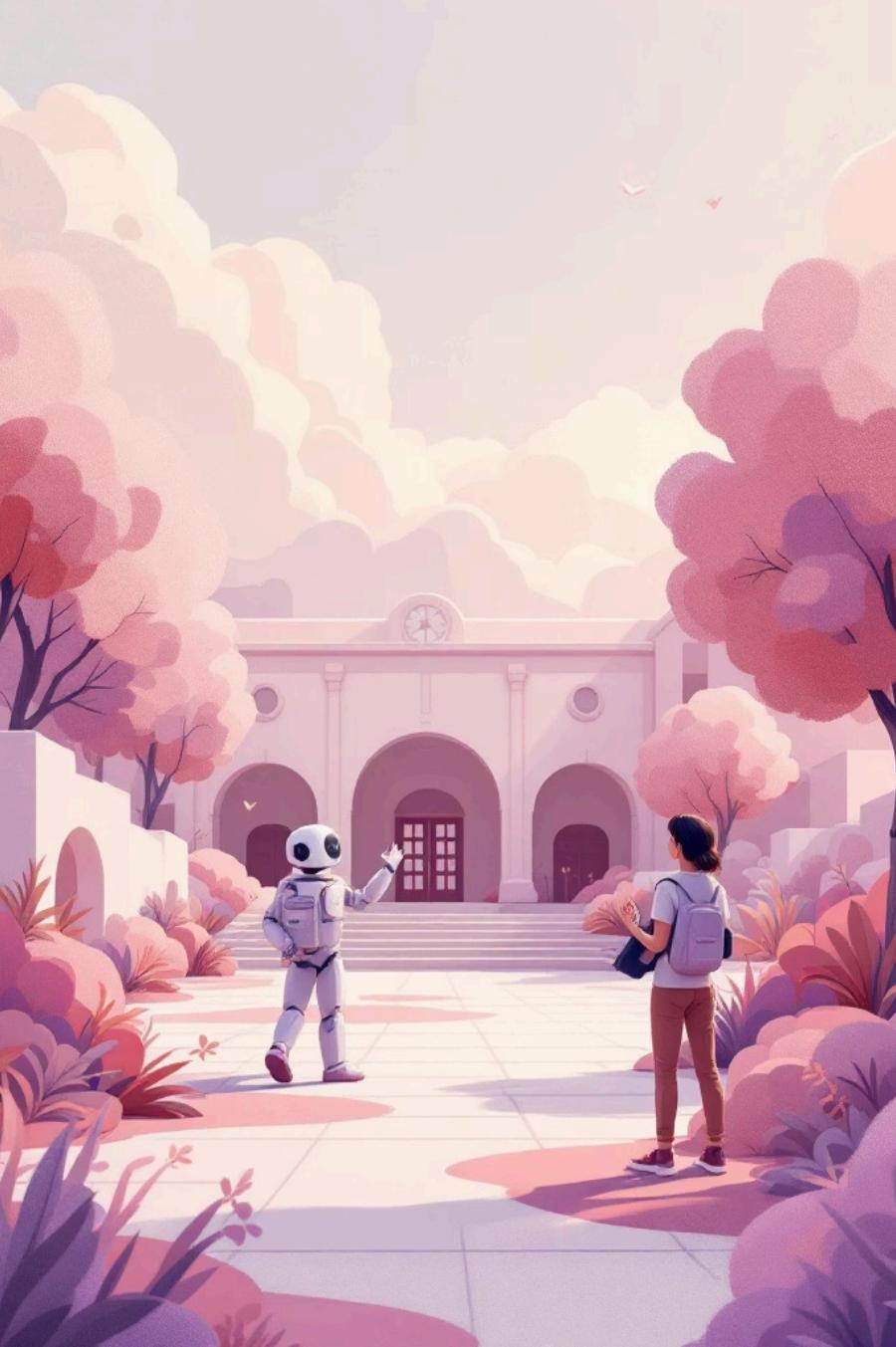
Choose Stress Level

Top Calm Methods

Helpline or Study Help

Plan · Follow-up

Navigate directly to the support you need with intuitive pathways.



Why CalmBuddy Matters 🌱❤️

- 24/7 support for mental wellness
- Reduces stress, anxiety, and overwhelm
- Encourages healthy habits & study productivity
- Safe, friendly, and easy to use 🌱