

Mental Health and Wellness Application

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I. ABSTRACT

Mental health and wellness applications are more commonly used in day to day lives and are highly recognized as a valuable tool for teens as well as adults, the application offers features such as mood tracking guided meditation and personalized mental health assessments, our application is aiming to provide an accessible, affordable and suitable yet convenient support to the user. this application empowers the users to monitor the mental and emotional health, practice self-care and engage them in positive behavioural change. this digital tool offers a significant benefit of privacy and real time support, our idea of mental health and wellness application will help to spread awareness regarding mental health.

II. INTRODUCTION

Mental health and wellness apps have become very popular in recent years because more people are looking for support with issues like anxiety, depression, and stress there are many challenges while accessing the traditional mental and healthcare, digital tools are more essential nowadays as many individuals are seeking for mental support. the mental health and wellness application typically provides the feature of mood tracking, meditation and guided breathing, these features are a therapy and designed to help the users identify the patterns in their emotional and psychological state. the appeal of mental health app lies in the affordability, anonymity and ease of access. the application provides immediate and private support at any time which is especially beneficial of individual who face stigma around mental health or living in the remote areas or financial constraints, despite these challenges the growing acceptance and utilization of the

app suggests a promising future for digital mental health interventions, and also Benefits of this application include accessibility, affordability, and privacy, making mental health care more convenient and approachable.

II. LITERATURE SURVEY

The paper "Work in Progress: A Snapshot of Mental Health and Wellness of Engineering Students Across the Western United States" presents early results from a study on the mental health of engineering students at five institutions. Using tools like K6 and PHQ, the study found that 83.6% of students experienced moderate-to-major distress, with particularly high rates among historically excluded groups—especially bisexual females and Latina women. Despite high distress levels, only 16.4% had formal diagnoses, indicating under-diagnosis or lack of access to care. The authors call for better mental health support and inclusive academic environments.[1]

The B.A. LL.B. (Hons.) IX Term International Law-II paper requires students to answer five out of seven questions, referencing only bare acts. Topics include the definition, sources, and UN role in Human Rights; International Environmental Law and global efforts in environmental protection; the concept and evolution of the Right to Development; International Terrorism and UN counter-terrorism measures; Refugee protection and relevant legal frameworks; distinctions between Asylum and Extradition along with related laws; and short notes on women's rights in

international law, the UNHRC, Non-Refoulement, and protection of stateless persons.[2]

The paper presents an AI-based smart surveillance system aimed at addressing the limitations of traditional manual monitoring methods. Using deep learning, specifically CNNs and the YOLOv5 model, the system enables real-time human detection and activity classification with high accuracy. It operates on a Raspberry Pi with a camera, processes video feeds frame-by-frame, and sends alerts during suspicious activities. Compared to conventional methods, this approach offers improved detection speed, low false alarms, and cost-effective deployment. Future enhancements could include multi-camera support and advanced behaviour analysis for enhanced security.[3]

IV. PROPOSED APPROACH

First, we created the admin module and provided it with admin dashboard. This admin dashboard manages the question given in this app and it is directly connected to the server and this data is also stored in the database. The main part is that this admin module is not linked to the user module. In this module, we can add multiple question which can explain the users' condition better. After the question are added, now the user is handling the project. First the user will login. If the user has not registered then he will login after registering first. After adding the username and password, there is page of select levels. In this page we have added some levels, for example, basic, medium, advance. Whatever the levels user select we will provide question to him according to that. We have taken these levels to understand the user's condition better. because the result of this question is according to it we are going to help the user.

After the user selects the levels, the questions will be displayed according to it in the options of these questions we have added some scores by which we will find out in which percentage the user is or in which category his condition will fall after solving the questions, a progress bar is displayed this progress bar is displayed we have divided this progress bar in some scoring levels for better understanding those levels are 10 to 40 basic score 40 to 60vmedium score or 60 to 100 advanced score we have added like this basically it finds out in which category the condition of the user falls after solving the question after the progress is displayed After analysis, we suggest some remedies which can reduce that problem or any mental illness, We have added all these questions after discussing them with doctors and based on what is currently going on. Our only purpose is that our application should be useful to the users.

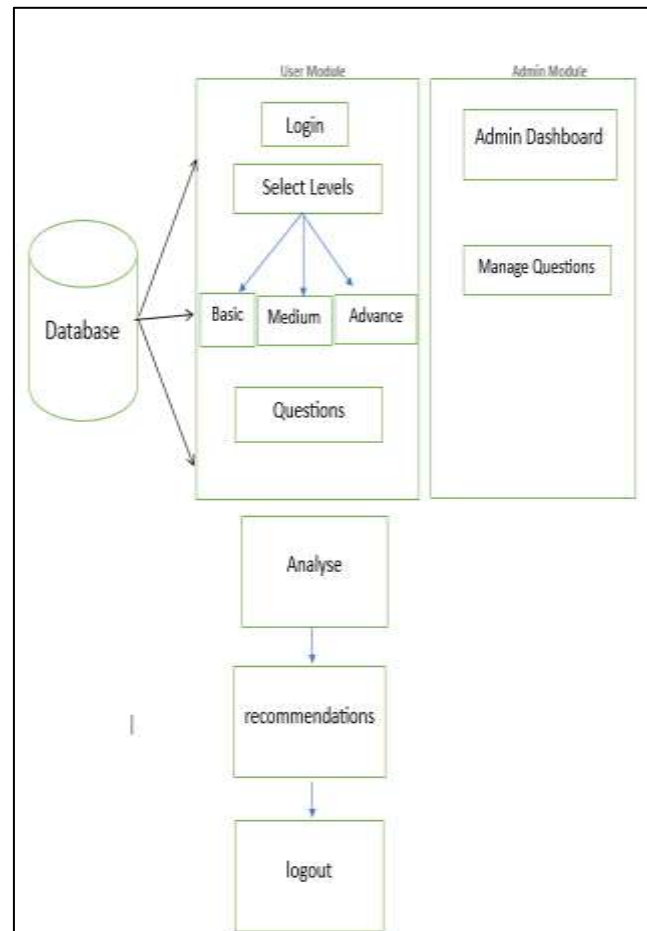


Figure 1: - System Design

V. CONCLUSION

In summary, mental health and wellness application are an innovative, flexible and scalable solution that offers individuals convenient way to manage their mental well-being, proving a valuable complement to traditional mental health services. as the field continued improvements in personalization accessibility and professional oversight will be the key to maximize their impact and effectiveness. And focus on privacy, security, and accessibility to ensure users feel safe and supported while using the application therefore our mental health and wellness application have the potential to revolutionize how individuals approach their emotional and psychological well-being.

VI. REFERENCES

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