



FINAL YEAR PROJECT REPORT

**WEB APP FOR MENTAL
HEALTH SUPPORT
WITH CHATBOT**

**In fulfillment of the requirement
For degree of
BS (COMPUTER SCIENCES)**

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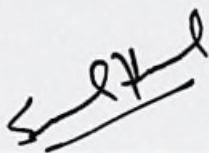
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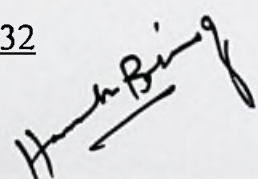
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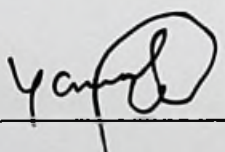
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Specially dedicated to

My beloved Mother and Father & Siblings

Saad Ahmed Khan

My beloved Mother and Father & Siblings

Hassan Mehmood Baig

My beloved Mother and Father & Siblings

Yassal Ahmed

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WEB APP FOR MENTAL HEALTH SUPPORT WITH CHATBOT

ABSTRACT

Mind Wise, a web application dedicated to mental health support, embodies a compassionate and user-friendly approach. The app integrates a conversational chatbot, functioning as both a virtual friend and a supportive therapist. Users can engage with the chatbot for personalized feedback, advice, and curated resource recommendations available within the app.

Central to Mind Wise is the "Daily Mood Tracker," encouraging users to regularly log their emotions. This feature not only aids in personal progress tracking but also empowers the chatbot to tailor its interactions based on the user's emotional state. The proactive nature of Mind Wise extends to its "Self-Assessment" section, where users can partake in quizzes addressing diverse mental health concerns. These quizzes offer valuable insights, fostering self-reflection and a deeper understanding of one's mental well-being.

Respecting user privacy, the app introduces the "Daily Diary" feature—a secure space for confidential self-expression. Mind Wise incorporates gamification seamlessly with the "Daily Tasks" feature, assigning users personalized tasks related to their mental health needs. Points earned for task completion extend beyond daily activities, creating a gamified environment that encourages sustained user engagement and motivation.

For relaxation, Mind Wise offers "Soothing Sounds," providing calming audio environments like ocean waves and forest rain. Additionally, guided exercises, including meditation and breathing exercises, contribute to fostering a sense of calmness and mindfulness.

Recognizing the importance of a social support network, the app includes an "Add Friends" feature. Users can expand their community within the platform, encouraging communication and interaction for a shared sense of well-being.

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