

Development of an App which Takes Care of the Mental Health

HEALTHY - MINDS

Dr. Danie Kingsley J¹, Badri Prasad Sarangi², Abhradeep Malas³

¹Assistant Professor Senior, School of Biosciences and Technology, Vellore Institute of Technology, Vellore - 632014, Tamil Nadu, India

²School of Biosciences and Technology, Vellore Institute of Technology, Vellore - 632014, Tamil Nadu, India

³School of Biosciences and Technology, Vellore Institute of Technology, Vellore - 632014, Tamil Nadu, India

Abstract - Mental illness happens to be a major danger to the current world. Still, it is one of the least spoken and least concerned topics since years, but has gained importance now. In this Lock down and pandemic situation due to the novel CoronaVirus, in spite of being physically sound, it has become difficult for most of us to keep ourselves mentally fit. Among the innumerable recent cases, the suicide of Sushant Singh Rajput, also a residential psychiatrist in AIIMS, Delhi has proven the fact that just the face of a person is not enough to judge his mental state. Not only suicides, the gradual increase in the number of cases of domestic violence, economic crisis, attacks due to growing inferiority complex are evidence that our mental and emotional well being is slowly being corroded and we need to restore them. It can destroy the entire family if not checked at the proper time. So it's our initiative to provide a helping hand in this issue.

Key Words: Mental health, help, awareness, healthy habits, interaction, extra curricular activities, expert guidance.

1. INTRODUCTION

We came up with the idea of joining such people with the people who would understand their problems, and those institutions who work for Mental Health, digitally in this situation. It would be an application which would be connecting people through a common platform and by taking the answers of a few questions we would be able to know mental health. Using GPS location systems people nearby who are ready to help them out can reach them and help them out by listening to them or kind of helping them if not directly, definitely indirectly. Also the easy access of experts and posts to normalize failure will be key features. Yet being anonymous would be a preference too for the people who need it. People would feel free to share their feelings with others, learn life lessons, defeat the feeling of loneliness and inferiority and normalize failures, even without disclosing their details. Connecting people from various aspects of life, various regions, and various backgrounds. Our sole motive is to create awareness about mental health. You need not exactly be affected by a disease to do something about it. Healthy Minds is an

initiative to create a community to normalize and spread awareness about Mental Health issues.

2. MATERIALS AND METHODS

It would be an application which would be present in the mobile and can stay with people 24x7. It would connect people through a common platform and by taking the answers of few questions we would be able to know mental health. Using the GPS location system, people nearby who are ready to help them out can reach them and help them out by listening to them or kind of helping them if not directly, definitely indirectly. We also provide easy access to experts or trainers who can deal with the users to normalize failure and stay positive. Being anonymous would be a preference too for the people who need it so we have kept the option to hide the original identity. People would feel free to share their feelings with others, learn life lessons, defeat the feeling of loneliness and inferiority and normalize failures, even without disclosing their details. Connecting people from various aspects of life, various regions, and various backgrounds, our sole motive is to create awareness about mental health. We also promote healthy habits through guided meditations, journaling, mythological study, blogging, exercises and so on.

Moreover there would be a weekly checkup of mental health of the user through a set of questions that would pop up on notification bar. The result of this question set will help us predict the mental status of the user and put up some suggestions to him that would help him out.

3. SURVEY

We, under the guidance of the VIT Counseling division conducted a survey wherein we mentioned 10 questions with different options and also we allowed people to give their own opinion. We got 180 responses which helped us to read the mindset of people and draw a picture of what customers think.

The set of questions were as follows -

*. Are you a sociable person?

In this people were allowed to rate them between 1- 5 whereby we can know how sociable they are. From the statistics that we received, it was seen people rated them mostly 3, 4 and 5. Maximum people rated them as 4. Which reflects that they are highly sociable or now they are ready to be socially active. This is a positive signal for the society that people are being sociable and trying to reach others out.

**. How likely are you to be a part of a community for mental health ?*

Here maximum people i.e., 60% opted for the “Sounds good” option which means that this is a kind of attracting platform for people while targeting a good topic i.e., Mental Health. Major amount of people from the rest opted some time to think over it. Which means there is a chance to grasp them to form our community if we pitch them up with all the benefits.

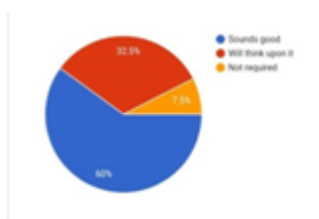


Fig. -1

**. Do you think keeping an option for anonymous messages can let people express themselves better ?*

We could see a drastic amount of people have agreed that being anonymous would help a person to open up and share the problems without having the fear of being identified and sharing his identity. This says that people fear that mental issues are not normal and also the way society sees the mental issues. That’s why they don’t want to come forward revealing the identity and sharing issues openly.

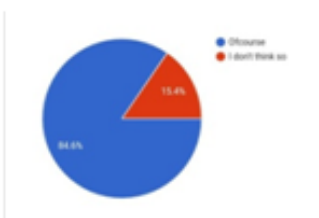


Fig. -2

**. Do you think an online community would serve the purpose ? Or an in person interaction would be necessary ?*

In the survey we saw people deny to share about their problems and any sort of mental issues online, the major cause of that can be they

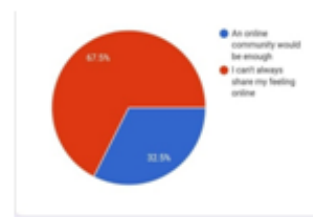


Fig. - 3

**. Will you try to communicate with people close to you when needed? Or will you rather prefer to share your thoughts with a bot ?*

A significant amount of people opted to talk in person with someone who is willing to listen without judging, while a small percentage of people around 10% preferred to keep things to themselves.

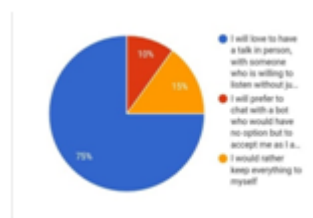


Fig. - 4

**. What do you think can bring a person back to track if he/she tends to deviate ?*

Among the various options that we had given, around 32.5% of people had chosen to watch motivational videos and biopics whereas nearly 25% of people opted to read success stories through blogs and biographies.

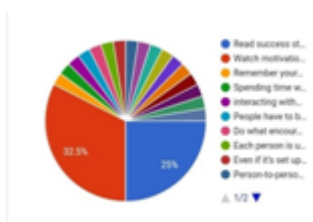


Fig. - 5

**. What would you prefer to do when you are feeling stressed or depressed ?*

89.7% of our audience preferred to talk to a trustworthy friend while a few percentage of people wanted to go to an expert.

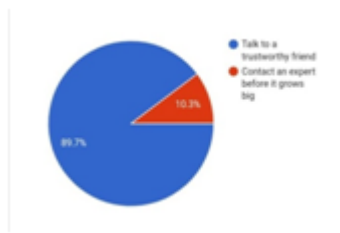


Fig. - 6

*. Would you volunteer to support a person by meeting him/her, if the person is in extreme need ?

62.5% people were strong in volunteering whereas 27.5% were in dilemma. This shows that people are ready to come forward and help others.

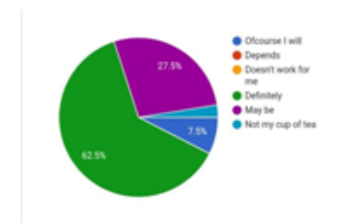


Fig. - 7

*. Would you love to share your story of falling down and rising back, to help others deal with their hardships?

66.7% of people agreed to come up and share their stories while the rest didn't think they could do the job.

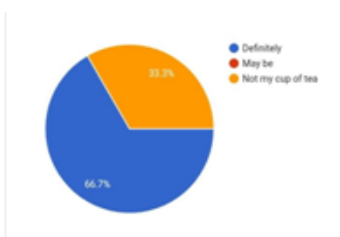


Fig. - 8

4. USP APPLICATIONS

- Chat in-person
 - Sends notification to all locals
 - similar to swiggy/uber
- Talk to an expert
 - Provides notification to professionals in our community
- Exercise
 - Free hands

- Stretching
- Yoga
- Pranayama
- premium: stressbuster
- Games
 - Reflex improving games
 - Calculation speed improving games
 - Patience improving games

5. KEY RESOURCES- both Technical & Non Technical

Our key resources are individuals, organisations and institutions who are working for mental health and are highly professional in the job. Moreover, influencers, creative people and people who are ready to build public relations will also serve our purpose. Some developers, designers, data analysts and social workers would be the resource stream for us.

Developers who are well equipped with RT-DBMS : Google Firebase & who have experience on Application Development: Flutter (Cross-Platform) would be our co-workers.

Before market implementation, we would collect volunteers, train them and trail them.

6. COST STRUCTURE & REVENUE PLAN

We have estimated a rough plan for our 1st fiscal year. Where payment for developers(2) would be: INR 10,000/ person/ month and payment for designers(2): INR 5,000/ person/ month, our Domain, Hosting, Playstore, App Store would cost us upto: INR 2,000/ month. Considering advertising and marketing price of : INR 2,000/ month and maintenance charges that can be upto: INR 1000/ month, we have an Annual cost structure of : INR 4,20,000/-.

Getting or collecting money from the premium subscribers, also for the expert advice, we tend to make a profit of INR 50,000 per year.

7. RESULTS and DISCUSSION

We got good responses from our survey and we understood what people are actually looking for to tackle their mental health issues. We would come to action exactly here where we can work for a social cause and help out maximum people. We would build a community for this. It would not be a mere firm but a family to help its members when they need it. Also we got a few suggestions from our market survey which we tried to include in our app.

E,g,-

- One to one interaction should be prioritized.
- Meditation sessions can help
- Community should be attractive and soothing in its publicity. Also letting feel comfortable and normal should be focused. Moreover while advertising, posters and suggestions should be sweet, humble and friendly.
- Advocate healthy lifestyle changes
- Giving tasks to people to keep them engaged.
- Sharing people's failure stories.
- A good listener is needed on the other side.
- Changing in Indian perspective of seeing mental issues
- School level mental health teaching
- Conducting social events
- Try to change the mindset rather than just saying "it's ok".

8. CONCLUSIONS

No one shares their mental disturbances or stress with other people coming to the forefront. The reason might be, he/she thinks that no one would understand or they fear of being exposed to the world that something is not normal with them. There we come to action. We assure them that this is pretty normal and people often go through such situations and we also help them, guide them, and keep a track on them so as to make them mentally healthy.

At present we aim at connecting people from various aspects of life, various regions, and various backgrounds, our sole motive is to create awareness about mental health and help people. We have a huge audience and this is a need of time where people tend to feel depressed or low in small issues too. We mark our presence here solving these issues and trying to reach out individually and provide expert consultancy and exercises for better mental health. Our mission is to form a community where people come up and freely share their problems, get solutions, help others and learn things as to how we should deal with mental problems and learn to overcome them.

We look forward to joining celebrities, soldiers, entrepreneurs, industrialists, and the people from esteemed posts so as to let our audience know about how they tackle the stress and problems. We aim to exist in

every person's mobile so as to give them a helping hand whenever they need it.

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