Mental Health Tracker

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Abstract: *According to the World Health Organization, previous year 14% of India's population suffered from mental health disease, which included 45.7 million suffering from clinical depression and 49 million from anxiety disorders. Mostly during covid-19 pandemic, when most of the countries choose to go into lockdown, it became obvious for people to feel unmotivated, alienated and stressed which when coupled with overthinking, irritation and anxiety have led few to self-harm with some even losing their lives to mental health. The project focuses on building a mental health tracker for the user and find out if they are suffering from any kind of mental stress and then suggest measures, they can take to get out of their present condition. A user answers some questions and based on the answers that they provide, we will suggest tasks to them. We have also included Doctors module as a professional help if needed.*

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