

# **Solace: Mental Health Support**

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**Abstract:** *Mental health challenges continue to rise globally, creating an urgent need for accessible self-evaluation tools. Our solution, Solace is a secure, web-based platform designed to give users insight into their mental health through a structured, clinically informed assessment. After completing the evaluation, individuals receive clear feedback on their emotional state whether they're in a stable place, could benefit from self-care strategies, or might want to consider professional support. The platform also includes helpful features like mood tracking, a journal for personal reflections, encouraging messages, and useful mental health materials.*

**Keywords:** Mental health, Self-evaluation, Web-based platform, Mood tracking, Professional support

