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HappyMinds-An Android Based Mental Health App

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ABSTRACT: Mental health - something which affects general well-being and is essential when it comes to our day-to-day life often gets overlooked, especially in India where it has become a taboo subject. It determines and regulates our mood, how we communicate, handle stress and our decision making. It is most salient when it comes our physical well-being, as it directly

affects our mood and vice-versa (Ref 1). There are apps created just to cater this need of regulating, improving and maintaining great mental health helping people overcome anxiety, depression, panic attacks and such mental diseases. Recently, in light of the global pandemic we've seen a rise in a number of such apps, available at our fingertips, with not 5% not being with all Intents and purposes studied.

KEYWORDS: Mental Health - Android Studio – HappyMinds

I. INTRODUCTION

The COVID-19 pandemic obligated a new wave of importunity for mental healthcare assistance up to 36% more people divulged having pessimistic impact on their mental health and well-being. The aforementioned aspect made the mental healthcare industry locomote towards digitalization to start providing assistance fortuitously. The intensity of fear, anxiety, fear, isolation and social distancing and emotional distress that is correlated with the virus have become widespread as the world comes to blows to bring COVID-19 under control. WHO(World Health organisation) also estimates that about 7.5% Indians suffer from mental disorders and prognosticates that by the year end 20% of Indians will suffer from mental illnesses. According to the numbers, 56 million people suffer from depression and another 38 million suffer from anxiety disorders.

This project necessitates over bolstering one's mental health in a really facile, trouble-free and inexpensive way. When the application is started the user must answer a couple of questions which will recommend music based on his/her mood, as indagation says music can uplift one's mood. It also has an option which redirects to a section that contains articles written by profuse authors, that can succor in brightening the day. At the month of every month the user will be able to claim a report based on his or her mood throughout the month. There is also a section where you can contact a helpline number when there's an emergency. It will have a soothing, conciliate and elegant background which will help in some or the other way to soothe away pain.

II. MATERIAL

• Android studio
• Database
• Eclipse IDE
• Laptop/PC
• Mobile phone
• Temporary storage

III. DESCRIPTION

The project involves maintaining your social health in a really easy and inexpensive way. When you start the application, you will have to answer a couple of questions which will recommend you music based on your mood, as according to a study that says that listening to music can lift your mood. It also has an option which will redirect you to a section that contains articles written by various authors that can help you brighten your day. At the end of every month, the user will be able to claim a report based on your mood throughout the month. There is also a section where you can contact a helpline number during an emergency. It will have a soothing and elegant background which will help you soothe your pain away.

IV. PROJECT MODULES

Below are the modules :

1. Sign in/Sign up: This is the first stage, here the sign-in and sign-up elements are displayed. The user can sign in from their account, or, can sign-up if they do not have an account.

2. Homepage: In this stage, the user is asked some questions about their mood and activities throughout the day. If the user's mood feeling down, the app suggests some activities and play some soothing music to freshen up their mood.

3. Article: PC Polytechnic, Department of Computer Engineering It will contain articles based on various mental health topics. The user can surf through this page if he feels down or needs advice on improving their mental stability.

4. Music: It contains various relaxing melodies to soothe your brain and up and improve your concentration. It can also be used for meditation, better sleep or studying purposes.

5. Emergency Helpline: Using this section, the user can contact emergency helpline numbers or someone close to them in case of an emergency like panic attacks, severe anxiety and suicidal thoughts

6. Profile: This section contains the status report of the user which can be accessed anytime. A weekly and monthly report will be generated and displayed in this section in the form of a graph or calendar. Settings tab can also be accessed from the profile section through which the user can customise the look and feel of the app.

The base of this application would be made using Java and Android studio. It will have the features as follows:
• User profile
• Notifications
• Dashboard
• Mood and symptom tracking system
• Educational services
• Self-improvement solutions
• Meditation and mental activities

Users can register themselves in the application, so that they will be able to track their development and record it. They can sign-in using Google or Facebook account. Daily notifications will be sent to track the user's mood, which will be tracked through a self-assessment test. This app will provide articles related to mental health and how to improve their mental health written by experts in the field and people who experience similar issues. This app will also include audios and meditation for stress or anxiety release and mindful activities for their mental space check. If a patient is having a panic attack or anxiety attack, people who are currently near them or the patients themselves can play a recording with instructions helping them stabilise themselves.

V. CONCLUSION & FUTURE SCOPE

The scope of this project is to help people struggling with mental health problems and to improve them. The project was accomplished by taking data from the user through a daily assessment test to track their mood. Based on their mood a report was generated. To improve their mental health, we have various features like mini games, relaxing audios, articles, etc.

THANKS
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