Mind Care Assistant - Companion App

Authors : Roshani Gusain, Deep Sinha, Karan Nayal, Anmol Kumar Mishra, Manav Singh

Abstract : In this research paper, we introduce "Mind Care Assistant - Companion App", which is a Flutter and Firebase-based mental health monitor. The app wants to improve and monitor the mental health of its users, it uses noninvasive ways to check for a change in their emotional state. By responding to questions, the app will provide individualized suggestions ⎯ tasks and mindfulness exercises ⎯ for users who are depressed or anxious. The app features a chat-bot that incorporates cognitive behavioural therapy (CBT) principles and combines natural language processing with machine learning to develop personalised responses. The feature of the app that makes it easy for us to choose between iOS and Android is cross-platform, which allows users from both mobile systems to experience almost no changes in their interfaces. With Firebase integration synchronized and real-time data storage, security is easily possible. The paper covers the architecture of the app, how it was developed and some important features. The primary research result presents the promise of a "Mind Care Assistant" in mental health care using new wait-for-health technology, proposing a full stack application to be able to manage depression/anxiety and overall Mental well-being very effectively.

Keywords : mental health, mobile application, flutter, firebase, Depression, Anxiety
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