VISVESVARAYA TECHNOLOGICAL UNIVERSITY

"Jnana Sangama" Belagavi – 590 010

PROJECT REPORT ON

"YOUMATTER - THE MENTAL HEALTH CHATBOT"

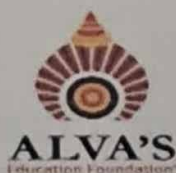Submitted in partial fulfillment of the requirements for the award of degree

BACHELOR OF ENGINEERING IN

ARTIFICIAL INTELLIGENCE AND MACHINE LEARNING

Submitted By

Name	USN
CHIRAG G	4AL20AI010
NIKHIL G B	4AL20AI026
PRATHAM P	4AL20AI031
PRATHIK N R	4AL20AI032

Under the Guidance of
Dr. Pradeep Nazareth
Associate Professor

ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY

(Unit of Alva's Education Foundation (R), Moodbidri)
Affiliated to Visvesvaraya Technological University, Belagavi &
Approved by AICTE, New Delhi. Recognized by Government of Karnataka.
Accredited by NAAC with A+ Grade
Shobhavana Campus, MIJAR-574225, Moodbidri, D.K., Karnataka
2023-2024

ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY

(Unit of Alva's Education Foundation (R), Moodbidri)
Affiliated to Visvesvaraya Technological University, Belagavi &
Approved by AICTE, New Delhi. Recognized by Government of Karnataka.
Accredited by NAAC with A+ Grade
Shobhavana Campus, MIJAR-574225, Moodbidri, D.K., Karnataka

DEPARTMENT OF ARTIFICIAL INTELLIGENCE AND MACHINE LEARNING

CERTIFICATE

Certified that the project work entitled **"YOUMATTER - THE MENTAL HEALTH CHATBOT"**
is a bona fide work carried out by

CHIRAG G	4AL20AI010
NIKHIL G B	4AL20AI026
PRATHAM P	4AL20AI031
PRATHIK N R	4AL20AI032

in partial fulfillment for the award of **BACHELOR OF ENGINEERING** in **DEPARTMENT OF ARTIFICIAL INTELLIGENCE AND MACHINE LEARNING** of the **VISVESVARAYA TECHNOLOGICAL UNIVERSITY, BELAGAVI** during the year 2023–2024. It is certified that all corrections/suggestions indicated for Internal Assessment have been incorporated in the report deposited in the departmental library. The project report has been approved as it satisfies the academic requirements in respect of Project work prescribed for the Bachelor of Engineering Degree.

13/05/24

Dept. c
Alva's Institute of Engineering & Technology
Shobhavana Campus, Mijar
Moodubidire - 574 225, D.K. Karnataka, India

Signature of the Guide   Signature of the HOD   Signature of the Principal

Dr. Pradeep Nazareth   Prof. Harish Kunder   Dr. Peter Fernandes
PRINCIPAL
Alva's Institute of Engg. & Technology,
Mijar. MOODBIDRI - 574 225, D.K

EXTERNAL VIVA

Name of the Examiners   Signature with date

1. Harish Kundn   29 los l20m

2. Dr. Manjunath Kamath K   29/5/24

ABSTRACT

In many parts of the world, there just aren't enough trained mental health professionals to help everyone who needs support. Number of people with mental health issues end up not getting the help they really need. According to the World Health Organization, there's a global shortage of health workers trained in mental health. To resolve this issue chatbots are used. They could be a scalable solution, providing an interactive way for people to engage in behavioural health interventions.

Chatbots are systems that can talk and interact with humans, using spoken, written, and visual languages. They have got the potential to be real helpful tools for people with mental disorders, especially for those who might be hesitant to seek mental health advice, there are quite a few chatbots that have been developed, like SERMO and Aapka Chikitsak. However, they do face some issues, like not giving analysed reports and graphical data. To sort this out, this project called YouMatter has been proposed and designed. YouMatter is aimed at addressing this problem head-on. YouMatter is a mental health care chatbot developed using a large language model (LLM) to offer support and resources to individuals seeking assistance with their mental well-being. By leveraging advanced natural language processing, YouMatter aims to provide accessible and empathetic assistance in navigating mental health challenges. It uses WebSockets to let you chat with the chatbots in real-time. This means you can get help whenever you need it, whether it's day or night.

The chatbots can analyse your mental health over time and show you graphs to help you understand how you're doing. They can even send you emails with tips on how to improve your mental health. So, you can keep track of your progress and get support whenever you need it. YouMatter's aim is to ensure that mental health support is accessible to everyone, anytime. By leveraging chatbots and advanced tech, YouMatter wants to remove obstacles to mental health care. Ultimately, it's all about helping people feel better and live happier lives.