

# THERAPEASE

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# OVERVIEW

- **App Name:** TherapEase
- **App Description:** Tries to revolutionize mental health care and provide medical resources for patients in need
- **Track:** Youth Individual
- **Category:** Mental health and well-being

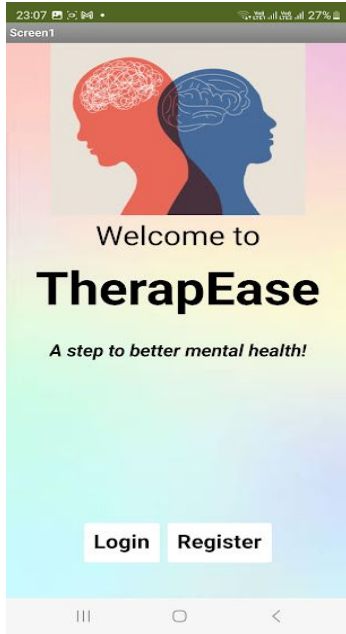


# THEME

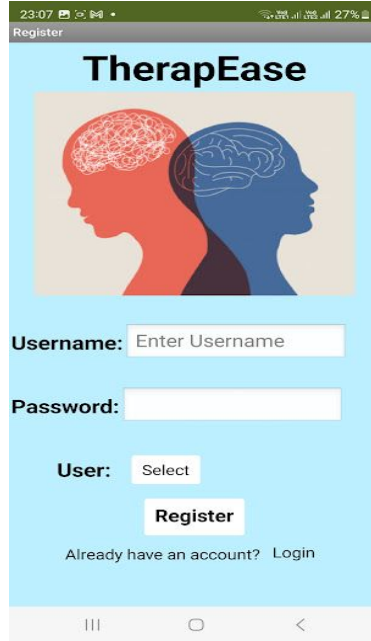
Mental health is a fundamental human right, crucial for making informed decisions, forging meaningful relationships, and shaping our world. Sadly, in India, 150 million people need mental health services, but only 30 million seek help, leaving countless sufferers without support. This situation has only been worsened by the COVID-19 that caused a surge in mental health issues nationwide. Furthermore, the lack of awareness regarding mental health in India, prompted me to make an app that could increase awareness of mental health and provide resources for it.



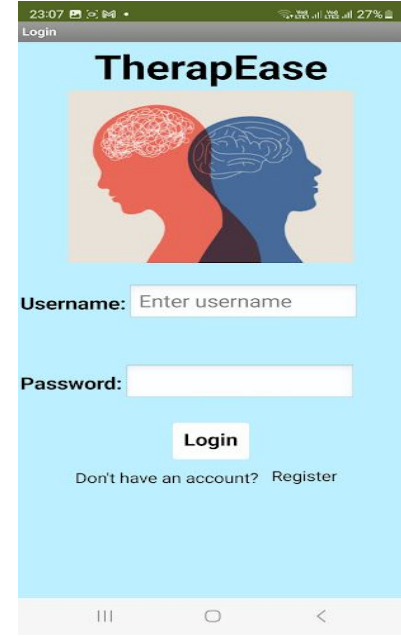
# INSTRUCTIONS



Step 1: Go to login or register page depending on account status



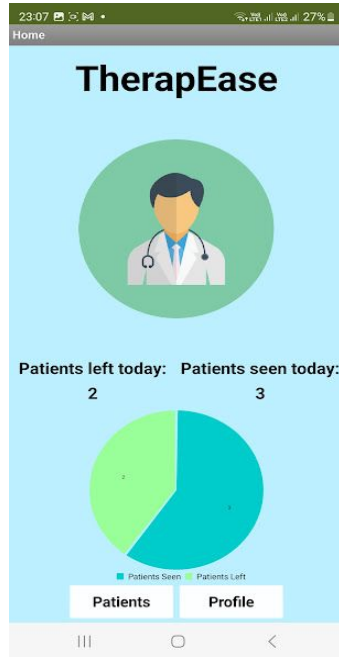
Step 2: Register giving necessary credentials if new user



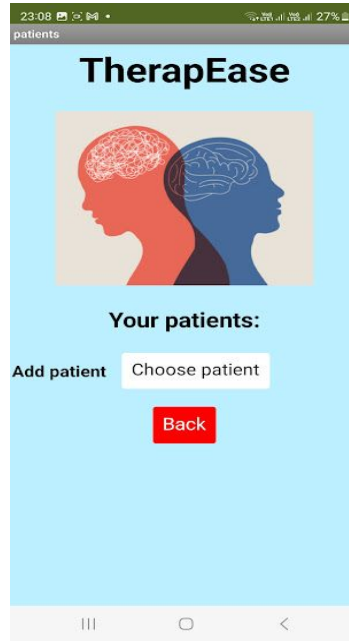
Step 3: Login using your credentials if recurring user



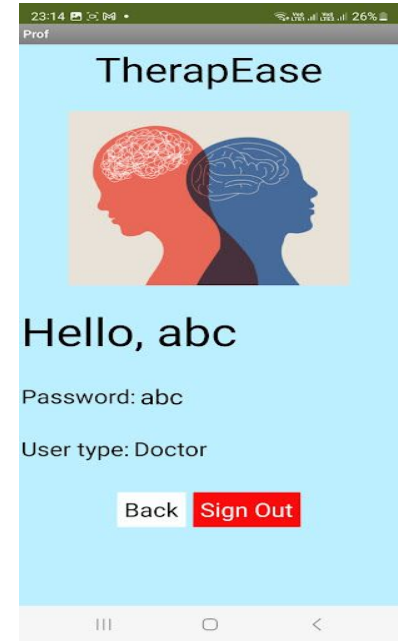
# INSTRUCTIONS



Step 4: View current appointments on doctor home screen



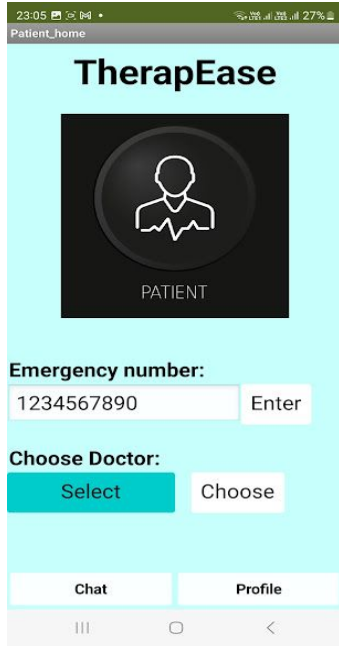
Step 5: Manage patient lists on the patients screen of the doctor



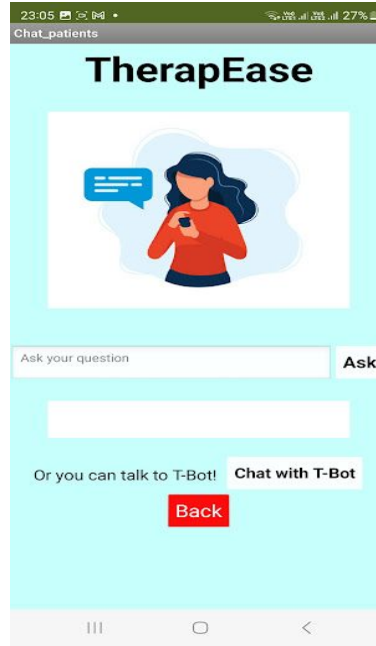
Step 6: View profile irrespective of being a doctor or a patient



# INSTRUCTIONS



Step 7: Enter emergency information and choose doctor



Step 8: Ask questions to a chatbot or talk to the therapy bot



Step 9: Type message or voice record. Press sos button for emergencies



# LIMITATIONS

- The field of mental health apps and therapy bots is relatively new and lacks comprehensive regulation. Hence, the quality, accuracy, and efficacy of therapy bots can vary significantly, making it essential for users to carefully evaluate the app and its claims.
- Relying solely on a therapy bot for mental health support might discourage users from seeking help from trained human therapists when needed. Therapy bots should complement professional mental health services rather than replace them
- Therapy bots are not capable of providing the same level of emotional connection and empathy as human therapists. They can offer support and guidance, but they lack the ability to understand complex emotions and provide personalized responses based on nuanced emotional cues



# ACKNOWLEDGEMENTS

**Please list the names of anyone who helped you with developing your app, and describe what type of help they provided.**

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Mentor  
Onmyowntechnology

