



**Mental Care**

AI psychological assistant

Presentation outline

Hackathon lablabai 

# 12xFuture



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Problem we are solving:

An easy to access and affordable way to overcome mental health stigma to **seek help** early.



## Our proposed solution:

Propose a 2 to 6 weeks daily guided solution using **S-Waves** method to guide the user for suggested ways to deal with the mental issue

**S**ympathizing

**W**ording

**A**ction

**V**isualization

**E**motions

**S**ocial sharing

## Technical Part:

During the hackathon we developed:

- Design system with onboarding, chat design, tax manager, community, profile and help tabs

- Developed demo version of chat

[Go to Figma Prototype](#)



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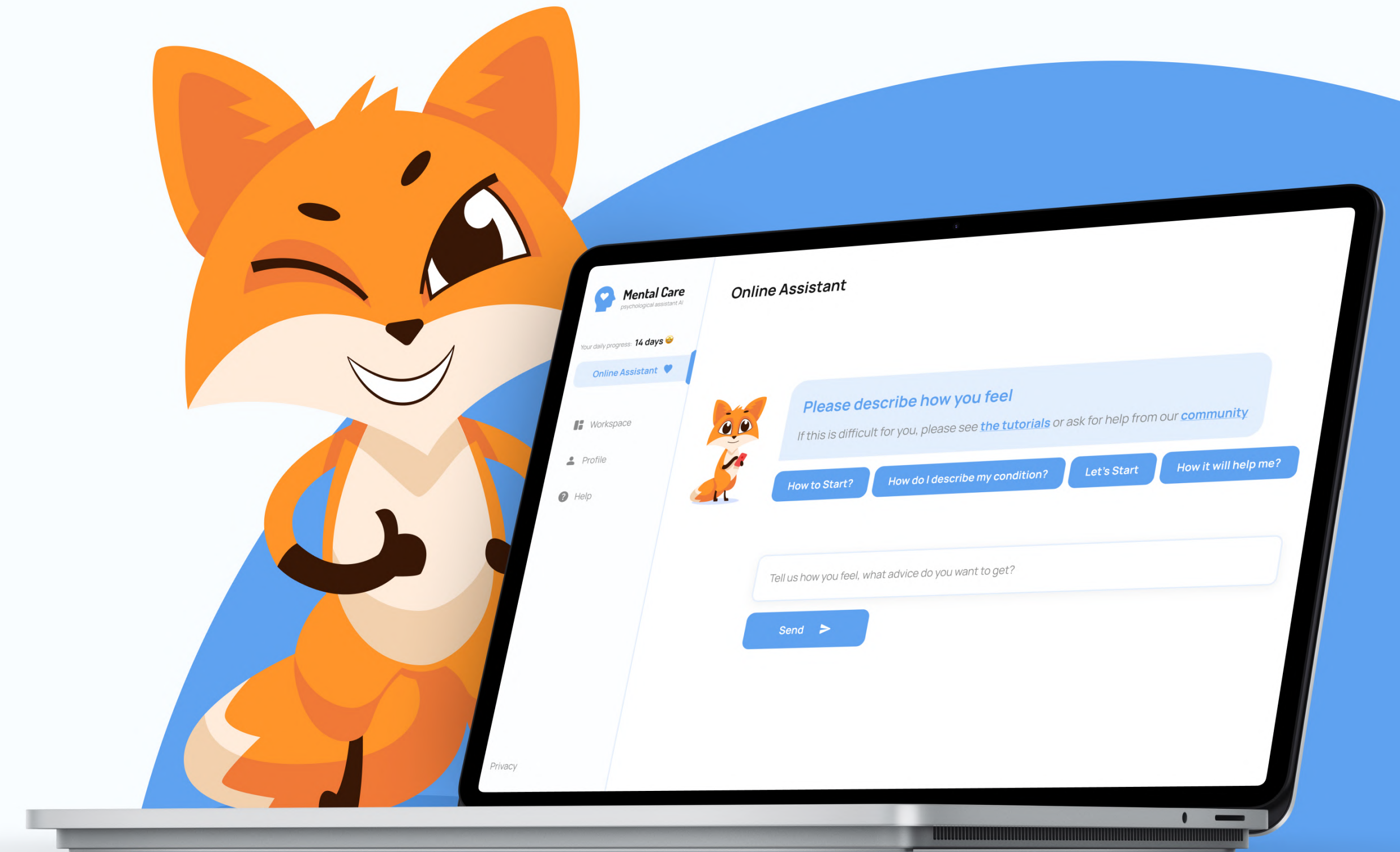
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## Our proposed solution:

Using **GPT 3.5** with well-defined prompts to suggest ways to overcome the issue at hand; after gathering the user information e.g.

Age, gender, location, language spoken, education level, monthly income, religion.

Then, using **DALL E.2** to generate a visualization to help users to imagine their future self, having the problem solved.



## Go to market strategy:

1. Freemium web app for first 1 million users

2. Open Source

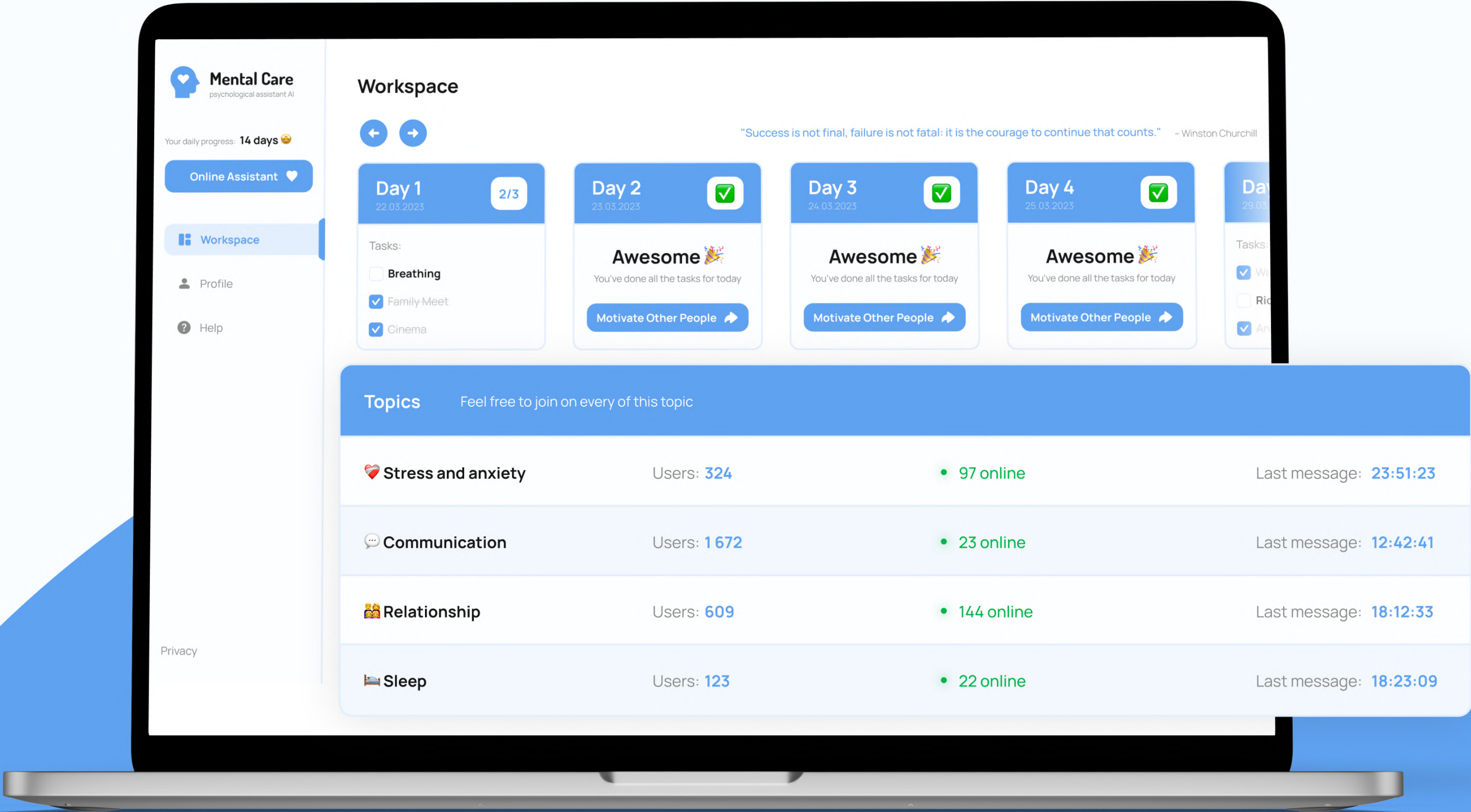
3. Gain traction by "Community" function - users inviting friends and those who share similar symptoms



# Our proposed solution:

Creating **communities** who share the same interests in a specific topic of mental health.

Community members shall meet weekly, members can join and leave with their avatars to protect their real identity.

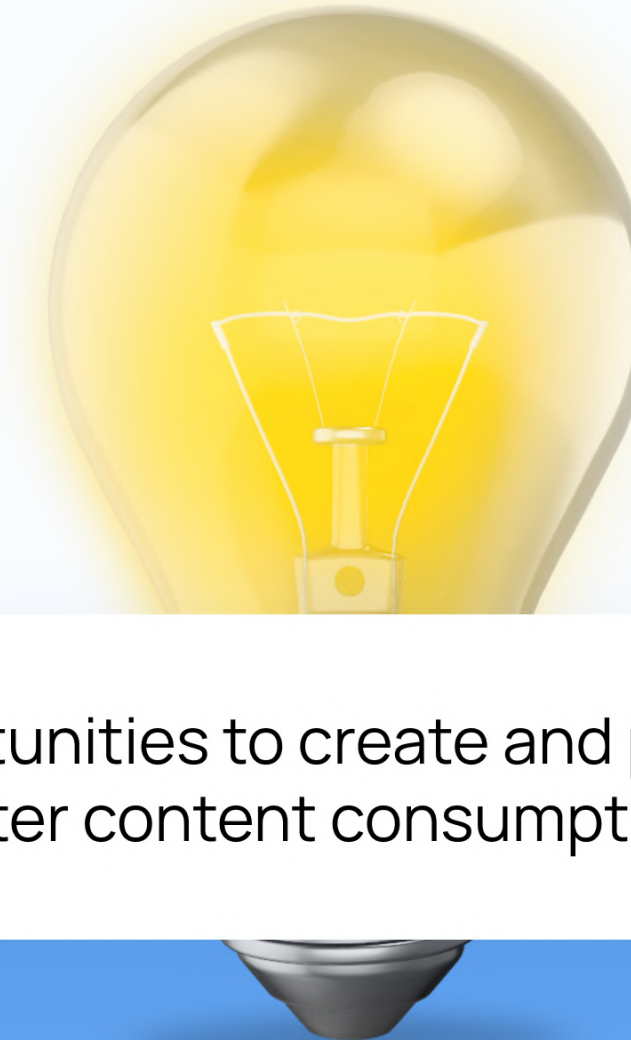


## Our proposed solution:

Providing an understanding of why it works, using psychological questionnaires to measure the state of mental health at start and end of guided period; and guided through inspiring guided through inspiring speakers and their videos.



Providing content of your choice for ongoing self-help (speaker, writer) e.g. “ BE YOUR FUTURE SELF NOW by Ben Hardy”. Other recommended speakers – Dr Gabor Maté, Simon Sinek and Alain de Botton clips/ podcasts/ videos and the writer’s book/blog post.



Providing opportunities to create and produce your own solution right after content consumption



**Thanks**  
for your attention!