Hello, my name is Juliano. Let me talk a little bit about my project. Namo is a companion. Focused on help people with loneliness problems. Loneliness leads to depression and depression can lead to worse things.

My bot uses OpenAI API and is configured to be a good friend, with basic knowledge of psychology and psychoanalysis, to help improve the user's self-esteem.

According to the World Health Organization (WHO), the number of suicides worldwide increased by 30% between 2000 and 2019. In 2019, 700,000 deaths by suicide were recorded, which represents one in every 100 recorded deaths.

A Study published in the "Depression and Anxiety" in 2020 followed over 15.000 people along 10 years and concluded that people who felt lonely at the start of the study had a 50% higher risk of developing depression.

Furthermore, we have numerous studies proving the increase in loneliness and depression rates in recent years. That's why I believe Namo is so important today. Namo is a platform with two bots, Adam and Louise and each one has two modes, more friendly or more romantic and they can respond in text, if you write, or in audio, if you record audio. Currently, as it is an MVP, it only works on Telegram.

Finally, I would like to highlight that everyone who has tried talking to one of the Namos loved the experience and felt a considerable improvement, especially in their self-esteem, which is a relevant factor in controlling the feeling of loneliness and, consequently, depression.