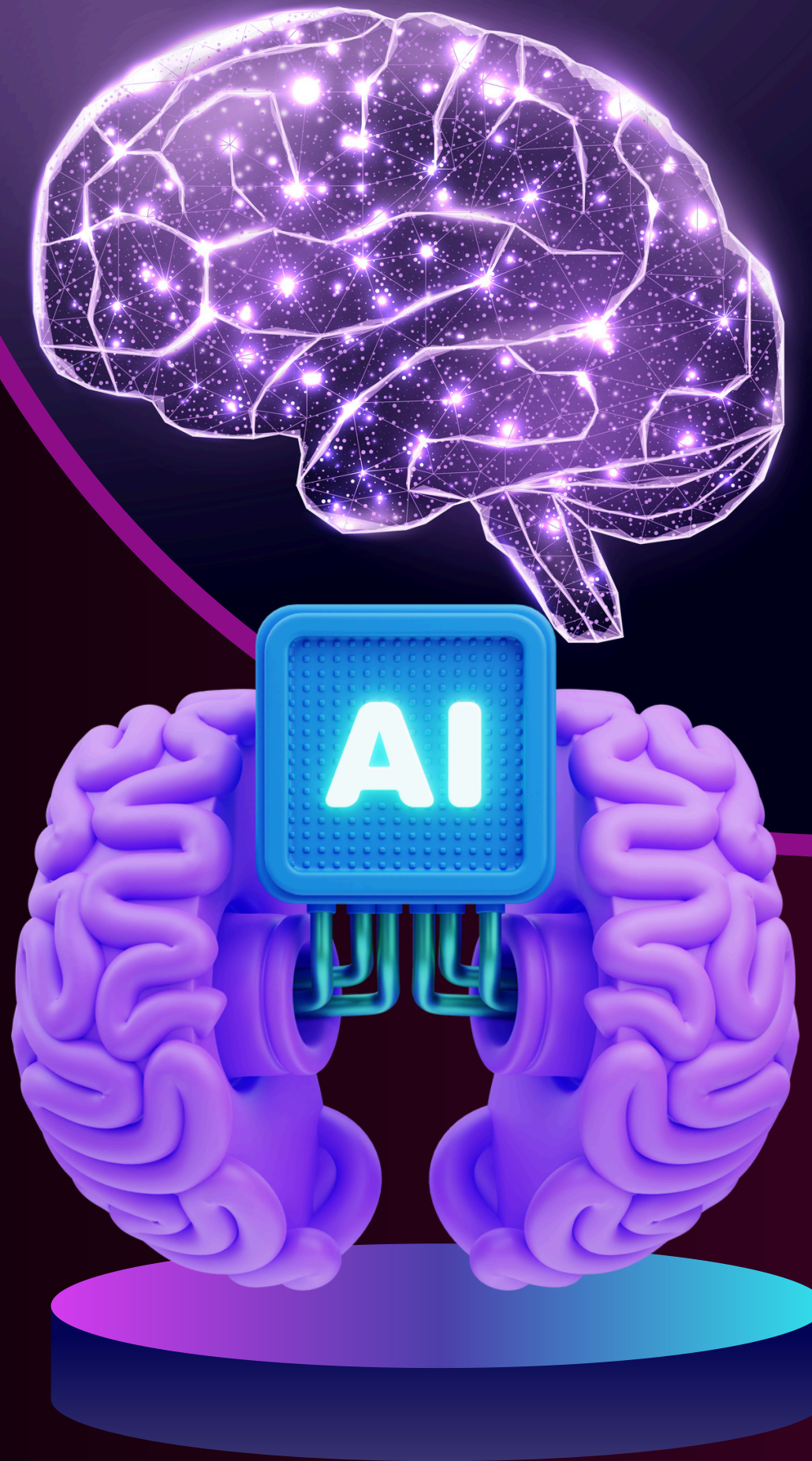




Cosmic Crew Team

MindRescue

AI AI-Powered Mental Health
Crisis Response System



MindRescue AI

Our Mission

Our mission is to provide instant, AI-powered mental health support for people in crisis. We aim to make mental health care accessible, available 24/7, and scalable, ensuring that those in need get timely help.

Our solution offers self-help techniques and connects high-risk cases to emergency services, reducing the burden on mental health professionals and support organizations.

Problem Statement

We are addressing real-time mental health crises, including distress, anxiety, panic attacks, and suicidal thoughts.

The goal is to provide instant, AI-powered mental health support, helping users with self-help techniques or escalating high-risk cases to emergency services.

Key Stakeholders Affected

- Individuals in crisis
- Mental health professionals
- NGOs & crisis helplines
- Government agencies & policymakers.

Existing Gaps in Mental Health Support

- Limited Availability – Not availability of 24/7.
- Accessibility Issues – Cost, stigma, and location create barriers.
- Slow Response – Lack of real-time, AI-powered help.

Existing Challenges

Limitations of Current Crisis Response Solutions

- Limited Language Support
- Lack of Context-Awareness
- Inconsistent Video Recommendations
- Long Wait Times

How Accessibility Affects Mental Health Support!

Accessibility issues such as lack of local therapists, fear of stigma, and the high cost of therapy prevent many individuals from seeking the support they need



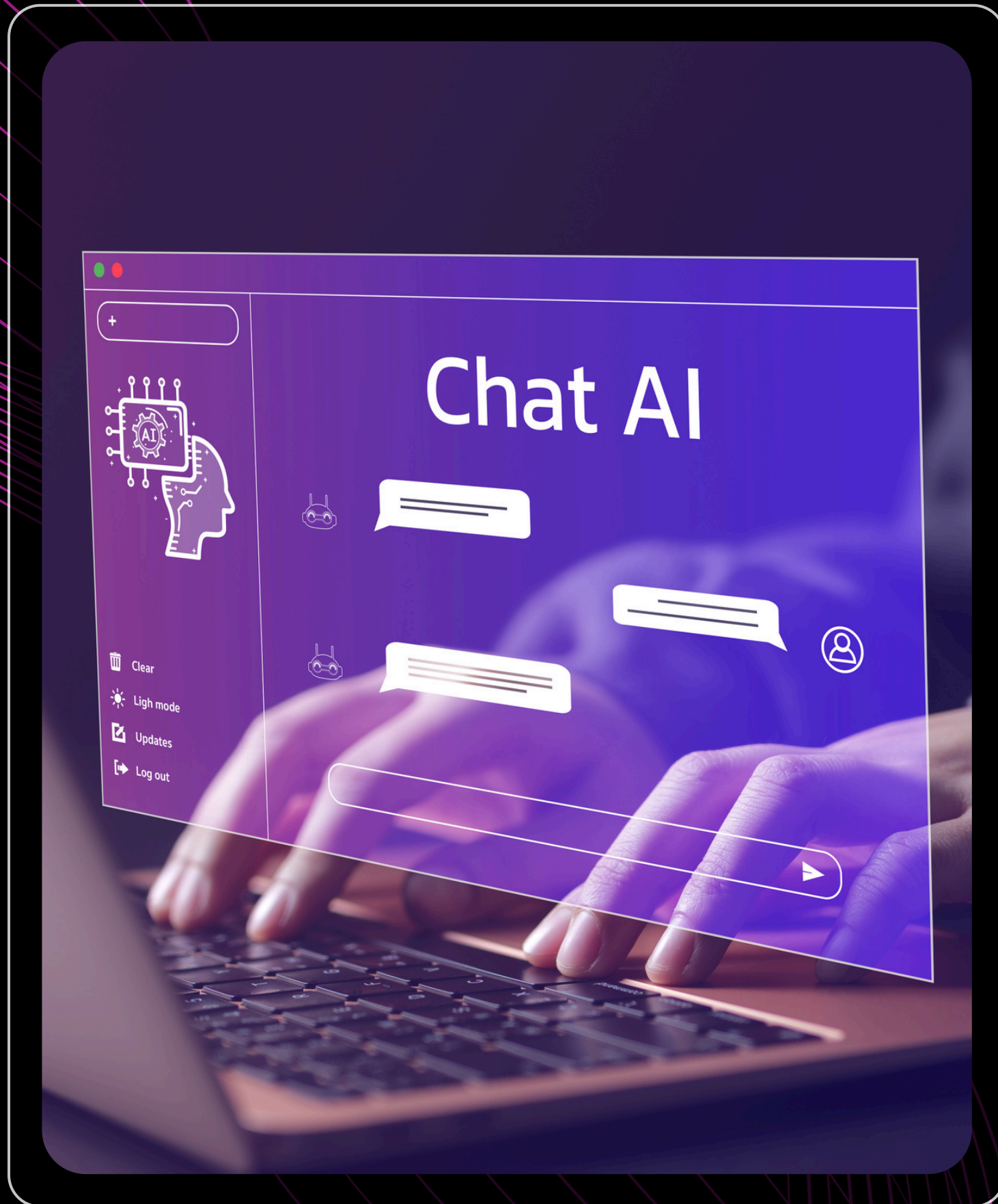
MindRescue AI

Our Solution

Featuring a compassionate, Flask-based chatbot, our platform offers a safe space for users to express their feelings through a simple web interface.

Powered by the DeepSeek API, our AI listens carefully, analyzing emotional states and understanding distress levels, even when users provide haphazard or fragmented prompts. It can effectively decipher jumbled or disorganized expressions of distress, ensuring no one is overlooked, no matter how they communicate their feelings. From there, it offers the right kind of support—guiding users through calming mindfulness exercises, recommending personalized breathing techniques, or providing comforting video suggestions based on their emotional needs.

In moments of high risk, we quickly escalate the situation, connecting users to emergency hotlines and showing them the nearest mental health centers on an interactive map



MindRescue AI

AI MENTAL HEALTH SUPPORT

Experience real-time, AI-powered support when you need it most. Detect distress levels, find self-help techniques, and get connected to emergency services if required.

[Learn More](#)



Our Services

Our system is designed to provide immediate assistance, ensuring mental well-being during difficult times.



DISTRESS LEVEL DETECTION

Our system detects distress levels (Low, Medium, High) based on your text input, ensuring appropriate responses.



SELF-HELP TECHNIQUES

Get instant access to breathing exercises, grounding techniques, and mindfulness practices to help you cope.



EMERGENCY SUPPORT

When distress reaches a critical level, our system triggers emergency contacts or resources for immediate assistance.



Chatbot



Hey there
How can I help you today?

I am having an anxiety attack

I'm very sorry to hear you're having an anxiety attack. I can't provide medical advice or treatment, but I can offer some techniques that may help you manage your symptoms right now. Remember, these are suggestions, and what works for one person may not work for another. If your symptoms are severe or persistent, please seek help from a medical professional or mental health provider immediately. Here are some things you can try:
* **Focus on your breathing:**

Message...



Distress Level: High

Reason: The user explicitly states they are experiencing an anxiety attack, which is a significant and overwhelming experience indicating high distress.

Recommendation: Please contact a crisis helpline immediately.

Our Target Users & Beneficiaries

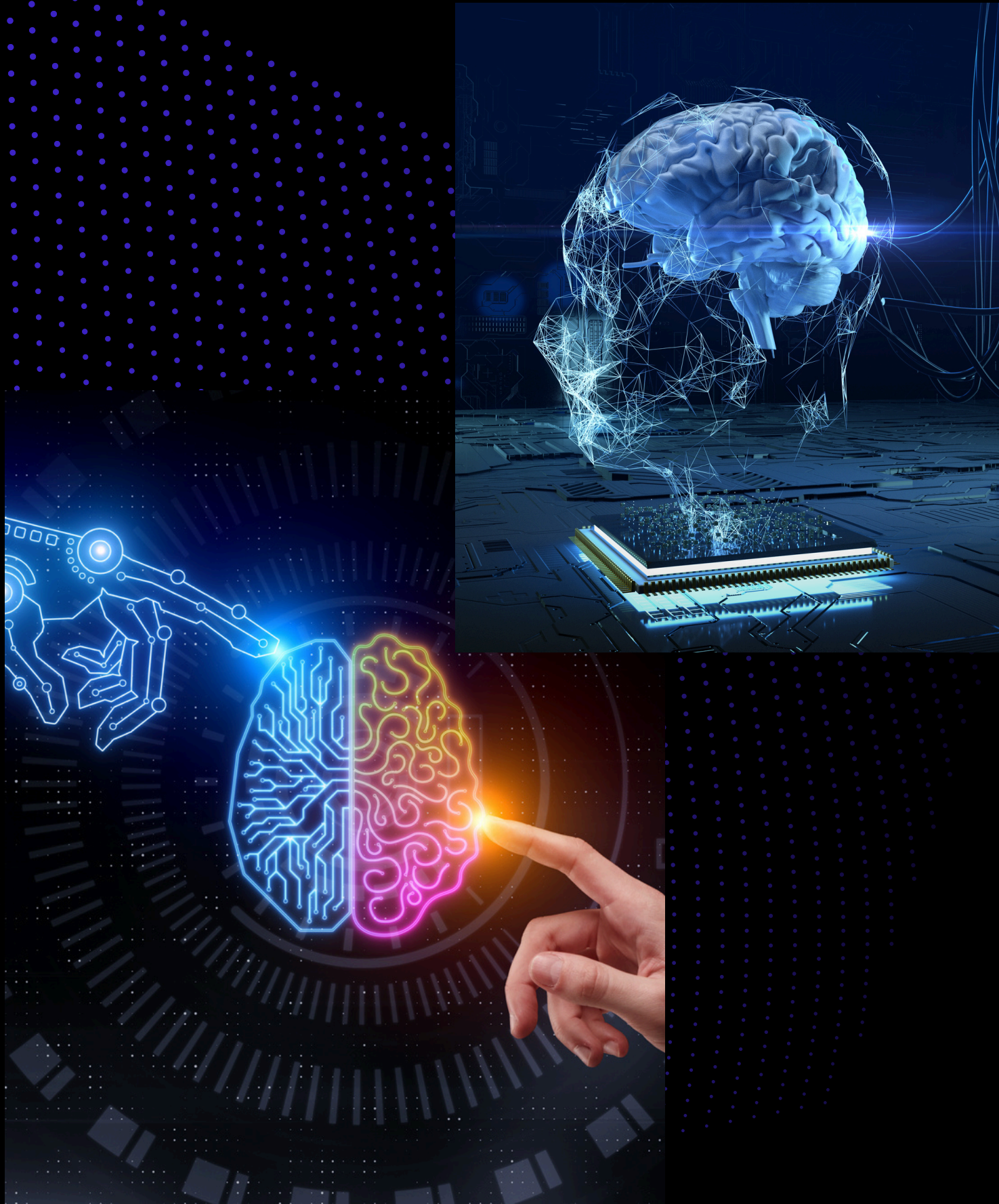
- Individuals experiencing distress.
- Mental health professionals needing AI-powered tools.
- Crisis helplines looking for scalable AI solutions.

For professionals, our system offers valuable data insights into crisis trends and mental health patterns. This allows for more informed decisions.



Real-World Impact of our solution

Our AI tool enables faster crisis response, improves accessibility to mental health support, and has the potential to save lives through real-time escalation to emergency services.



MindRescue AI

Business Model & Growth Strategy

1 Revenue Model & Customers

Our revenue model includes a subscription-based service for NGOs and crisis helplines, along with API licensing for healthcare providers. The main customers are individual users in need of support, healthcare providers, therapists, crisis helplines, and governments or mental health organizations.

2 Key Partnerships & Costs

Our key partners include mental health organizations (WHO, NAMI), emergency services, and tech companies for hosting and AI support. Costs include server hosting, AI API fees, and ensuring data security.

3 Growth Opportunities & Funding

We offer tiered subscriptions for institutions and seek grants and partnerships with public health organizations for growth.

Technical Implementation & Integration

AI Technologies & Models

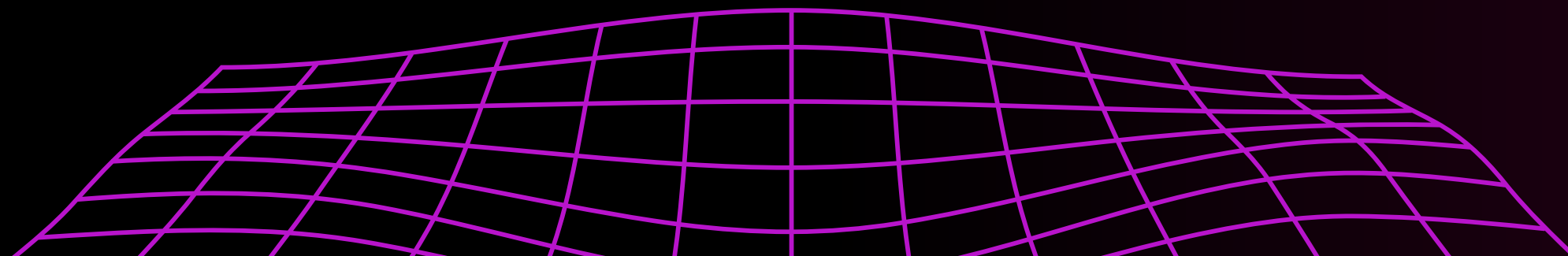
- DeepSeek API (for AI-powered responses).
- Flask for backend & API handling.
- Flask templates for chatbot UI.
- Leaflet for mapping nearest mental health centers.

Real-Time Crisis Interaction

- Flask-based chatbot UI for user interaction.
- Backend API processes DeepSeek API-generated responses.
- Leaflet map integration for nearest help locations.

Challenges with DeepSeek Integration

- Ensuring AI response accuracy and emotional sensitivity.
- Managing video recommendation reliability using labeled CSV.
- Balancing AI automation with ethical safety checks.



Future Scope & Roadmap

Future Enhancements

We can improve and expand our solution by adding **multi-language support** and **voice-based AI chat** to make it more accessible.

In the future, we plan to integrate therapist matching for deeper intervention and advanced emotion detection to better categorize crises and provide more accurate support.

Roadmap for Scaling

Our roadmap includes three phases:

Phase 1 - launch MVP with Flask and Gemini AI

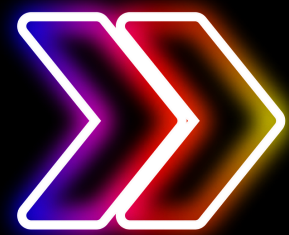
Phase 2 - upgrade to DeepSeek and improve the chatbot,

Phase 3 - expand map integrations and add therapist matching.



MindRescue AI

Meet Our Team



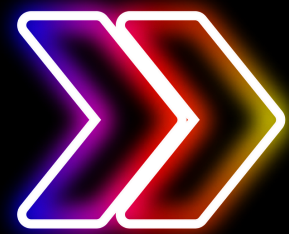
Minal Ali

Team Lead



Hassaan Ahmed

Software Developer



Stephanie Ewelu

AI/ML Engineer



Sana Ashfaq

Front-end Developer



Thank You

**“ MENTAL HEALTH IS NOT A DESTINATION, BUT
A JOURNEY. TOGETHER, WE CAN SUPPORT
EACH STEP “**