

## **A Novel Approach for Solving Various Mental Health Issues Using Web-Technology.**

Praphul Yadav  
CSE( Galgotias University)  
Greater Noida ,India  
Praphulyadav369@gmail.com

Mohd.Kaif  
CSE( Galgotias University)  
Greater Noida, India  
Kaifm6557@gmail.com

Sonu Chauhan  
CSE( Galgotias University)  
Greater Noida, India  
Sonuc911@gmail.com

Mr . Lalit Sharma  
Asst .Professor  
SCSE(Galgotias University)  
Greater Noida, India  
Lalit.sharma@galgotiasuniversity.edu.in

**Abstract**—Rising incidents of suicide is matter of concern in this time. The purpose of this research paper is to investigate the factors affecting in increase of suicide rates and try to control the increasing suicide rates. The quality of mental health services is routinely very bad than the quality of those for physical health. Government investment and development assistance for mental health remain very small. This paper will help to find a platform for a common person where he can find solutions to his problem. In this busy world this platform will help person to discuss his mental health issues with Psychologists without any hesitation as there is no involvement of any third party. Websites are playing an important part in our life .70% of the population is using interactive websites which can be a great platform for fighting mental health issues. With this approach it is our objective to lower the suffering of people on a psychological level and try to decrease the suicide rate. The main concept of this paper is to remove the barriers like feeling uncomfortable to go to doctors due to the pressure of the society.

*Keywords-* Mental Health, Depression, Psychologist, Suicide, Mental Pressure, Online Counseling and therapy.

### **INTRODUCTION**

Mental health is amongst one of the biggest problem in today's world. It becomes more dangerous if it is seen as a taboo. Even after developing so much and becoming advanced in technologies we are not able to fight depression completely and the main reason behind it is the believe of the victim that what people will think if they get to know about his bad mental condition. We as a team observed this problem and found an opportunity to help the people in need. The problem of mental illness is most common in the youth generation. In countries like India, the problem of depression ranges from 10 to 370 per 1000 population in distinct parts of

the country In many ways. To fight this situation in our country and worldwide we are trying to develop a website on which a common person or a student can easily discuss about his problems without the fear that any third party may get to know about it. This website will service whole day and night and on all days of the week. We are going to provide professional psychologists on our website. Getting the help of a good doctor is the most important part of fighting depression. We are going to provide ways of fighting depression step by step like providing correct information about how depression feels what are the habits we should start implementing.

## LITERATURE REVIEWS

By MITCHELL DOWLING and DEBRARICKWOOD

*University of Canberra, ACT, Australia*

Online mental health counselling targets a huge population. Most of the population have an access

to the online platform easily therefore it holds a great potential. It becomes much easier for a person to interact on a chat. An online profile of a doctor and reviews on his profile gives the person confidence in his counsellor. Online counselling gives great result even after it has a slow process.

It provides people invisibility and keep them anonymous if they want which help them to explain their situations to the doctor without any hesitation.

Almost half of the people face mental pain in his entire life and lack of help makes the condition even more worse. Bad mental health conditions effects the economy of the nation in a negative way. The mental instability is higher amongst the youth generation. Even though it is such a serious problem there is no effective solution. Therefore implementing an online model will provide a great connection and will help in solving the mental health issues at a great level.

## BACKGROUND

Mental pain is a huge weight on people and society. Practically a large portion of the populace will encounter a psychological issue inside their lifetime (Kessler, Berglund et al., 2005; Merikangas et al., 2010; Slade, Johnston, Oakley Browne, Andrews, and Whiteford, 2009). Moreover, between a fifth (Slade et al., 2009) and a quarter (Kessler, Chiu, Demler, Merikangas, and Walters, 2005) of the populace will meet the models for a psychological issue during any year time span. Emotional well-being issues are normal, despite the fact that the most cases (78%) are mellow or moderate, with genuine conditions (making huge debilitation general working) limited to a more modest, yet generous, extent of the populace (22%; Kessler, Chiu et al., 2005). Mental issues are generally common among youthful grown-ups, and seventy five percent of all lifetime issues start by age 24. Subsequently, there is a solid contention that intercessions intended to forestall or give early treatment should be focused on youngsters. The high predominance of mental misery has extensive effect on public economies, from both direct expenses (e.g. medicine, advising and hospitalization) and backhanded costs, for example, loss of specialist efficiency, decreased work supply, handicap uphold install, and unpaid consideration

## METHOD

We have studied various research papers and tried to understand more about mental health. After a lot of research work we tried to find the effective way to keep a good care of mental health. We found that one of the major reason behind bad mental health condition in India is that people don't want to discuss about bad mental health condition as it is a taboo in countries like India. To

solve this problem we are trying to develop an online platform which will help people to directly contact the doctor without involvement of any third party.

We will try to implement the useful information in this research paper to build an effective online platform.

## PROBLEM FORMULATION

Mental health is one of the major problems in today's world about 275 million of people suffer from depression every year.[1] It is the major problem of the youth and due to the fear of the society people are unable to discuss about their mental health conditions to anyone. It is much easier to cure depression in early stage than later therefore we are trying to develop a website on which a person can directly get a help from professionals. This project will help to remove the barriers coming to fight depression. It will be much easier for a person to get help in his hard times. We are going to provide step by step ways to fight depression .

So like this way we are trying to solve a major problem of today's generation and trying to save many lives and making people's life more meaningful.

### Causes of depression

A person will be able to handle the situation or will breakdown depends very much on the society in which he has grown up. The defence mechanism of a person is built by the society and the people who are close to the person. The incidents happened in the childhood can be the reason for the one's bad mental health condition[4]. After several interviews of people suffering from bad mental health condition it has been found that they have faced problems like bullied by the peer groups or cases of sexual abuse in the early childhood[4]. Most of the people interviewed told that to handle the pain they started the use of other bad habits or bad addictions that becomes next to impossible to leave. Most of them speak about taking drugs which does give them instant pleasure but in the long run it makes the situation worse. It is seen that there is a significant increase in the rate of depression amongst the people living under poverty [2]. People in developed countries are concerned with happiness, then also there are high rates of depressed: More than million of people fight the disorder, and the major part of which is the younger generation. Bad mental health is very much dangerous for your health: People suffering from bad mental health condition have twice to thrice higher risk of heart disease. In fact depression has a very bad effect on your overall health and it makes your life less longer. It damages the immune system, which can increase the chances of getting effected to viral infection it is also having dangerous effects like cancer. It also makes your life worst by effecting your sleep which leads to lack of focus and concentration, and generally undermining health.

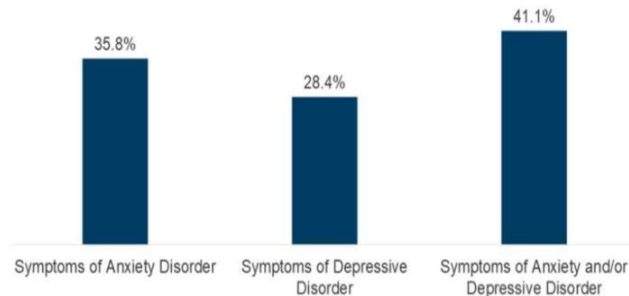
Those people having bad mental health conditions also have problems diabetes and osteoporosis. Condition of having low mood constantly is known as dysthymia which is the result of long years of low energy, very low self-esteem,[8] and inability to experience pleasure. Everybody encounters an intermittent blue mind-set.

### Prevalence of Mental Illness and Disorder

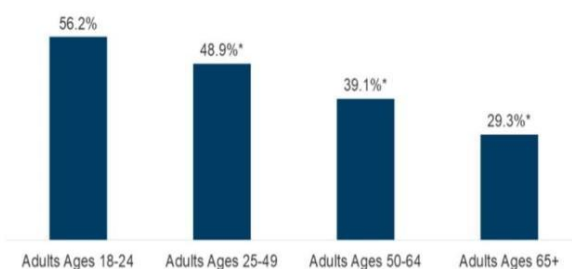
Concerns about psychological condition and drug use have increased since the COVID 19 pandemic, including concerns about suicidal ideation. In January 2021, 41% of adults recorded hysteria and/or psychiatric depression symptoms, a percentage that has remained relatively steady since spring 2020. According to a June 2020 study, 13% of adults reported new or increased drug use as a result of coronavirus-related stress, and 11% of adults reported suicidal

thoughts in the previous 30 day. Suicide rates have been rising for some time and are expected to worsen as a result of the pandemic.

Share of Adults Reporting Symptoms of Anxiety or Depressive Disorder During the COVID-19 Pandemic



Share of Adults Reporting Symptoms of Anxiety and/or Depressive Disorder During the COVID-19 Pandemic, by Age



## Impact of Mental Illness in India

### Types of Depression

Depression has also its types Unipolar depression is what most people mean when they talk about depression[8] — state of sadness for a long period of time, hopelessness, very low level of energy. This unipolar is the most common depression about which most of the people talk about the second one is Bipolar as the word bipolar itself defines it two poles that are happy and said. In this kind of disorder a person suffers two moods of states.

As per the most recent version of Diagnostic and Statistical Manual of Mental Disorders, broadly utilized as a guide to conclusion, gloom can be viewed as a disease when in any event five manifestations happen together for at any rate fourteen days. Indications include[12].

How can we say a person is clinically depressed?

The term despondency is utilized in like manner discussion to cover a wide scope of temperament interruption, from fleeting misery to delayed sadness. Clinical discouragement is a clinical term that is saved for the more genuine types of the issue, likewise called significant despondency. Individuals who are clinically discouraged experience various side effects notwithstanding unremitting misery or lack of engagement,[13] for example, rest issues and cravings aggravation—and their reasoning is so constantly negative that their capacity to do ordinary capacities is genuinely debilitated, and they can't imagine a more promising time to come.

## IMPLEMENTATION AND DISCRIPTION OF PROJECTS

Basic Idea of our project is to develop a website which will become a platform on which a

person can discuss about its problems freely or without any hesitation.

On this website one can get different Doctors having their profile rated on website. A person can search the doctor according to his location and other needs. There is going to be no language barrier as we will have doctors with different regions world wide. This website is going to be secure and one's personal information and problem will never be disclosed to any third party.

Some of the major benefits of the project are-

- **It Overcome Geographical Limitations:** Without the use of online platform, we are limited by the geographical area that you can service within. With an e-commerce website, we can very easily get access to the whole world and the world will be like our playground. Also, the advent of e-commerce on mobile devices has dissolved every remaining limitation of geography.
- **It Gains New customers with its search Engine Visibility:** Physical retail is driven by branding and relationships things. In addition to these, online retail is also driven by traffic from engines. This additional thing of traffic can be the tipping point for some e-commerce website also.
- **It Provides Abundant Information:** It is difficult to hire employees who can give customers a brief info about products. It provides additional information to customers which does not cost anything to create or maintain anything. It remains open all the time.
- **It Saves Travel Time and Cost:** Generally, the customers travel a long distance to reach the physical store. But, with the help of e-commerce they can visit the exact same store virtually, just by a few clicks.

Key to good mental health-

- **Psychotherapy-** Depending on the problems and situations of people there are different therapies which help them learn how to cope up with difficult situations, they learn how to set goals [8], one of the most common therapies is Cognitive behavioural therapy (CBT) [5].
- **Exercise-** Physical activities have very tremendous effects on our body. Regular exercise helps our body to release endorphins which helps in reducing stress. Despite the fact that activity might be the exact opposite thing that numerous individuals want to do when they are experiencing a burdensome scene, it can frequently be useful. An individual can begin gradually [10], for example, by taking a short walk or swim more than once per week. Regular exercise can also help in getting a good sleep which leads to increase in focus [10].
- **Healthy Eating-** It is being said that "we are what we eat". Eating healthy food can help a person very much as healthy food contains some of the nutrients which help in fighting depression like iron and omega3 and many more [15]. A healthy diet like fruit green vegetables and source of healthy fats like peanut, Almonds, Fish etc can make you physically healthy which will help in keeping good mental health [15].
- **Meditation -** One of the major causes of depression are when the mind constantly thinks about the past or about the future. Meditation helps the person to live in the present and focusing on the present [14]. Guided Meditation can be very much helpful for the people who are the new in meditation.
- **Cognitive behaviour therapy-** It is the most common and most effective psychotherapy. It helps the person to understand the way his thoughts are effecting his actions [11]. This therapy helps to understand the way the diversion of thoughts effect and conversion of negative and

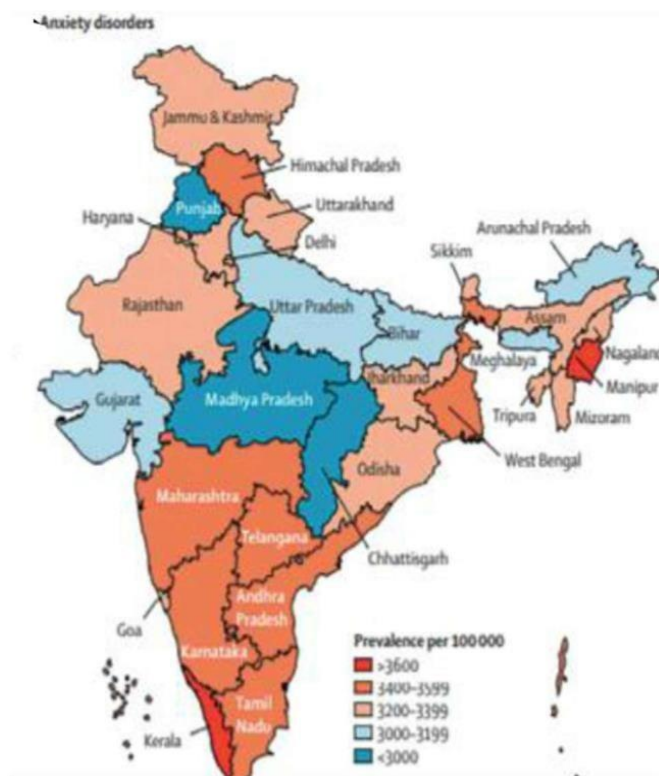
helpless thoughts into hopeful and positive thoughts[17].

- Spending time with nature-It has been found that people spending their time in natural places have more sound Mental health than the people in the city area. One should atleast once in a week should go for hiking or for picnic or some natural places.

### An Abstract Report from WHO officials

Advancing Mental Health: Concepts, Emerging Evidence, Practice intends to rejuvenate the emotional wellness measurement of wellbeing advancement and new Techniques which is engaged with psychological well-being. The advancement of psychological well-being and Fusion emotional wellness and advances is arranged inside the bigger field of wellbeing advancement, and sits close by the counteraction of mental issues and the treatment and recovery of individuals with dysfunctional behaviour and inabilities with the assistance of combination of both psychological wellness science and Computer advancements. Like wellbeing advancement, psychological wellness advancement includes activities that help individuals to embrace and keep up solid ways of life and which establish strong everyday environments or conditions for wellbeing[1]. This Summary Report and the full Report on which it is based depict the ideas identifying with advancement of psychological wellness and most recent PC innovations and electronic stage to give consistent experience towards treatment of emotional well-being. the arising proof for adequacy of intercessions, and the general wellbeing strategy and practice suggestions. This venture supplements crafted by another significant WHO venture, which centres around the proof for anticipation of mental problem. World health organization (WHO) also promotes Mental health and Concepts of Mental Health which is related to technology. With the use latest Computer Technologies and Medical knowledge and we can say the fusion of both can change the entire Mental Health Treatment System.

With the help of Virtual technologies And Cloud based services We can change the legacy of treatment and a platform for both patients/Client and Doctor.



### RESULT ANALYSIS

On the basis of the researches we can find that bad mental health condition is one of the biggest

problems in today's generation. We should give equal importance to the mental health as we give to our physical health. It has been found that the main reason for people not going to the doctors for help is the fear of society which gives birth to the need of creation of an online platform. In our paper there are multiple scientific tested methods to take good care of mental health. If these methods are followed a person can take good care of his Mental Health. This paper focuses on understanding the reasons behind the bad mental health condition of people and to find an effective solution to fight depression. We have researched on highly effective psychotherapies like cognitive behavioural therapy. On the basis of the researches and good understanding of technologies we can develop a great online platform to fight depression

## FUTURE SCOPE

The paper helps in understanding the major causes of depression. It very well explains the causes of depression and help to understand the different ways in which we can fight depression. This paper very well explains the Psychology behind bad Mental health and how can we improve it. On the basis of the valuable information in this paper we will build a website "Mental Health Consultancies" which will help a common person to get help from a Psychologist without any hesitation as there will be no involvement of third party.

The website will be implementation of the knowledge provided by this paper. It will provide its users a step by step solution to fight depression.

This paper points out the Mental health issues faced in today's world and how to find the solution to these problems using the available technologies. We tried to understand the reason behind the bad Mental health of today's generation and how can we make this generation Mentally healthy.

## CONCLUSION

After doing lots of research work we have come to a conclusion that there is a need of an online platform on which a person can discuss his mental health issues with a doctor without any hesitation. It will be a promising website as it respects person's privacy and doesn't allow the involvement of any third party. This research helps in the future development and implementation of the website. In this fast and competitive world it will be a platform on which a person can easily get help without wasting much time and money. Considering the problems which it will solve it will be a boon for this generation. We promise you that you are not alone neither you are worthless [17]. With the help of our highly researched knowledge and software skills we will develop a professional website.

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