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Mental Wellness Portal for Students

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ABSTRACT

This project Mental Wellness Portal for Students aims to develop an online platform that provides a supportive environment for students to manage their mental health and well-being. The objective is to design and implement a user-friendly portal that offers mood tracker, videos library, emergency support etc., to help students cope with stress, anxiety and other mental health issues. This portal ensures to maintain security about your information. Leveraging technologies such as HTML, CSS, JS and backend such as FLASK and for the database MONGODB. The portal aims to improve students' mental health, academic performance and overall well-being.

Keywords: MongoDB, Mood Tracker, Resource-library, Authentication, Counselling support.

INTRODUCTION

Academic pressure, social media impact, and other stressors that can cause anxiety, depression, and other related problems have made student mental health a serious concern in recent years. By providing a thorough online platform that assists students in managing their mental health, our project, Mental Wellness Portal for Students, seeks to address this issue. The portal will be created with Flask for the back end, MongoDB for the database, and

HTML, Tailwind CSS, and JavaScript for the front end. With features like a mood tracker, stress-reduction strategies, and access to counselling services, it will offer a convenient and easily navigable environment that will enable students to effectively manage their mental health. Students will have access to a variety of tools and resources via the portal, such as a mood tracker, stress-reduction strategies, and counselling services.

LITERATURE REVIEW

Recent years I explored some related papers to mental wellness portal for students in that I got some limitations. To check papers, I studied recent papers. In that first paper is Mood tracking and self-monitoring in mental health applications is proposed by Choi et al., 2021. But in this paper they have not created a dashboard where the user can check their progress. And also taken another paper is Portals for Holistic Student Wellness: Integrating Emotional and Academic Assistance is proposed by Martinez et al., 2021. But in this paper they have given emergency support and counselling support. Final paper is Digital Mental Health Platforms for University Students by Sharma and Patel 2021. But in

this paper they have not introduced the dashboard for the students and not storing their progress. These limitations solved by proposed method.

RELATED WORK

In this project used mood tracker, authentication, counselling platform, resource library these are included in my portal. Full-stack web technologies were used in the development of the portal to guarantee smooth operation and accessibility. With the help of HTML, CSS, and JavaScript, the front-end is constructed, giving students an interactive, responsive, and aesthetically pleasing interface. While MongoDB is utilized as the database to safely store user profiles, activity logs, and mental health resources, the Flask framework acts as the back-end, managing routing, user authentication, and server-side processing. This project connects academic wellness resources with emotional support tools, emphasizing a comprehensive approach in contrast to existing stand-alone wellness applications. Through a single gateway, it allows students to self-monitor their mood, access stress-relieving information, and get help right away when they need it. The use of contemporary full-stack technology guarantees the system's scalability, security, and effectiveness, offering a dependable solution that improves students' academic achievement and mental wellness.

EXISTING METHOD

In recent years, several studies have explored mental wellness portals for students, but they have some limitations. Choi et al. (2021) proposed a mood tracking and self-monitoring application; however, it lacked a dashboard for users to view their

progress over time. Martinez et al. (2021) developed portals focusing on holistic student wellness, including emergency and counselling support, but did not provide features for tracking daily mental health or academic progress. Sharma and Patel (2021) introduced digital mental health platforms for university students, yet their approach did not include a dashboard or the ability to store and visualize individual progress. These gaps highlight the need for a more comprehensive system. The proposed Mental Wellness Portal for Students addresses these limitations by integrating a user-friendly dashboard, mood tracking, and progress storage, ensuring a full-stack solution for managing student mental health effectively. Problems will be solved by proposed method.

PROPOSED METHOD

The proposed Mental Wellness Portal for Students introduces a more sophisticated and technological integrated strategy to solve the short comings of current solutions. With a customized dashboard that assists students in tracking their emotional patterns and mood swings overtime this initiative addresses the shortcoming of earlier systems, which included elements like data visualization and progress tracking. And interactive mood tracker built into the portal helps to compensate for the lack of regular mental help surveillance. The system uses MongoDB as the database and flask as the backend framework to guarantee data security and effective management. Additionally, the addition of emergency helplines, counselling linkages and video-based wellness tools enhance the limited support choices found in previous system.

SYSTEM ARCHITECTURE

MENTAL WELLNESS PORTAL FOR STUDENTS

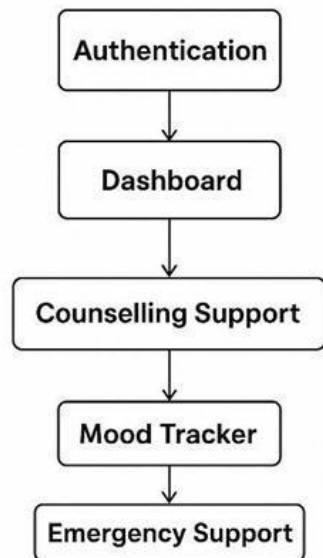


Fig-1: Architecture block diagram

METHODOLOGY DESCRIPTION

The proposed Mental Wellness Portal for Students is developed using a systematic and modular approach to ensure smooth functionality, user security, and accessibility. The architecture follows a step-by-step flow starting from Authentication to Emergency Support, ensuring that every stage contributes to improving student mental health.

Authentication Module: The process begins with a secure login and registration system, allowing only authorized users to access the portal.

This ensures data privacy and personal security. Flask is used for backend authentication, and user details are safely stored in MongoDB.

Dashboard: After successful authentication, users are redirected to a

dashboard that acts as the central control panel. It provides access to key features like the Resource Library, Counselling Support, Mood Tracker, and Emergency Support, with a user-friendly interface built using HTML, CSS, and JavaScript.

Resource Library: The resource library provides educational videos, self-help materials, and motivational content to help students manage stress, anxiety, and emotional challenges effectively.

Counselling Support: This module offers links to professional counsellors and contact forms for scheduling sessions. It bridges the gap between students and mental health experts for timely support.

Mood Tracker: The mood tracker enables students to record their daily emotions and stress levels, which are then visualized on the dashboard to show their progress and emotional patterns over time.

Emergency Support: In case of urgent mental health crises, this feature provides quick access to emergency helplines and instant contact options, ensuring immediate assistance when needed.

RESULTS AND DISCUSSION

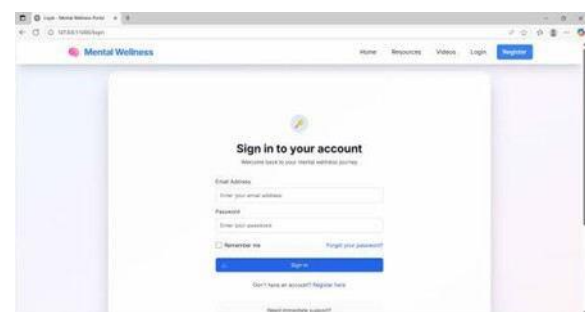
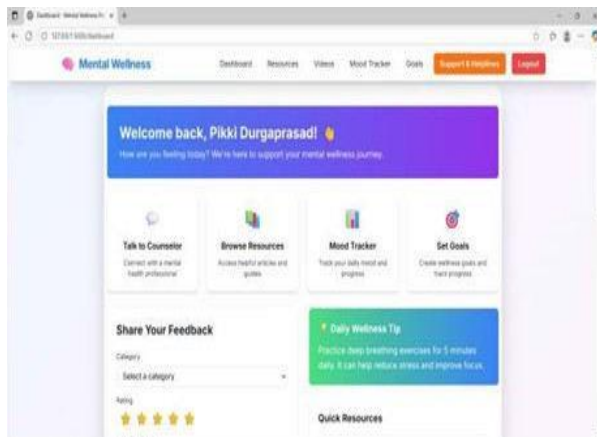
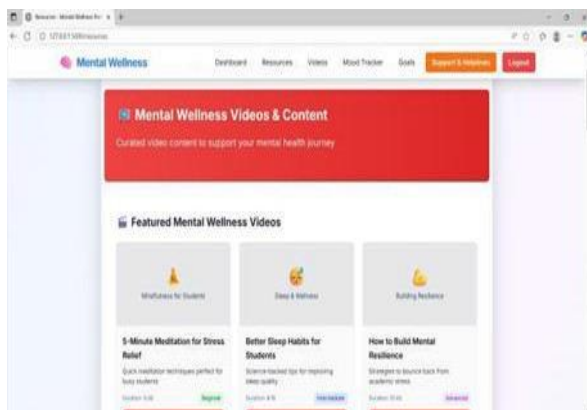


Fig-1: Login Page

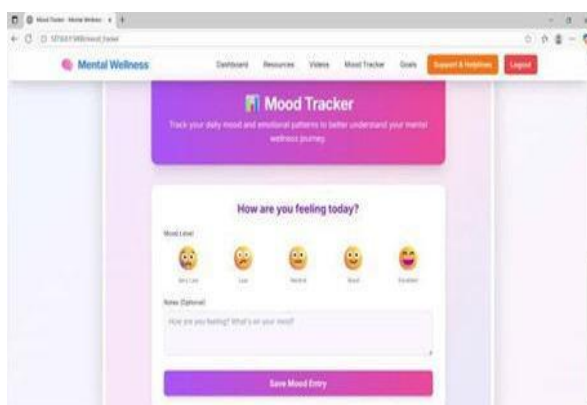
To log in to the Mental Wellness Portal, please enter your credentials.

**Fig-2: Dashboard**

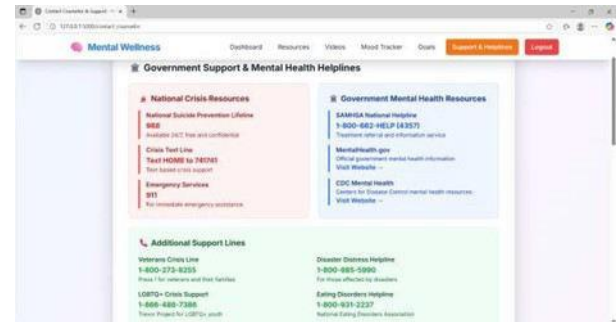
Dashboard consists the user progress and they can submit their feedback about their progress.

**Fig-3: Videos**

In this section we can learn meditation techniques through the videos.

**Fig-4: Mood Tracker**

Mood Tracker is used to check their mood and this mood is stored in the database

**Fig-5: Support & Helplines**

In this section we can contact them through their helplines.

CONCLUSION

This project successfully developed a secure and user-friendly student mental wellness portal that promotes mental health awareness and accessibility. It integrates key features such as self-assessment, counselling support, mood tracking, and access to wellness resources, ensuring data privacy while providing an engaging platform for students to manage their mental well-being.

FUTURE SCOPE

In the future, the system can be enhanced with AI-driven personalized recommendations to offer tailored mental health insights. Furthermore, real-time chat support and virtual counselling can improve user interaction and accessibility. Integration with wearable devices can also enable continuous monitoring

and proactive wellness management, making the platform more intelligent and effective in supporting students' overall mental health.

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