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Silver Linin

ABSTRACT

Silver Linin' is a website platform through which people who are suffering from any type of mental issues like depression ,anxiety ,hypertension etc. can seek help by so many means.He/she can get aware of all the possible cures of all the problems they are facing. The solutions are stored in the Database. Our project mainly focus on the persons who are unable to get over their emotional situations, youth which is more prone to such situations. According to WHO report mental/emotional stress levels have been induced to the younger generation. People who are studying or in their college or even in school are facing drastic mental issues and don't even share with anyone.Our site helps them in many ways.

I.   Introduction

In these days, people are facing so many day to day life problems .Almost all the people are suffering form some situations which can led them to serious mental issues. Sometimes these hardships of life can lead a person to suicide also. We come across listening so many suicidal cases these days especially teenagers or young adults.It is very alarming that we need to get aware about the mental issues of our near and dear ones.Everything is taught in the school but unfortunately nobody teach us how to handle mentally unwell situations. When the hardships of the life arrive, we fail to deal with all the pressure and that results in very unpleasant or even life taking situations even.

Even children are also coming in the reach of mental issues. Pressure of studies or fear of exams create a stressful scenarios among the children and the bigger problem is the person who is suffering never shares anything with anyone. Because nobody really cares and they fear to mocked.

We really need to give attention to the younger side of the population. And this is the vision behind this project. It is a voluntary initiative to help people , to share their pain , to help them to get out of something they can't handle. We tried to help them in every possible way because mental issues is not anything to be underestimated. A lot of parents have lost their child to suicide. Mental unwellness can lead to physical issues as well. Emotionally disable people fail to keep them fit. They are not able to check their habits and that can lead to serious health issues like obesity , diabetes , abnormal blood pressure etc. People have concerns about physical health but nobody talks about mental health which needs more attention.

One in five young adults are having symptoms of depression or anxiety. Estimates show that :
*   2.2% of 16–24 year olds in Great Britain experienced a depressive episode
*   6.2% of 16–24 year olds have attempted suicide in their lifetime
*   8.9% of 16–24 year olds have self-harmed in their lifetime
*   194 15–19 year olds and 427 20–24 year olds committed suicide in 2011

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These kind of things are very obvious these days. Not only this young adults who are suffering seek help of things like drugs, alcohol, smoking etc. The drugs they take include cocaine, club drugs, anabolic steroids, amphetamines, heroine, inhalants and prescription drugs. Harsh alcohols and all the narcoticism ultimately make them drug and alcohol addict and we all know that addiction can be life taking also.

Drug addiction leads them to some serious sort of health issues. They become rude, negative towards life.They ruin their career and talents. In this way mental health should be a concern. WHO has also taken some measures in this way. They have published helping guides that can help young people to come out of such health conditions. Inspired from this thing we decided to create a website which can help such struggling people.

We require an efficient and secure way by which we can help such people.We have ordered elements of the website very carefully and in a way that it will help them in an easy manner.

Psycatrists have made certain criteria for such people. We tried to follow all the guidelines in our project because people who are suffering from anxiety and depression are very sensitive and it is obvious that they need extra gentle ways. We took care of that thing that the people who are taking benefits of this website will be satisfied in all way.
Afterall we all are humans , we together constitute a human community so it is our collective responsibility that if someone is not able to handle their mental baggage and due to that if they suffer, then clearly it is our duty to try to help them. Because people become so weak inside out during such situations. So it is our duty to lookafter our people.

2. Method
In the modern the use and popularity of new technology and the internet are increases. Peoples use many technologies such as instagram, facebook etc. In a similar way silver linin' is designed. The people who are unable to get any sort of help and fear about sharing anything to anyone can very easily use and navigate silver linin', decrease the cost of helped and increase the possibility to become mentally better in an efficient manner. But there were many difficulties in the implementation of our Project, so we researched on the difficulties and problems on the implementation of the Silver Linin' and what people think about it.

The base of this survey is the research papers and the articles that are available on the internet through the opinion of the people of India what they are think about the online mental wellness website. After collecting such data, the team members will produce a synopsis of the overview of the system that can be use by the team. But there are multiple aspects that are the barriers on the road of Silver Linin'. But through technology these barriers can be overcome.

3. WORKING OF THE PROJECT
In Silver Linin' the user who who is suffering mental ailment or unwell mental state can register through their information and the information of the person store on the database and at then the user can login to the system through their id and password. The user can easily access all the elements by signing in.He/she first of all need to check or confirm how much he is suffering and upto what level he is anxious. For this purpose we have designed a quiz box where the user is provided with multiple questions and answers in a MCQ format. Based on his choice of answers the algorithms will analyse his report and tell that how much he is depressed, slight, moderate or alarming. Not only this after this the system will suggest them some therapies that would be best suitable to them. All the therapies we suggest are suggested after so much research. A strong internet connection is needed for the implementation of the Silver Linin project. The user can also take help from certified psychatrists by having online appointment.

ER Diagram (Full Website)
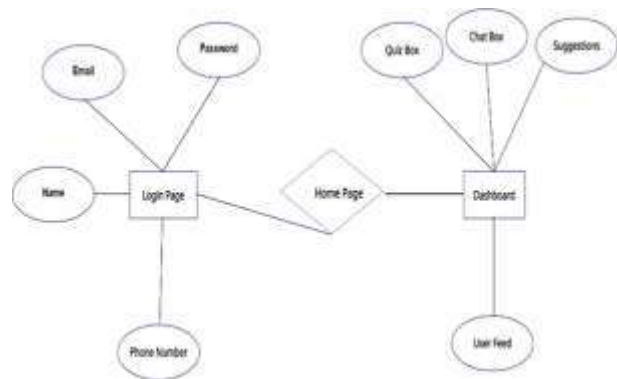
4.   Module Description
Our project consists of four main modules: -

4.1   Common Modules
Registration portal: - Candidate can login using a unique ID and PASSWORD given by the system while registering. Register module help us authorise genuine users. So, it help to authenticate the voters approved by the admin.

Login-portal: - The Login Module is a portal module that allows users to type a user name and password to log in. Candidate can login using a unique ID and PASSWORD given by the system while registering.

Admin portal: - The Administration Module is the administrator's interface and allows to process all configuration operations of the system. Admin can update, create, and delete the candidate. It help to authenticate the users.

4.2   Quiz Box
In this module, user who is going through some sort of mental unwellness. The user is provided with so many psychology related questions and answers. The user can take the online test and based on those answers we can analyze the user's mental state. The questions are deliberately researched and are certified and it will give us an idea about the mental state of people. It also helps the user to become aware about himself and help him to monitor on his/her mental peace. The questions are psychologically designed and are mounted on the website after certain researches only. They are meticulously designed that collectively they give us almost accurate results. The questions are taken from the psychology books and research papers. All types of questions related to daily habits and behaviours of people combine together to a quiz which give almost accurate idea about the person's mental state. Its
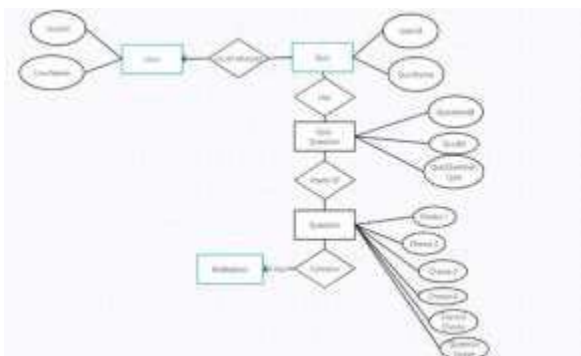
very necessary to become aware about the problem first. Only then we can give them the needed treatments and suggest therapies.

4.3   Chat Box
In this module, user can chat with other users who are in the same boat. The chat box never unfolds the users' name and other details and that will not hinder the user from sharing and opening up about the problems he/she is suffering with. Not telling up anyone about what a person is feeling is a bigger issue. Mental patients never open up with anyone due to the fear about opinions and judgements. That's the reason we decided to keep the identity of the users on the chat box confidential. Due to this the users feel free to share their problems and pains with each others. Psychology proves that sharing our problems with anyone really help us feel lighter and better. This is what psychatrists do, they listen to the patients problems and make them feel safer. The users can talk to other users suffering from same mental issues and same disorders. Another thing they can do is to talk with any people who are voluntarily there to listen to their problems and try to make them feel better and motivate them towards life and their health.
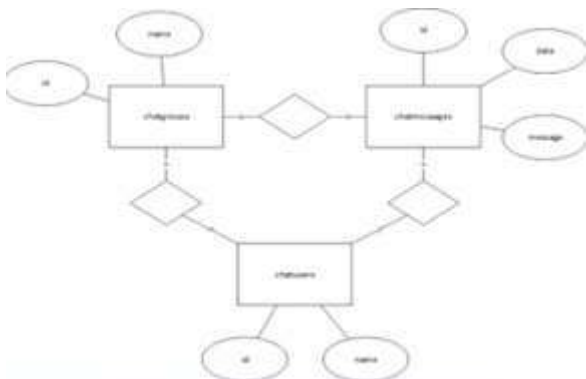
4.4   Dashboard Module
In this module, Users can see their profile along with the profile of other candidates as well. Within this module, It helps to navigate through all integrated module For e.g. Admin, Home, Help. Some therapies are also suggested to them is a visual way. We have attached banners on the feed in which there are pictures who make people positive and suggest them better things. It have quotes, positive messages, exotic therapies like reiki healing, yoga, meditation, crystal healing, gratitude, pranic healing, mood therapy, sleeping therapy, etc.

It also include other things like stories of other people who also conquered such situations in life and still get over all those things.It looks beautiful and peaceful.The colous choosen are soothing and automatically induce a pleasant feeling among the users.

4.5 Help Module

A Help module is a platform that helps Users solve their problems through single (or multiple) points of contact. Users would get assistance for how to balance things. They can also keep checking the availability of the psycatrist or people ho can help with anxiety. And if somebody is online they can also take advice from them either paid or unpaid. Its a two way helping. Young students can also try their hands on psycology by helping people who are suffering hardships in life. They can come to know how much calliber they hold and where they need to improve, what things to learn better.

5. Result

After the research we find out that Silver Linin' is a good approach, but it has certain requirements to implement it on a real time vast expended as it needs so many people to connect with it. Besides that, the government must work on the internet connectivity all over the country and then work on the way of implementation of such helpful websites. Another barrier is that many people are not aware of the mental health.They are more concious about the physical healh. Parents always worry a lot about their child's physical health but never bother about the child's mental health. Also the culture of our nation is sometimes judgemental that people always fear to open up about what they are feeling. So we need to normalise some things in a social manner. Feeling bad and failing sometimes are the part of life. We should normalize talking about these things. Higher class students should be taught how to deal with emotions and ulpleasant mental stages and what to do and what not in such situations. It would be more convenient to youth.

6. Conclusion

Generally parents should raise children in a way that they face all the mental hardships strongly. Parents should indulge their children in some sort of physical activities from early ages as physical activities really helps with mental ailments and anxiety. A study has proved that people who do yoga or any other physical activity on a regular basis are less prone to anxiety and depression.People who do physical activities are found happier and more cheerful than the people who don't do physical activities.Besides this parents should make a friendly relationship with their children that they can share each and everything with their parents.Parents should make them brave enough so that they can deal with problems rather than becoming mentally ill and getting addicted to narcotics, destroying their career and life and sometimes suicide even. Study syllabus should include classes related to psychology and what to do and what not to do in difficult situations.Children should be taught mental skills afterall prevention is better than cure.Our youth is the future of the nation.We need to be

very attentive towards the youth especially we should save them from the depression and anxiety.

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