



# DMHAS

DIGILABS MENTAL HEALTH ASSESSMENT SYSTEM

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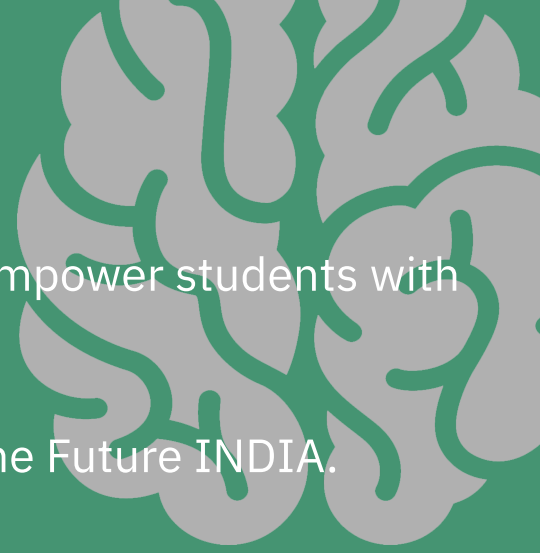
## **AI-Powered** Mental Health Assessments for Students



# Introduction

DMHAS is an innovative platform designed to empower students with **AI-powered** mental health assessments.

Our mission is to build a Strong Foundation of the Future INDIA.



## WHY DO YOU NEED TO CHECK YOUR MENTAL HEALTH?



The need for mental health assessments in the student community is evident. With rising concerns about the well-being of students, it's crucial to address mental health proactively.

MHAS acknowledges that we can't improve what we don't measure. Our platform encourages students to engage with their thoughts and feelings through convenient online assessments.

## FEATURES & BENEFITS

- MHAS provides a quick and user-friendly way to evaluate symptoms related to mental health conditions.
- By making these assessments accessible online, we aim to remove barriers and encourage students to self-assess.
- Non-Exam / No Clinical Test Approach: It's important to emphasize that a mental health assessment online.



# DMHAS

## How It Works ?

### Step 1



#### Basic Assessment Test

Students take a basic assessment test, which includes a series of structured questions, developed by our in-house expert therapists.

### Step 2



#### Student's Assessment Results

are shared with healthcare professionals, allowing them to gain insight into the student's mental health.

### Step 3



#### Doctor's Review and Recommendations

Healthcare professionals review the assessment results and provide guidance on the next steps.

### Step 4



#### Treatments

Based on professional recommendations, students can access various treatments, including online counseling, in-person counseling, or clinical treatment.

### Step 5



#### Repeat Assessment Test

Healthcare professionals review the assessment results and provide guidance on the next steps.

## DEPRESSION AND ANXIETY

DMHAS assessments cover a wide range of symptoms associated with depression and anxiety.

Increased irritability

Feeling sad or down

Changes in energy level

Changes in sleep patterns

Excessive fears or worries

Major changes in eating habits

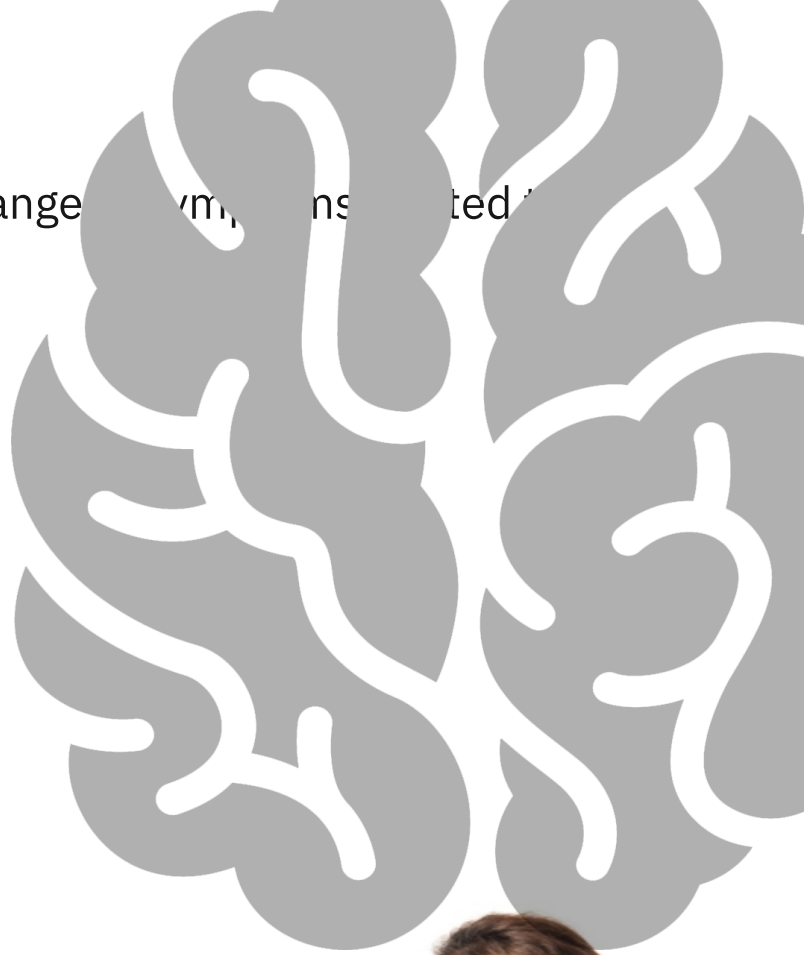
Inability to be productive in studies

Inability to cope with daily problems

Excessive anger, hostility, or violence

Sudden changes in personality and behavior

Trouble with concentration, focus, and memory



**MHAS**

Aims to support students in their journey to better mental health and academic success.

Powered by

 **digilabs.**

