MANTECH Publications
Journal of Artificial Intelligence, Machine Learning and Soft Computing
Volume 11, Issue 1, January-June 2026

AI-Based Mental Health Support System

Prof. Amruta Awati[1], Vedika Kumbhar[2], Tejraj Mane[3], Sanket Lohar[4]

ABSTRACT

In today's fast-paced world, mental health has become one of the biggest concerns of the 21st century. Factors like academic stress, work pressure, social isolation, and digital overload have greatly increased the rate of mental health issues in all age groups. According to the World Health Organization (WHO), over 450 million people worldwide are affected by some form of mental illness, with depression being a major cause of disability. Sadly, many people cannot get timely help because of stigma, lack of awareness, and limited access to professional care.

To tackle this growing challenge, this project suggests a mental health support system that uses AI. It will incorporate emotion detection and therapeutic support modules to provide real-time help. The system acts as a virtual mental health companion. It can interact with users, assess their emotional state, and suggest appropriate interventions like guided meditation, journaling prompts, motivational affirmations, and stress-relief activities. In urgent situations, the system can also issue safety alerts and encourage users to seek professional help. By merging technology with empathy, this project seeks to make mental health support more accessible, personalized, and effective for everyone.

KEYWORDS: *Artificial Intelligence (AI), Mental Health, Emotion Detection, Virtual Companion, Therapeutic Support, Real-Time Assistance, Depression, Stress Management, Personalized Intervention, Mental Well-Being*

INTRODUCTION

Mental health has become one of the most pressing issues of the 21st century. The challenges of modern life, academic stress, professional competition, and social isolation

Page 16-23 © MANTECH PUBLICATIONS 2026. All Rights Reserved

all play a role in this. According to the World Health Organization (WHO), more than 450 million people worldwide deal with some form of mental illness. Depression ranks as one of the main causes of disability. Unfortunately, stigma, a lack of awareness, and not enough trained professionals prevent many people from getting the help they need in time.

To address these problems, technology-based solutions can provide accessible, personalized, and immediate mental health support. This project proposes an AI-Based Mental Health Support System that uses artificial intelligence, emotion detection, and therapeutic support modules to help individuals manage their mental health.

The system serves as a virtual companion that interacts with users, identifies their emotional states, and suggests suitable interventions. These may include guided meditation, journaling prompts, stress management games, or positive affirmations. In more serious cases, it can issue safety alerts and encourage users to seek professional help.

OBJECTIVES

1. Emotion Detection and Mood Classification data.
2. Real-time Support and Interventions
3. Mood Progress Monitoring
4. Crisis Identification and Safety Triggers.
5. Personalized User Experience This will adjust the system's responses based on individual user behavior and offer customized recommendations

LITERATURE REVIEW

Analysis of Mental Health During COVID 19 Pandemic

Sayali Kamble. investigated how the COVID-19 pandemic worsened mental health issues nationwide in India, with almost 14% of the population hit. The research laid out obstacles like stigma, shortages of trained personnel, and insufficient mental health facilities. It stressed that there is an immediate requirement for affordable, community-oriented mental health care and suggested incorporating digital technology such as teletherapy and online helplines to fill the treatment gap.

Page 16-23 © MANTECH PUBLICATIONS 2026. All Rights Reserved

Depression and Impaired Mental Health Analysis from Social Media Platforms using Predictive Modelling Techniques

Vaibhav Jain et al. studied social media users' behavior to identify depressive patterns through machine learning. The study indicated that text, image, and emoji patterns might indicate early warning signs of depression, and hence interventions could be made in a timely manner. The study concluded that predictive models trained on multimodal social data had the ability to offer scalable, non-intrusive tools for early mental health assessment.

Dialogue System for Early Mental Illness Detection: Toward a Digital Twin Solution

Akbobek Abilkaiyrkyzy suggested a chatbot system based on NLP and AI that is able to engage in conversations with users and evaluate their mental condition. By employing models such as BERT, the system detects emotional markers and evaluates the levels of psychological distress. The study showcased how such conversational agents may supplement conventional therapy by extending round-the-clock digital mental health support.

Detection of Students Mental Health Status: A Decision Support System
A Decision Support System

Ellen Joyce B. Nartia et al. created a decision support system based on machine learning to determine the mental well-being of university students. Employing algorithms like decision trees, the model made predictions of depression, anxiety, and stress levels with moderate accuracy. The article highlighted the potential for predictive analytics in academic institutions to determine at-risk students and suggest early counseling intervention.

Psychological analysis of online counselling platforms offering mental health support.

Sandhya Java et al. tested the efficacy of online therapy platforms that became popular during the pandemic. They found that chat-based, video call-based, and email-based virtual therapy sessions provided substantial mental health relief and ease. Yet, they too highlighted drawbacks like minimal nonverbal cues and data protection issues, suggesting future incorporation of AI-based emotion detection for improved

Page 16-23 © MANTECH PUBLICATIONS 2026. All Rights Reserved

personalization.

METHODOLOGY

The project uses a clear method to create an AI-based mental health support system. It starts by understanding user needs, such as emotion detection, real-time help, and crisis alerts. Datasets like GoEmotions, FER2013, and RAVDESS are collected and processed to pull out useful features from text, speech, and images. Separate models, including DistilBERT for text, wav2vec2 for speech, and MobileNet for vision, are trained and combined to effectively detect emotions.

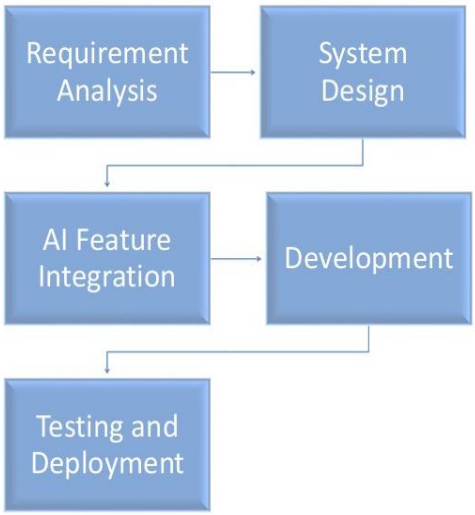


Figure: 1

Requirement Analysis

This stage focuses on identifying user needs and system goals. The main requirements include emotion detection, real-time support, crisis alert generation, and personalized mental health assistance. Inputs from users and mental health research help define the functional and technical requirements of the system.

System Design

The system architecture is designed to integrate multiple AI modules for emotion recognition and user interaction. It includes a front-end user interface for communication, a back-end server for processing, and a secure database for storing user data and emotional trends. The design ensures scalability, security, and a smooth user experience.

Page 16-23 © MANTECH PUBLICATIONS 2026. All Rights Reserved

AI Feature Integration

Different AI models are integrated to handle multiple data types. DistilBERT analyzes text-based emotions, wav2vec2.0 detects tone and emotion from voice, and MobileNet recognizes facial expressions. These models work together through a fusion mechanism to create an accurate emotional profile for each user.

Development

The system is built using FastAPI or Node.js for backend services, with APIs connecting the AI models and databases. A dialogue manager handles user interactions, while intervention modules suggest coping activities like meditation, journaling, or motivational messages. Real-time analysis and feedback are key features of the developed system.

Testing and Deployment

All components are thoroughly tested for accuracy, latency, and reliability. Emotion detection models are evaluated using metrics such as accuracy and F1-score. The system is deployed using Docker and Kubernetes for scalability, with AES and TLS ensuring data security. Ongoing monitoring and updates are performed to maintain performance and user trust.

SYSTEM ARCHITECTURE

The diagram you uploaded shows a step-by-step workflow for how an AI-based emotion detection and interaction system works. This is particularly relevant in a mental health or emotion-aware application.

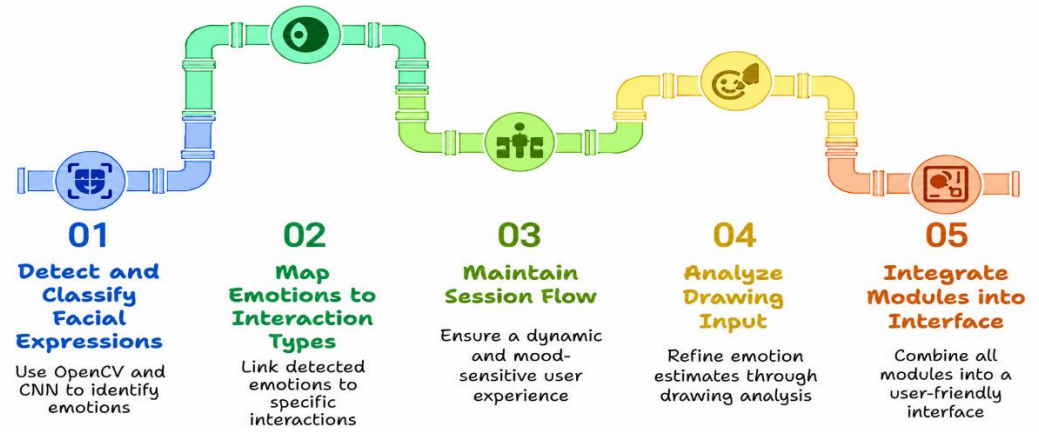


Figure 2: System Architecture

Page 16-23 © MANTECH PUBLICATIONS 2026. All Rights Reserved

1. Detect and Classify Facial Expressions

In this first step, the system captures the user's facial expressions using a camera feed. It employs OpenCV for image processing and Convolutional Neural Networks (CNNs) to identify emotional states like happiness, sadness, anger, fear, or surprise. This lays the groundwork for understanding the user's current mood in real time.

2. Map Emotions to Interaction Types

Once the system detects emotions, it connects each emotional state to specific types of interactions. For example, if it detects sadness, it may initiate comforting messages or suggest mindfulness activities. Conversely, if it detects happiness, it might encourage journaling or social engagement. This mapping ensures that each detected emotion triggers a suitable and meaningful response.

3. Maintain Session Flow

This stage focuses on creating a smooth and adaptable user experience. The system continuously watches for emotional changes during the interaction and adjusts the flow as needed. For instance, if a user's stress level increases, the system can switch to calming activities or a slower-paced conversation. This keeps the discussion natural, understanding, and sensitive to mood.

4. Analyze Drawing Input

Some users express their emotions through creative inputs like drawing. In this step, the system examines drawings or sketches using image analysis techniques to improve its emotion estimation. By analyzing colors, strokes, and shapes, the system gains better insight into the user's emotional state, which boosts accuracy and personalization.

5. Integrate Modules into Interface

In the final stage, all the developed modules, including facial emotion detection, emotion mapping, session management, and drawing analysis, are combined into a single, user-friendly interface. This unified platform enables users to interact smoothly, receive real-time emotional feedback, and access personalized mental health support tools.

Page 16-23 © MANTECH PUBLICATIONS 2026. All Rights Reserved

CONCLUSION

The AI-Based Mental Health Support System aims to connect individuals who need emotional support with the timely help they often struggle to find. It combines artificial intelligence, emotion detection, and therapeutic response modules. This system acts as a virtual companion that can understand users' emotions and provide personalized guidance. Through real-time interaction, it promotes self-awareness, stress management, and early intervention for mental well- being.

This project shows how technology can be used not just for tasks, but for empathy and care. While it doesn't replace professional therapy, it offers an accessible first line of support, promoting mental health awareness and timely assistance. In the future, the system could be improved with multilingual capabilities, VR-based relaxation modules, and integration with healthcare platforms to make mental health support more inclusive and effective.

FUTURE WORK

- **Multilingual Support:** expanding the system to understand and respond in multiple languages, helps reach a wider audience.
- **Emotion Analysis:** integrating deep multimodal models that combine facial, voice, and text data, allows for better emotion detection.
- **VR and AR Integration**: introducing immersive relaxation and therapy sessions through Virtual or Augmented Reality, improves stress management.
- **Healthcare Integration:** connecting the system with certified psychologists or healthcare platforms provides real-time professional help in severe cases.
- **Continuous Learning**: using feedback loops and reinforcement learning, makes the system more adaptable to individual user patterns over time.

ACKNOWLEDGEMENT

We would like to express our sincere gratitude to my guide, Prof. Amruta Awati, for her help and advice in completing the project.

Page 16-23 © MANTECH PUBLICATIONS 2026. All Rights Reserved

REFERENCES

1. "A Scoping Review of AI-Driven Digital Interventions in Mental Health," Y. Ni, S. Chattopadhyay, PMC,(2025).
2. "The Use of AI in Mental Health Services to Support Healthcare Decision-Making," H. Auf, J. Han, Journal of Medical Internet Research, (2025).
3. "Artificial Intelligence in Positive Mental Health: A Narrative Review," A. Thakkar, Y. Lan, Frontiers in Digital Health, (2024).
4. "Development and Evaluation of a Mental Health Chatbot Using ChatGPT 4.0," B. Kang, H. Kim, JMIR Medical Informatics, (2025).
5. "Using AI Chatbots to Provide Self-Help Depression Interventions," H. Liu, L. Li, Internet

***Author for Correspondence**
Tejraj Mane
E-mail: manetejraj009@gmail.com

[1]Professor, Department of Artificial Intelligence and Data Science, Annasaheb Dange College of Engineering and Technology, Ashta
[2,3,4]Student, Department of Artificial Intelligence and Data Science, Annasaheb Dange College of Engineering and Technology, Ashta

Received Date: 13 February 2026
Accepted Date: 20 February 2026
Published Date: 12 March 2026

Citation: Prof. Amruta Awati, Vedika Kumbhar, Tejraj Mane, Sanket Lohar. AI-Based Mental Health Support System. Journal of Artificial Intelligence, Machine Learning and Soft Computing. 2026; 11(1): 16-23p.

Page 16-23 © MANTECH PUBLICATIONS 2026. All Rights Reserved