

## **Mental Well-being Platform for Women and Children**

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**Abstract:** Digital platforms have become integral to our daily lives, significantly influencing mental well-being. While they offer avenues for connection and support, they also expose users to risks such as cyber threats, emotional distress, and misinformation. Existing solutions often lack real-time assistance and comprehensive support systems, leaving critical gaps in mental health care. This project proposes the development of a secure, AI-driven digital platform designed to address these challenges holistically. The platform integrates virtual counseling, gamified mental wellness activities, legal awareness modules, and emergency assistance into a single, user-centric space. Users can access professional mental health support, engage in interactive and therapeutic activities, gain knowledge of their legal rights, and receive immediate help during crises. By combining technology, psychology, and legal awareness, this platform aims to create a safe, engaging, and inclusive digital environment that promotes mental well-being and empowers individuals to seek support proactively.

**Keywords:** Mental health support; Women and children safety; AI-powered counseling; Gamified learning; Cybersecurity awareness; Legal guidance; Emotional resilience; Crisis intervention; Digital well-being platform; Personalized therapy