



PREVENTIVE MENTAL HEALTH ECOSYSTEM FOR STUDENTS

Preventing Crisis. *Building Resilience.*

Digital Mental Health Platform for Students

Explore RELIEF ↓

See how it works →



01
/
15



THE CHALLENGE

Every student has a dream.
Too many struggle in silence.

**Students'
challenges**

Mental health conditions and
academic stress

25%

Depression

45%

Stress

13,000

Suicide / year

OUR RESPONSE

One platform for *comprehensive care.*

Fix the root cause through
assessment, risk stratification,
referral, counselling, education
and continuity of care.

01

Psychometric tools

Screening by self-assessment.

02

Risk stratification

Algorithm for risk stratification and
recommendation.

03

Psychiatric referral

Referral for psychiatric
services.

04

AI counselling

AI counselling for
distress.

05

Wellness programme

Education and self-development.

06

EMR with home care

Integrated records and continuity of care.

07

Digital technology to reach **everyone** — **everywhere.**



03
/ 15

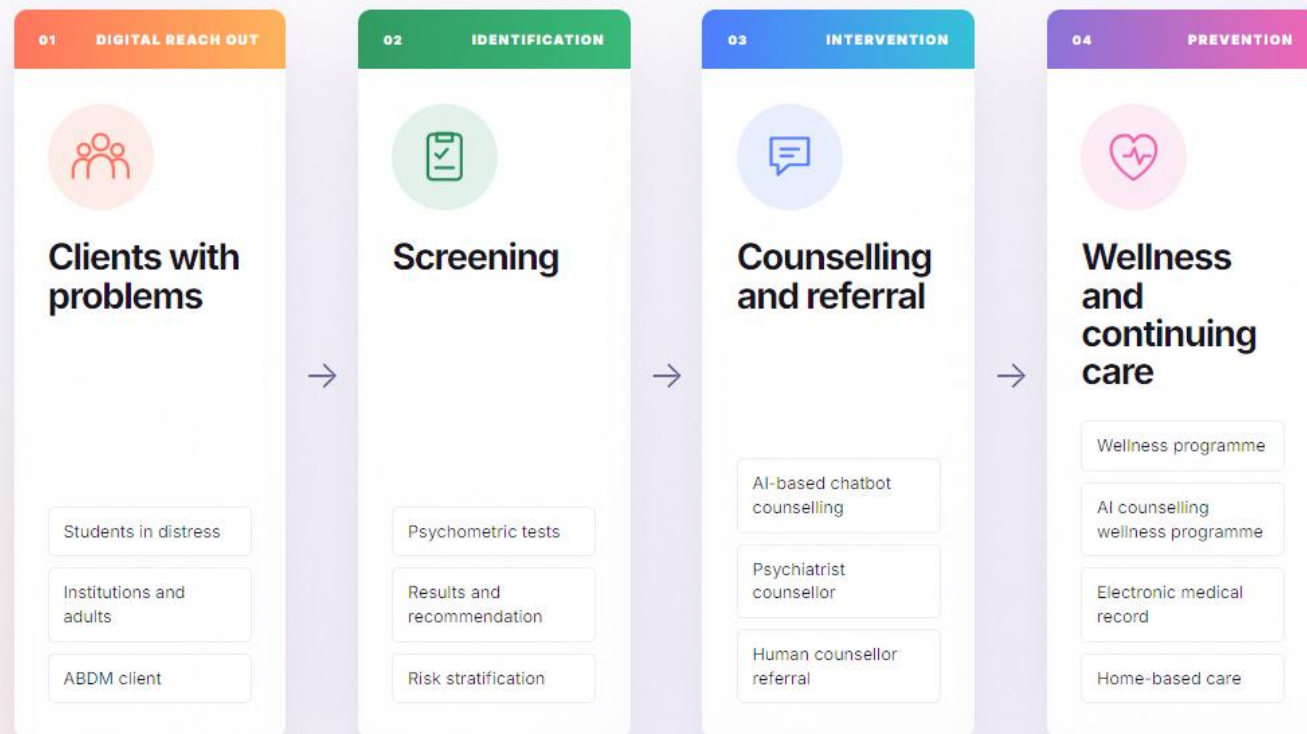


Restoring hope through *four connected pillars.*



From digital outreach to *prevention and continuing care.*

RELIEF connects screening, recommendations, counselling, referrals, wellness programmes and longitudinal care in one digital pathway.



STEPPED-CARE ROUTING

**Every student is
directed toward
the appropriate
level of support.**

RECOVERING

**Continue
wellness
support**

REFERRED FOR TEST

**Additional
assessment**

HIGHER NEED

**Psychiatrist or
human
counsellor**

Findings from our studies.

N = 1,042



KEY FINDING

Impaired functioning was the most frequently identified need, followed by stress and resilience impairment.

A guided digital journey from consent to *intervention.*

CDSO PROVISIONAL LICENCE

Received provisional licence from CDSO, Ministry of Health, Government of India.

RELIEF

Secure

PSYCHOMETRIC ASSESSMENT

How have you been feeling during the past two weeks?

Not at all

Several days

More than half the days

Nearly every day

Question 1 of 3

Back

Continue →

01

Login and consent

02

Screening with psychometric tools

03

AI-powered chatbot for counselling

04

Results, recommendation and intervention

05

ABDM access



07 / 15



15 minutes
To complete

Anytime, anywhere
Accessible platform

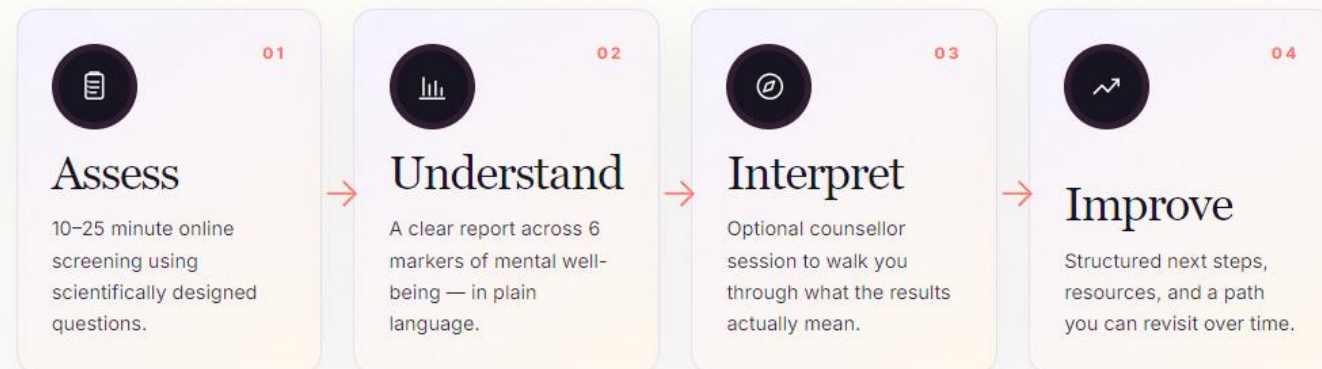
Confidential
Private user experience

Data protected
Data protection and security

PROCESS

Four steps from *uncertainty* to clarity.

RELIEF is built around a simple flow — designed so a student can complete everything in one sitting without feeling tested.



08 / 15



TRACTION

Participation, research and *institutional reach.*

5,000+

Students' participation

15+

Collaborations and MoUs

500+

Adults' participation

15+

Publications

6

Research centres

100+

Educational initiatives



09
/
15



AVAILABLE MARKET OPPORTUNITY

A large unmet mental health market in *India.*

TARGET POPULATION

Students across universities and competitive examinations.

University students

4.0 Crore

Competitive examination
candidates

3.0 Crore

Total student population

7.0 Crore

15%

Experience significant
psychological distress

ESTIMATED MENTAL HEALTH NEED

**Approximately
1.05 Crore
students may
require timely
mental health
support.**

**10.5
million+**

May benefit from digital mental
health assessment and monitoring

BUSINESS MODEL

Hybrid B2C + *B2B revenue.*

B2C

Student assessments

- ↳ Digital mental health assessment
- ↳ Personalized report

B2B

Universities

- ↳ Institutional dashboard
- ↳ Student wellness analytics
- ↳ Early identification reports
- ↳ Administrative monitoring tools

B2C

Adult mental health

- ↳ Digital assessment
- ↳ Target: 5,000 users in Year 1

B2B

Corporate wellness

- ↳ Annual subscription
- ↳ Target: 10 corporate clients
- ↳ Employee assessment programmes

SOCIAL IMPACT

Better today.
Better tomorrow.

RELIEF supports early identification,
accessible care, resilient young people and
stronger communities.

01



Early intervention

[CLICK TO LEARN MORE](#)

02



Access for all

[CLICK TO LEARN MORE](#)

03



Empowering youth

[CLICK TO LEARN MORE](#)

04



Stronger communities

[CLICK TO LEARN MORE](#)

05



National impact

[CLICK TO LEARN MORE](#)



Better Today. Better Tomorrow. *Because You Matter.*

Together, we build a mentally healthier tomorrow.



12
/
15



Clinical credibility meets *institutional distribution.*

RELIEF combines psychometric screening, AI engagement, suicide-risk assessment, India-specific context and ABDM integration in one institutional platform.

CAPABILITIES	RELIEF+	Wysa	YourDOST	Headspace	iCall
01 Institutional SaaS model	✓	✓	✓	✓	×
02 Clinical psychometric screening	✓	×	×	×	✓
03 AI emotional engagement	✓	✓	×	✓	×
04 Suicide risk assessment — MASS	✓	×	×	×	×
05 India-specific cultural context	✓	×	✓	×	✓
06 Stepped-care triage	✓	✓	×	×	×
07 ABDM integration	✓	×	×	×	×



13 / 15



RELIEF+'S MOAT

Clinical credibility + validated MASS framework
+ institutional distribution

Clinical experience, research and *technology.*



FOUNDER & DIRECTOR

Dr. Amresh Shrivastava

Professor Emeritus of Psychiatry, Western University, Canada
Adjunct Scientist, Lawson Health Research Institute, Canada

International Psychiatrist

Digital Mental Health Innovator

Student Mental Health Expert

Suicide Prevention Specialist

Researcher

Educator

Author

ACADEMIC & CLINICAL LEADERSHIP

Prof. Manushee Gupta

Prof. Nilesh Shah

Prof. Kunwar Vaibhav

ADMINISTRATION

Mrs. Ujwala Shrivastava

Mr. Govind Upadhyay

TECHNOLOGY

Vaibhav Jadhav

Technology Lead



14
/
15



RELIEF

Making students' *lives easier.*

Together, let's build a healthier mind. A stronger future.

Dr. Amresh Shrivastava · Director · Psychiatrist · Mental Health Expert · Researcher

