# ABSTRACT

Human growth is not only a matter of physical, but also mental. The ups and downs of the dynamics of psychological turmoil that are felt are the result of certain factors such as dealing with unusual conditions, traumatic events, and so on. One of the psychological disorders felt by the community is anxiety disorder, which causes the sufferer to experience excessive anxiety. Therefore, special handling efforts by experts or professionals such as psychologists are needed. However, due to the empowerment of lockdown and social distancing during this pandemic, people will have difficulty visiting a psychologist.

Because of that, an application called Mental Health Helper is needed to help people or people with anxiety disorders who have difficulty seeing psychologists and handlers that can be reached easily. With an expert system, the data will be processed using Certainty Factor methods so that users can find out the results of the diagnosis that will be obtained precisely. The results of the tests carried out were 50 times and showed the appropriate results so that when testing the accuracy, the results of the appropriate diagnosis were 96%.

**Keywords**: *Anxiety Disorders, Expert System, Certainty Factor*.