# ABSTRACT

Every day, humans are faced with various situations or events that can trigger anxiety. For example, unexpected exams, homework presentations, late for class, work deadlines, etc.

When discussing symptoms with a doctor, people with anxiety realize that they have an illness and have a weak defense capacity. However, some people think this is not important. If allowed to develop will have a negative impact, because this personality will interfere with his ability to develop. Based on these problems, the author uses the Android operating system to build an application called "Mental Health Helper", the goal is to diagnose anxiety as first aid.

The method used in this research is the Fuzzy Tsukamoto method. After analysis and testing, the system can provide information and treatment in overcoming anxiety disorders experienced with a 100% accuracy test.

**Keywords:** Expert System, Fuzzy Tsukamoto, Anxiety Disorders.