

Mental Health ChatBot

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Abstract: *The Mental Health Chatbot is an AI chatbot designed to offer confidential and readily available mental well-being support. It utilizes natural language processing and machine learning to recognize emotional conditions and selects individualized coping mechanisms that stem from cognitive behavioral therapy and mindfulness exercises. The chatbot promotes constructive behavioral modifications, diminishes distress, and provides round the clock assistance. Although it is not a replacement for a therapist, the chatbot serves as a supplemental tool that can enhance mental health outcomes.*

Keywords: Mental health ,Self-care, Stress management,24/7 support