Stress and Depression Detection by Chatbot

Nowadays, stress and depression have become a growing problem for society due to their high impact on individuals' performance. As per the statistics of Mental Health Foundation, 50% of adults who felt stressed reported feeling depressed. Therefore, it is essential to provide a service that can identify people with stress and depression at an early stage to avoid potential crisis. In recent years, the integration of artificial intelligence (AI) in mental health interventions has shown promising results in providing accessible and timely support to individuals experiencing psychological distress. The chatbot used machine learning techniques, which offers a confidential and non-judgmental platform for users to express their emotions, discuss their concerns, and access personalized resources. The primary objective of this chatbot is to bridge the gap in mental health care by providing immediate assistance, especially during times when traditional therapeutic services may be inaccessible.