

# Training Material Documentation

## 1. Introduction

This document outlines the material used to train and guide the development of our **Mental Health Support Chatbot**. The goal of the chatbot is to provide a **soothing, empathetic, and non-judgmental conversational experience**. The training material includes **online resources, internally written documents, and a structured article**, all aligned with the chatbot's persona:



- **Supportive and empathetic**
  - **Non-clinical and guiding only**
  - **Encouraging self-help and professional consultation when needed**
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## 2. External References (Websites)

The following online resources were referred to for building a **foundation of responses**:

- <https://www.nimh.nih.gov/health>
  - <https://www.helpguide.org/>
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## 3. Internal Documents Used for Training

-  Document 1: *Persona Setting – AI Chatbot*
-  Document 2: *mental\_health\_chatbot\_persona\_flow*

[Attached in the folder]

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## 4. Article Used in Training

 **Article: 20 Basic Emotional Guidance Questions Answered**

- **Content Summary:**
  - Contains **20 basic Q&A pairs** such as:
    - “What should I do when I feel overwhelmed?”
    - “How do I deal with loneliness?”
    - “What can I do if I can’t sleep because of stress?”
  - Each answer written in **persona-defined style** (empathetic, human-like).
  - Provides **gentle guidance + suggestions**, not fixed solutions.
- **Use in Training:**
  - Directly uploaded into the chatbot’s knowledge base for **quick-access responses**.