

Conversation-1

←

Health_care_wellness_chatbot

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Published

example

Start point

welcome_message

Bot Response

asking feeling

Bot Response

emotional check in

Bot Response

emotional answer

Bot Response

calming act

Bot Response

calm resp

Bot Response

hold breath

Bot Response

talk about it

Bot Response

talk resp

Bot Response

alone right now

Bot Response

alone resp

Bot Response

good emotional flow

Bot Response

good resp

Bot Response

ai exit

Go to step

fallback message

Bot Response

Default fallback

Bot Response

🏠 50%

↩️ ↪️

Support

Bot

Online

Bot

Hello, I'm glad you're here today. Before we start, I provide general wellness tips — not medical advice. For medical concerns, consult a licensed professional.

[Show JSON](#)

It's good to see you. Remember, this is a safe space. How can I help you today?

Send a message...

←

Health_care_wellness_chatbot

⚡ 🔍 🔄 ⌚ ⚙️

Published

welcome_message

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ai exit

Go to step

fallback message

Bot Response

Default fallback

Bot Response

🏠 50%

↩️ ↪️

Support

Bot

Online

It's good to see you. Remember, this is a safe space. How can I help you today?

You

hey, i am feeling sad right now

Bot

I'm really sorry you're feeling this way. Would you like to talk about it or try a calming activity or wanna be alone?

Send a message...

←

Health_care_wellness_chatbot

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Publish

ng feeling

Bot Response

emotional check in

Bot Response

emotional answer

Bot Response

calming act

Bot Response

calm resp

Bot Response

hold breath

Bot Response

exhale breath

Bot Response

completing breathing

Bot Response

talk about it

Bot Response

talk resp

Bot Response

alone right now

Bot Response

alone resp

Bot Response

good emotional flow

Bot Response

good resp

Bot Response

ai exit

Go to step

fallback message

Bot Response

Default fallback

Bot Response

🏠 50%

↩️ ↪️

Support

Bot

Online

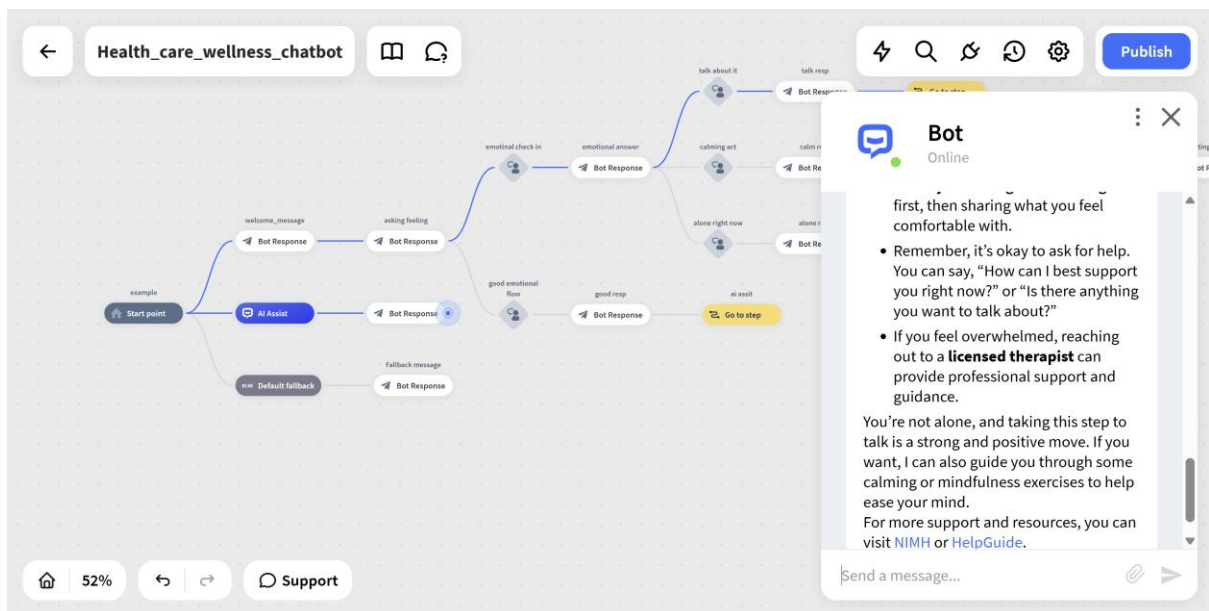
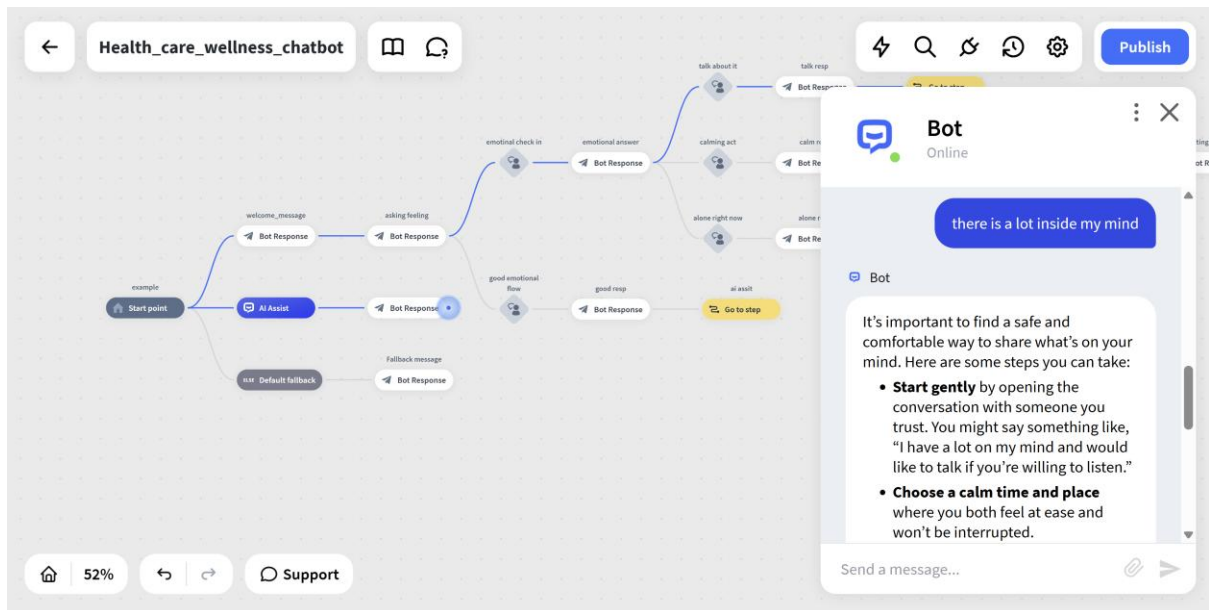
i want to talk about it

Bot

I hear you, and it's okay to feel this way — you're not alone in this.

If you'd like to talk to someone right now, you can also reach out to- you can call the AASRA helpline at 91-9820466726 (24/7). [Works for Indian region only.]

Send a message...



Conversation-2

The image displays three sequential screenshots of a chatbot interface for a 'Health_care_wellness_chatbot'. Each screenshot shows a flowchart on the left and a chat window on the right.

Flowchart Details:

- Start point** leads to **welcome_message** (Bot Response).
- welcome_message** leads to **asking feeling** (Bot Response).
- asking feeling** leads to **emotional check in** (Bot Response).
- emotional check in** leads to **emotional answer** (Bot Response).
- emotional answer** leads to **calming act** (Bot Response).
- calming act** leads to **alone right now** (Bot Response).
- alone right now** leads to **good emotional flow** (Bot Response).
- good emotional flow** leads to **good resp** (Bot Response).
- good resp** leads to **ai assist** (Go to step).
- ai assist** leads to **Default fallback** (Bot Response).
- Default fallback** leads to **Fallback message** (Bot Response).

Chat Window Details:

Bot Online

professional.

Welcome. I'm here to listen and support you. How are you doing right now?

You: i am good what about you

Bot: I'm glad to hear you're doing well ! and I'm here to help.

Send a message...

Bot Online

I'm glad to hear you're doing well ! and I'm here to help.

You: tell me the symptoms of the fever

Bot: ...

Send a message...

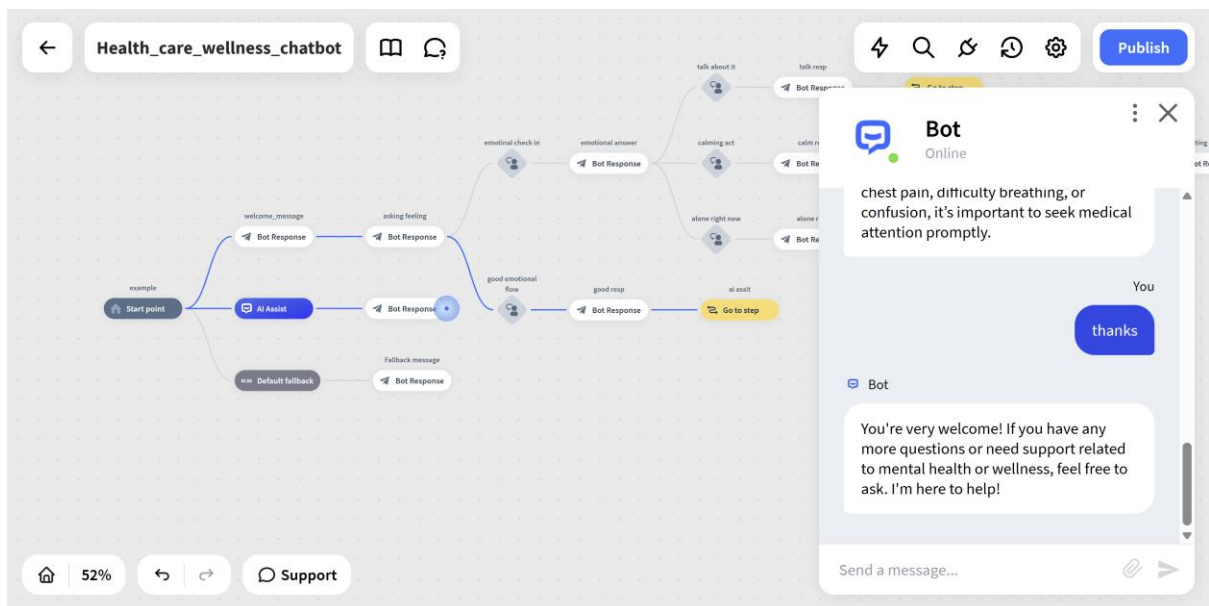
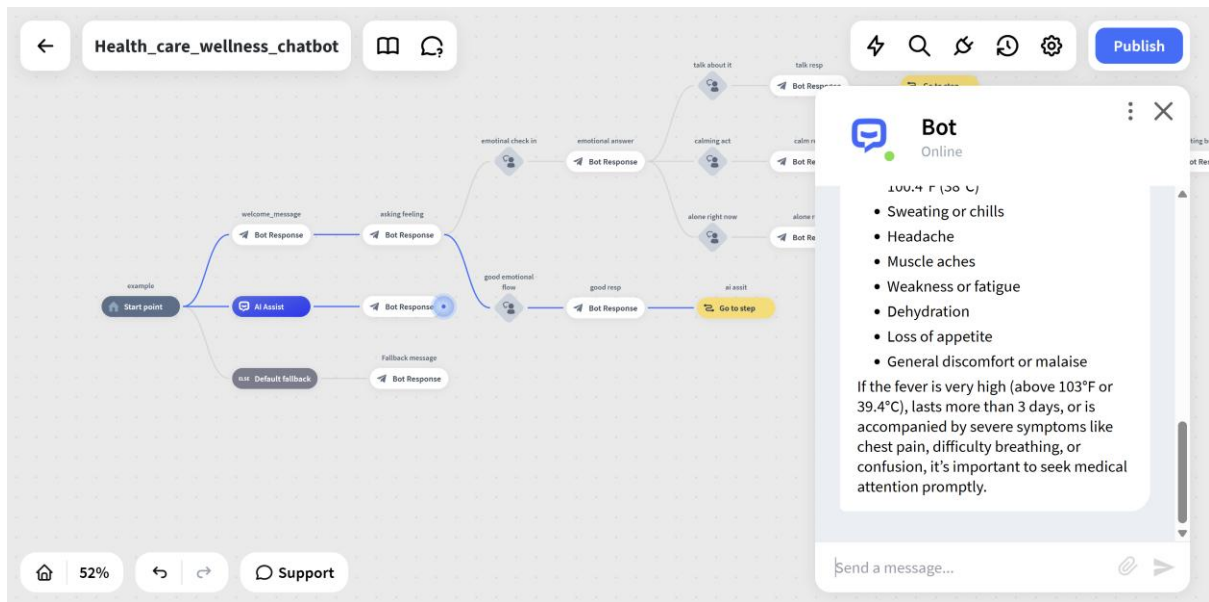
Bot Online

Today 4:48 PM [Show JSON](#)

Fever is a temporary increase in body temperature, usually caused by an infection or inflammation. Common symptoms associated with fever include:

- Elevated body temperature above 100.4°F (38°C)
- Sweating or chills
- Headache
- Muscle aches
- Weakness or fatigue
- Dehydration

Send a message...



The image displays three sequential screenshots of a chatbot interface for 'Health_care_wellness_chatbot'. Each screenshot shows a flowchart on the left and a chat window on the right.

Screenshot 1 (Top):

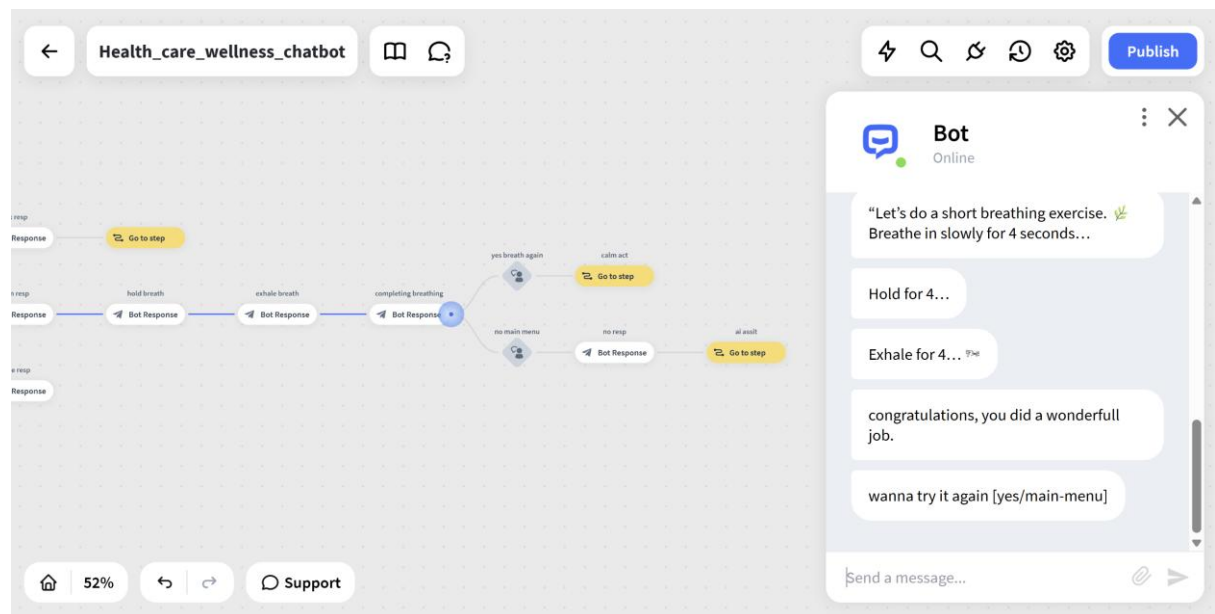
- Flowchart:** Starts with 'welcome_message' (Bot Response) leading to 'asking feeling' (Bot Response). From 'asking feeling', it branches to 'emotional check in' (Bot Response) and 'good emotional flow' (Bot Response). 'emotional check in' leads to 'emotional answer' (Bot Response), which then branches to 'talk about it' (Bot Response), 'calming act' (Bot Response), and 'alone right now' (Bot Response). 'talk about it' leads to 'talk resp' (Bot Response), which leads to 'Go to step'. 'calming act' leads to 'calm resp' (Bot Response), which leads to 'hold breath' (Bot Response). 'alone right now' leads to 'alone resp' (Bot Response), which leads to 'Go to step'. 'good emotional flow' leads to 'good resp' (Bot Response), which leads to 'ai assist' (Go to step).
- Chat Window:** The bot is online. The user says 'Welcome. I'm here to listen and support you. How are you doing right now?'. The bot responds with 'i am low on my mind'. The bot then says 'I'm really sorry you're feeling this way. Would you like to talk about it or try a calming activity or wanna be alone?'.

Screenshot 2 (Middle):

- Flowchart:** Continues from 'emotional answer' (Bot Response) to 'calming act' (Bot Response), which leads to 'calm resp' (Bot Response), then 'hold breath' (Bot Response), then 'exhale breath' (Bot Response), then 'completing breathing' (Bot Response). 'completing breathing' branches to 'yes breath again' (Bot Response) and 'no main menu' (Bot Response). 'yes breath again' leads to 'Go to step'. 'no main menu' leads to 'ai assist' (Go to step). 'good resp' (Bot Response) also leads to 'ai assist' (Go to step).
- Chat Window:** The bot asks 'Would you like to talk about it or try a calming activity or wanna be alone?'. The user responds 'lets go with calming activity'. The bot responds 'Let's do a short breathing exercise. Breathe in slowly for 4 seconds...'.

Screenshot 3 (Bottom):

- Flowchart:** Continues from 'completing breathing' (Bot Response) to 'yes breath again' (Bot Response), which leads to 'calm act' (Bot Response), then 'Go to step'. 'no main menu' (Bot Response) leads to 'no resp' (Bot Response), which leads to 'ai assist' (Go to step). 'good resp' (Bot Response) also leads to 'ai assist' (Go to step).
- Chat Window:** The bot says 'Let's do a short breathing exercise. Breathe in slowly for 4 seconds...'. The user says 'Hold for 4...'. The bot responds 'Exhale for 4...'. The bot then says 'congratulations, you did a wonderful job.' and 'wanna try it again [yes/main-menu]'.



Health_care_wellness_chatbot

52%

Support

Bot Online

yes

Bot

"Let's do a short breathing exercise. 🌿
Breathe in slowly for 4 seconds..."

Hold for 4...

Exhale for 4...

...

Send a message...

Health_care_wellness_chatbot

52%

Support

Bot Online

congratulations, you did a wonderful job.

wanna try it again [yes/main-menu]

You

no

Bot

Alright, let's start fresh.
What would you like to do now?

Send a message...

Health_care_wellness_chatbot

50%

Support

Bot Online

talk something good

Bot

I'm here to listen. You can share whatever feels comfortable right now. What's been on your mind?

If you'd like to talk to someone right now, you can also reach out to- you can call the AASRA helpline at 91-9820466726 (24/7).
[Works for Indian region only.]

Send a message...

Health_care_wellness_chatbot

50%

Support

Start point

welcome_message

asking feeling

emotional check in

emotional answer

talk about it

talk resp

calming act

calm resp

alone right now

alone resp

good emotional flow

good resp

AI assist

Go to step

Fallback message

Default fallback

Bot

Online

If you'd like to talk to someone right now, you can also reach out to- you can call the AASRA helpline at 91-9820466726 (24/7). [Works for Indian region only.]

You

how to treat a mental illness

Bot

...

Send a message...

Health_care_wellness_chatbot

50%

Support

Start point

welcome_message

asking feeling

emotional check in

emotional answer

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talk resp

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calm resp

alone right now

alone resp

good emotional flow

good resp

AI assist

Go to step

Fallback message

Default fallback

Bot

Online

how to treat a mental illness

Today 5:00 PM [Show JSON](#)

To treat mental illness effectively, consider the following key approaches:

- **Seek professional help early:** Reach out to mental health professionals such as therapists, counselors, or psychiatrists who can provide diagnosis and tailored treatment plans.
- **Combine treatments:** Effective treatment often includes a combination of therapy (like cognitive behavioral therapy

Send a message...

Health_care_wellness_chatbot

50%

Support

Start point

welcome_message

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alone right now

alone resp

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good resp

AI assist

Go to step

Fallback message

Default fallback

Bot

Online

- **Aftercare and relapse prevention.** Ongoing support and follow-up care are important to maintain recovery and manage symptoms over time.

If you or a loved one is struggling, consider contacting your primary care provider or mental health professional to explore treatment options. For more detailed information, you can visit:

- [NIMH Health Topics](#)
- [HelpGuide Treatment Options](#)

These resources provide comprehensive guidance on therapies, medications, and support systems to help manage mental illness effectively.

Send a message...