

```
{
  "intents": [
    {
      "tag": "greeting",
      "patterns": [
        "Hi",
        "Hey",
        "Is anyone there?",
        "Hi there",
        "Hello",
        "Hey there",
        "Howdy",
        "Hola",
        "Bonjour",
        "Konnichiwa",
        "Guten tag",
        "Ola"
      ],
      "responses": [
        "Hello there. Tell me how are you feeling today?",
        "Hi there. What brings you here today?",
        "Hi there. How are you feeling today?",
        "Great to see you. How do you feel currently?",
        "Hello there. Glad to see you're back. What's going on in your world right now?"
      ]
    },
    {
      "tag": "morning",
```

```
"patterns": [  
  "Good morning"  
],  
"responses": [  
  "Good morning. I hope you had a good night's sleep. How are you feeling to  
]  
},  
{  
  "tag": "afternoon",  
  "patterns": [  
    "Good afternoon"  
  ],  
  "responses": [  
    "Good afternoon. How is your day going?"  
  ]  
},  
{  
  "tag": "evening",  
  "patterns": [  
    "Good evening"  
  ],  
  "responses": [  
    "Good evening. How has your day been?"  
  ]  
},  
{  
  "tag": "night",  
  "patterns": [  

```

```
"Good night"
],
"responses": [
  "Good night. Get some proper sleep",
  "Good night. Sweet dreams."
]
},
{
  "tag": "goodbye",
  "patterns": [
    "Bye",
    "See you later",
    "Goodbye",
    "Au revoir",
    "Sayonara",
    "ok bye",
    "Bye then",
    "Fare thee well"
  ],
  "responses": [
    "See you later.",
    "Have a nice day.",
    "Bye! Come back again.",
    "I'll see you soon."
  ]
},
{
  "tag": "thanks",
```

```
"patterns": [  
  "Thanks",  
  "Thank you",  
  "That's helpful",  
  "Thanks for the help",  
  "Than you very much"  
],  
"responses": [  
  "Happy to help!",  
  "Any time!",  
  "My pleasure",  
  "You're most welcome!"  
]  
},  
{  
  "tag": "no-response",  
  "patterns": [  
    ""  
  ],  
  "responses": [  
    "Sorry, I didn't understand you.",  
    "Please go on.",  
    "Not sure I understand that.",  
    "Please don't hesitate to talk to me."  
  ]  
},  
{  
  "tag": "neutral-response",
```

```
"patterns": [  
  "nothing much"  
],  
"responses": [  
  "Oh I see. Do you want to talk about something?"  
]  
},  
{  
  "tag": "about",  
  "patterns": [  
    "Who are you?",  
    "What are you?",  
    "Who you are?",  
    "Tell me more about yourself.",  
    "What is your name?",  
    "What should I call you?",  
    "What's your name?",  
    "Tell me about yourself"  
  ],  
  "responses": [  
    "I'm Pandora, your Personal Therapeutic AI Assistant. How are you feeling",  
    "I'm Pandora, a Therapeutic AI Assitant designed to assist you. Tell me about",  
    "I'm Pandora. I am a conversational agent designed to mimic a therapist. So",  
    "You can call me Pandora.",  
    "I'm Pandora!",  
    "Call me Pandora"  
  ]  
},
```

```
{
  "tag": "skill",
  "patterns": [
    "What can you do?"
  ],
  "responses": [
    "I can provide general advice regarding anxiety and depression, answer qu
  ]
},
{
  "tag": "creation",
  "patterns": [
    "Who created you?",
    "How were you made?",
    "How were you created?"
  ],
  "responses": [
    "I was created by >.",
    "I was trained on a text dataset using Deep Learning & Natural Language P
    "The real question is: Who created you?"
  ]
},
{
  "tag": "name",
  "patterns": [
    "My name is ",
    "I am name.",
    "I go by "
```

```
],  
"responses": [  
  "Oh nice to meet you. Tell me how was your week?",  
  "Nice to meet you. So tell me. How do you feel today?",  
  "That's a great name. Tell me more about yourself."  
]  
},  
{  
  "tag": "help",  
  "patterns": [  
    "Could you help me?",  
    "give me a hand please",  
    "Can you help?",  
    "What can you do for me?",  
    "I need support",  
    "I need help",  
    "Support me please"  
  ],  
  "responses": [  
    "Sure. Tell me how can i assist you",  
    "Tell me your problem so that i can assist you",  
    "Yes, sure. How can I help you?"  
  ]  
},  
{  
  "tag": "sad",  
  "patterns": [  
    "I am feeling lonely",
```

"I am so lonely",  
"I feel down",  
"I feel sad",  
"I am sad",  
"I feel so lonely",  
"I feel empty",  
"I don't have anyone"

],

"responses": [

"I'm sorry to hear that. I'm here for you. Talking about it might help. So, tell me",

"I'm here for you. Could you tell me why you're feeling this way?",

"Why do you think you feel this way?",

"How long have you been feeling this way?"

]

},

{

"tag": "stressed",

"patterns": [

"I am so stressed out",

"I am so stressed",

"I feel stuck",

"I still feel stressed",

"I am so burned out"

],

"responses": [

"What do you think is causing this?",

"Take a deep breath and gather your thoughts. Go take a walk if possible. So",

"Give yourself a break. Go easy on yourself.",



"I am sorry to hear that. What is the reason behind this?"

]

},

{

"tag": "worthless",

"patterns": [

"I feel so worthless.",

"No one likes me.",

"I can't do anything.",

"I am so useless",

"Nothing makes sense anymore"

],

"responses": [

"It's only natural to feel this way. Tell me more. What else is on your mind?"

"Let's discuss further why you're feeling this way.",

"I first want to let you know that you are not alone in your feelings and there

"i first want to let you know that you are not alone in your feelings and there

]

},

{

"tag": "depressed",

"patterns": [

"I can't take it anymore",

"I am so depressed",

"I think i'm depressed.",

"I have depression"

],

"responses": [

"It helps to talk about what's happening. You're going to be okay",

"Talk to me. Tell me more. It helps if you open up yourself to someone else

"Sometimes when we are depressed, it is hard to care about anything. It ca

]

},

{

"tag": "happy",

"patterns": [

"I feel great today.",

"I am happy.",

"I feel happy.",

"I'm good.",

"cheerful",

"I'm fine",

"I feel ok"

],

"responses": [

"That's geat to hear. I'm glad you're feeling this way.",

"Oh i see. That's great.",

"Did something happen which made you feel this way?"

]

},

{

"tag": "casual",

"patterns": [

"Oh I see.",

"ok",

"okay",

"nice",  
"Whatever",  
"K",  
"Fine",  
"yeah",  
"yes",  
"no",  
"not really"

],

"responses": [

"Let's discuss further why you're feeling this way.",  
"How were you feeling last week?",  
"I'm listening. Please go on.",  
"Tell me more",  
"Can you elaborate on that?",  
"Come Come elucidate your thoughts"

]

},

{

"tag": "anxious",

"patterns": [

"I feel so anxious.",  
"I'm so anxious because of "

],

"responses": [

"Don't be hard on yourself. What's the reason behind this?",  
"Can you tell me more about this feeling?",  
"I understand that it can be scary. Tell me more about it.",

"Don't let the little worries bring you down. What's the worse that can happen

]

},

{

"tag": "not-talking",

"patterns": [

"I don't want to talk about it.",

"No just stay away.",

"I can't bring myself to open up.",

"Just shut up"

],

"responses": [

"Talking about something really helps. If you're not ready to open up then that's

"I want to help you. I really do. But in order for me to help you, you're gonna

"I'm here to listen to you and help you vent. So please talk to me.",

"You can talk to me without fear of judgement."

]

},

{

"tag": "sleep",

"patterns": [

"I have insomnia",

"I am suffering from insomnia",

"I can't sleep.",

"I haven't slept for the last days.",

"I can't seem to go to sleep.",

"I haven't had proper sleep for the past few days."

],

"responses": [

"What do you think is the reason behind this?",

"That seem awful. What do you think is behind this?"

]

},

{

"tag": "scared",

"patterns": [

"I'm scared",

"That sounds awful. What do i do?",

"No i don't want to feel this way",

"I am scared for myself"

],

"responses": [

"It's only natural to feel this way. I'm here for you.",

"It'll all be okay. This feeling is only momentary.",

"I understand how you feel. Don't put yourself down because of it."

]

},

{

"tag": "death",

"patterns": [

"My mom died",

"My brother died",

"My dad passed away",

"My sister passed away",

"Someone in my family died",

"My friend passed away"

],

"responses": [

"I'm sorry to hear that. If you want to talk about it. I'm here.",

"I am really sorry to hear that. I am here to help you with grief, anxiety and a

"My condolences. I'm here if you need to talk."

]

},

{

"tag": "understand",

"patterns": [

"You don't understand me.",

"You're just some robot. How would you know?",

"You can't possibly know what i'm going through",

"You're useless",

"You can't help me",

"Nobody understands me."

],

"responses": [

"It sound like i'm not being very helpful right now.",

"I'm sorry to hear that. I'm doing my best to help",

"I'm trying my best to help you. So please talk to me"

]

},

{

"tag": "done",

"patterns": [

"That's all.",

"I don't have anything more to say",

"Nothing else",

"That's all i have to say",

"no, that would be all"

],

"responses": [

"I heard you & noted it all. See you later.",

"Oh okay we're done for today then. See you later",

"I hope you have a great day. See you soon",

"Okay we're done. Have a great day",

"Okay I see. Enjoy the rest of your day then"

]

},

{

"tag": "suicide",

"patterns": [

"I want to kill myself",

"I've thought about killing myself.",

"I want to die",

"I am going to kill myself",

"I am going to commit suicide"

],

"responses": [

"I'm very sorry to hear that but you have so much to look forward to. Please

]

},

{

"tag": "hate-you",

"patterns": [

"I hate you",

"I don't like you",

"I don't trust you"

],

"responses": [

"I'm sorry if i offended you in anyway. I'm only here to help",

"Forgive me if i did anything to offend you. I only want to help"

]

},

{

"tag": "hate-me",

"patterns": [

"You hate me",

"I know you hate me",

"You don't like me"

],

"responses": [

"Why do you think so?",

"I'm sorry if i have exhibited any sort of behaviour to make you think that."

]

},

{

"tag": "default",

"patterns": [

"exams",

"friends",

"relationship",

"boyfriend",



"girlfriend",  
"family",  
"money",  
"financial problems"

],

"responses": [

"Oh I see. Tell me more",  
"I see. What else?",  
"Tell me more about it.",  
"Oh okay. Why don't you tell me more about it?",  
"I'm listening. Tell me more."

]

},

{

"tag": "jokes",  
"patterns": [  
"Tell me a joke",  
"Tell me another joke"

],

"responses": [

"mental health is not a joke."

]

},

{

"tag": "repeat",  
"patterns": [  
"You already told me that",  
"You mentioned that already",

"Why are you repeating yourself?"

],

"responses": [

"Oh sorry I didn't realise that. I'll try not to repeat myself again."

]

},

{

"tag": "wrong",

"patterns": [

"What are you saying?",

"That doesn't make sense",

"Wrong response",

"Wrong answer"

],

"responses": [

"I'm very sorry. Let's try that again"

]

},

{

"tag": "stupid",

"patterns": [

"Are you stupid?",

"You're crazy",

"You are dumb",

"Are you dumb?"

],

"responses": [

"I wish you wouldn't say such hurtful things. I'm sorry if I wasn't useful"

```
]
},
{
  "tag": "location",
  "patterns": [
    "Where are you?",
    "Where do you live?",
    "What is your location?"
  ],
  "responses": [
    "Duh I live in your computer",
    "Everywhere",
    "Somewhere in the universe"
  ]
},
{
  "tag": "something-else",
  "patterns": [
    "I want to talk about something else",
    "Let's talk about something else.",
    "Can we not talk about this?",
    "I don't want to talk about this."
  ],
  "responses": [
    "Okay sure. What do you want to talk about?",
    "Alright no problem. Is there something you want to talk about?",
    "Is there something else that you want to talk about?"
  ]
}
```

```
},
{
  "tag": "friends",
  "patterns": [
    "I don't have any friends"
  ],
  "responses": [
    "I'm sorry to hear that. Just know that I'm here for you. Talking about it might"
  ]
},
{
  "tag": "ask",
  "patterns": [
    "Can I ask you something?"
  ],
  "responses": [
    "Sure. I'll try my best to answer you",
    "Of course. Feel free to ask me anything. I'll do my best to answer you"
  ]
},
{
  "tag": "problem",
  "patterns": [
    "Probably because my exams are approaching. I feel stressed out because"
    "probably because of my exams"
  ],
  "responses": [
    "I see. Have you taken any approaches to not feel this way?"
  ]
}
```

```
]
```

```
},
```

```
{
```

```
  "tag": "no-approach",
```

```
  "patterns": [
```

```
    "I guess not. All I can think about are my exams.",
```

```
    "not really",
```

```
    "i guess not"
```

```
  ],
```

```
  "responses": [
```

```
    "That's no problem. I can see why you'd be stressed out about that. I can su
```

```
  ]
```

```
},
```

```
{
```

```
  "tag": "learn-more",
```

```
  "patterns": [
```

```
    "ok sure. i would like to learn more about it.",
```

```
    "yes, i would like to learn more about it.",
```

```
    "i would like to learn more about it."
```

```
  ],
```

```
  "responses": [
```

```
    "So first I would suggest you to give yourself a break. Thinking more and m
```

```
  ]
```

```
},
```

```
{
```

```
  "tag": "user-agree",
```

```
  "patterns": [
```

```
    "yeah you're right. i deserve a break.",
```

"Yeah you're absolutely right about that"

],

"responses": [

"Next, I would suggest you to practice meditation. Meditation can produce a

]

},

{

"tag": "meditation",

"patterns": [

"hmmm that sounds like it could be useful to me.",

"That sounds useful."

],

"responses": [

"Focus all your attention on your breathing. Concentrate on feeling and liste

]

},

{

"tag": "user-meditation",

"patterns": [

"i did what you said and i feel alot better. thank you very much.",

"I feel better now"

],

"responses": [

"Your welcome. Remember: Always focus on what's within your control. Wh

]

},

{

"tag": "pandora-useful",

```
"patterns": [  
  "thank you very much again. i'll continue practicing meditation and focus on  
,  
"responses": [  
  "I'm glad you found this useful. Is there something else I can help you with?  
]  
,  
{  
  "tag": "user-advice",  
  "patterns": [  
    "I want some advice.",  
    "I need some advice.",  
    "I need advice on something"  
  ],  
  "responses": [  
    "Sure. What can I do to help?",  
    "Okay what do you need advice on?"  
  ]  
},  
{  
  "tag": "learn-mental-health",  
  "patterns": [  
    "I want to learn about mental health.",  
    "I want to learn more about mental health.",  
    "I'm interested in learning about mental health."  
  ],  
  "responses": [  
    "Oh that's really great. I'd be willing to answer anything that I know about it.
```

]

},

{

"tag": "mental-health-fact",

"patterns": [

"Tell me a fact about mental health",

"Tell me another fact about mental health"

],

"responses": [

"According to a UNICEF report, One in seven Indians between 15-24 years

"1 in 5 young people (age 13-18) has or will develop a mental illness in their lifetime."

"Depression is the leading cause of disability worldwide."

]

},

{

"tag": "fact-1",

"patterns": [

"What is mental health?",

"Define Mental Health"

],

"responses": [

"Mental health is a state of well-being in which the individual realizes his or her own potential, and can cope with the normal stresses of life, and can work productively and fruitfully, and is able to make a contribution to his or her community."

"Mental health includes our emotional, psychological, and social well-being. It is not just the absence of mental illness."

]

},

{

"tag": "fact-2",

"patterns": [



"Why is mental health important?",

"What is the importance of mental health?"

],

"responses": [

"Maintaining mental health is crucial to stabilizing constructive behaviors, en

]

},

{

"tag": "fact-3",

"patterns": [

"What is Depression?",

"Define Depression"

],

"responses": [

"A mental health disorder characterised by persistently depressed mood or

]

},

{

"tag": "fact-5",

"patterns": [

"How do i know if i have Depression?",

"Am i depressed?",

"Am i suffering from depression?",

"Am i mentally ill?"

],

"responses": [

"For a diagnosis of depression, a person needs to have experienced low m

]

```
},
{
  "tag": "fact-6",
  "patterns": [
    "What is a therapist?",
    "What does a therapist do?"
  ],
  "responses": [
    "A therapist is a broad designation that refers to professionals who are train"
  ]
},
{
  "tag": "fact-7",
  "patterns": [
    "What is therapy?",
    "Do i need therapy?",
    "Who is therapy for?"
  ],
  "responses": [
    "Therapy is a form of treatment that aims to help resolve mental or emotion"
    "Therapy is a form of treatment that aims to help resolve mental or emotion"
  ]
},
{
  "tag": "fact-8",
  "patterns": [
    "What does it mean to have a mental illness?"
  ],
```

"responses": [

"Mental illnesses are health conditions that disrupt a person's thoughts, emotions, and behaviors."

]

},

{

"tag": "fact-9",

"patterns": [

"Who does mental illness affect?"

],

"responses": [

"It is estimated that mental illness affects 1 in 5 adults in America, and that the prevalence is increasing."

]

},

{

"tag": "fact-10",

"patterns": [

"What causes mental illness?"

],

"responses": [

"It is estimated that mental illness affects 1 in 5 adults in America, and that the prevalence is increasing."

]

},

{

"tag": "fact-11",

"patterns": [

"What are some of the warning signs of mental illness?"

],

"responses": [

"Symptoms of mental health disorders vary depending on the type and severity of the disorder."

]

},

{

"tag": "fact-12",

"patterns": [

"Can people with mental illness recover?"

],

"responses": [

"When healing from mental illness, early identification and treatment are of great importance."

]

},

{

"tag": "fact-13",

"patterns": [

"What should I do if I know someone who appears to have the symptoms of a mental health disorder?"

],

"responses": [

"Although Pandora cannot substitute for professional advice, we encourage you to seek help from a mental health professional."

]

},

{

"tag": "fact-14",

"patterns": [

"How can I find a mental health professional for myself or my child?"

],

"responses": [

"Feeling comfortable with the professional you or your child is working with is a key step in the recovery process."

]

},

{

"tag": "fact-15",

"patterns": [

"What treatment options are available?"

],

"responses": [

"Just as there are different types of medications for physical illness, differen

]

},

{

"tag": "fact-16",

"patterns": [

"If I become involved in treatment, what do I need to know?"

],

"responses": [

"Since beginning treatment is a big step for individuals and families, it can b

]

},

{

"tag": "fact-17",

"patterns": [

"What is the difference between mental health professionals?"

],

"responses": [

"There are many types of mental health professionals. The variety of provid

]

```
},
{
  "tag": "fact-18",
  "patterns": [
    "How can I find a mental health professional right for my child or myself?"
  ],
  "responses": [
    "Feeling comfortable with the professional you or your child is working with"
  ]
},
{
  "tag": "fact-19",
  "patterns": [
    "Where else can I get help?"
  ],
  "responses": [
    "Where you go for help will depend on the nature of the problem and/or symptoms"
  ]
},
{
  "tag": "fact-20",
  "patterns": [
    "What should I know before starting a new medication?"
  ],
  "responses": [
    "The best source of information regarding medications is the physician prescriber"
  ]
},
```

```
{
  "tag": "fact-21",
  "patterns": [
    "Where can I go to find therapy?"
  ],
  "responses": [
    "Different kinds of therapy are more effective based on the nature of the me
  ]
},
{
  "tag": "fact-22",
  "patterns": [
    "Where can I learn about types of mental health treatment?"
  ],
  "responses": [
    "Mental health conditions are often treated with medication, therapy or a co
  ]
},
{
  "tag": "fact-23",
  "patterns": [
    "What are the different types of mental health professionals?"
  ],
  "responses": [
    "There are many types of mental health professionals. Finding the right one
  ]
},
{
```

```
"tag": "fact-24",
"patterns": [
  "Where can I go to find a support group?"
],
"responses": [
  "Many people find peer support a helpful tool that can aid in their recovery."
]
},
{
  "tag": "fact-25",
  "patterns": [
    "Can you prevent mental health problems?"
  ],
  "responses": [
    "We can all suffer from mental health challenges, but developing our wellbe"
  ]
},
{
  "tag": "fact-26",
  "patterns": [
    "Are there cures for mental health problems?",
    "is there any cure for mental health problems?"
  ],
  "responses": [
    "It is often more realistic and helpful to find out what helps with the issues y"
  ]
},
{
```



```
"tag": "fact-27",
"patterns": [
  "What causes mental health problems?"
],
"responses": [
  "Challenges or problems with your mental health can arise from psychological
]
},
{
  "tag": "fact-28",
  "patterns": [
    "What do I do if I'm worried about my mental health?"
  ],
  "responses": [
    "The most important thing is to talk to someone you trust. This might be a friend
  ]
},
{
  "tag": "fact-29",
  "patterns": [
    "How do I know if I'm unwell?"
  ],
  "responses": [
    "If your beliefs , thoughts , feelings or behaviours have a significant impact on
  ]
},
{
  "tag": "fact-30",
```

```
"patterns": [  
  "How can I maintain social connections? What if I feel lonely?"  
],  
"responses": [  
  "A lot of people are alone right now, but we don't have to be lonely. We're a  
]  
},  
{  
  "tag": "fact-31",  
  "patterns": [  
    "What's the difference between anxiety and stress?"  
  ],  
  "responses": [  
    "Stress and anxiety are often used interchangeably, and there is overlap be  
  ]  
},  
{  
  "tag": "fact-32",  
  "patterns": [  
    "What's the difference between sadness and depression?",  
    "difference between sadness and depression"  
  ],  
  "responses": [  
    "Sadness is a normal reaction to a loss, disappointment, problems, or other  
  ]  
}  
]  
}
```

