# Problem I have experienced:-

# People don’t go to psychologist and physiatrist as in India it’s is not viewed as normal. Some existing solutions in the market:- **Woebot**: This AI-powered chatbot uses cognitive-behavioral therapy (CBT) techniques to offer mental health support. It interacts with users through conversational AI, helping them manage mental health issues such as depression and anxiety by providing real-time, evidence-based therapeutic advice​

# **Ginger**: This platform offers on-demand mental health support through text-based coaching and video therapy sessions. It combines human therapists with AI-driven tools to deliver personalized care and track user progress

# **Simpatico AI**: Integrated with Microsoft Teams and Microsoft 365, Simpatico AI helps workplaces monitor and support employee mental health. It uses conversational AI for self-assessment, mental health reporting tools for employers, and provides real-time insights to address mental health concerns proactively​

# **XAIA**: Developed by Cedars-Sinai, this tool uses a large language model and virtual reality (VR) to create an AI-driven therapy experience. Users interact with a digital avatar in relaxing VR environments, which provides empathetic and effective mental health support, particularly for those with mild to moderate anxiety or depression​

# **Mindstrong**: This app uses smartphone sensors to passively track users' mental health symptoms by analyzing patterns in phone usage and providing insights to healthcare providers for early intervention​

# These solutions highlight the diverse ways in which AI is being leveraged to address mental health challenges, from conversational agents and VR experiences to wearable technology and passive symptom tracking. For further details, you can explore more about these solutions on their respective websites and research articles.

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