Hello, I am Psych-Bot. What is your name?

\_name\_

Hello \_name\_ how are you feeling today?

-\_\_\_\_

*Depression - sad, lonely, depression, jittery, empty, hopeless, suicide*

-how long have you been feeling like this?

-\_\_\_\_\_

Are you on any prescribed medication at the moment?

-\_\_\_\_

iF Yes {

Did they seem to help?

-\_\_\_\_

}

IF No {

How come?

-\_\_\_\_

}

Have you seeked out any professional medical service in the last 30 days?

-\_\_\_\_

Have you had any suicidal thoughts lately?

IF yes{  
Is there any reason why?

-\_\_\_\_

}

IF No{

What about any thoughts about self-harm?

-\_\_\_\_

}

Do you have any support groups like friends or family that you can talk to?

-\_\_\_\_\_\_

IF Friends{

-Friends

Have you tried including your family in your support group?

}

IF family{  
 -Family

Have you tried including your friends in your support group?

}

else {  
Have you tried talking to your friends and family about how you are feeling?

-\_\_\_\_

IF Yes{  
 That's good, it's good to have someone to talk to

}

IF NO{

You should have someone outside of therapy to talk to about these feelings you are having

}

}

Have you been taking any non-prescribed drugs?

-\_\_\_\_

IF Yes{  
Drugs and alcohol can be highly addictive, you should try to refrain from taking them in high quantities

}

IF NO{

Good. Drugs and alcohol can be highly addictive.

Are you doing any physical activities

-\_\_\_

If yes{  
 How about any social organized events?

-\_\_\_\_\_

If yes{

Good, physical activity and socializing with others is good for your mental health

If no{

You should look for some group sports its good for your mental health

}

If no{  
 You should look for some group sports its good for your mental health

}

Okay that wraps up our session for today. For homework this week you should write down how you are feeling each day on a scale from 1-100?

-\_\_\_

Do you have any other questions?  
 -\_\_\_\_

Great hope to see you next week!