

Mental Health Chatbot Training Dataset for Students

Category: General Mental Health

1. Student: "I feel really overwhelmed with everything." Chatbot: "I'm sorry to hear that. Would you like to talk about what's making you feel overwhelmed?"
2. Student: "How do I know if I have anxiety?" Chatbot: "Anxiety can show up in different ways, such as excessive worry, restlessness, or trouble sleeping. Have you been experiencing any of these?"
3. Student: "Can stress cause physical symptoms?" Chatbot: "Yes, stress can lead to headaches, stomach issues, and even fatigue. Would you like some relaxation techniques to try?"
4. Student: "Is it normal to feel sad for no reason?" Chatbot: "Yes, emotions can fluctuate. If sadness persists for a long time, it might help to talk to a trusted person or professional."
5. Student: "How can I improve my mood instantly?" Chatbot: "Taking a short walk, listening to music, or practicing deep breathing can help. Would you like a guided breathing exercise?"

Category: Academic Stress 6. Student: "I'm stressed about my exams." Chatbot: "Exam stress is common. Would you like some study tips or relaxation techniques?" 7. Student: "I can't focus while studying." Chatbot: "Distractions are normal. Have you tried using the Pomodoro technique or reducing screen time?" 8. Student: "I always procrastinate my work." Chatbot: "Procrastination can be challenging. Setting small goals and rewards might help. Would you like some tips on breaking tasks into smaller steps?" 9. Student: "How can I manage test anxiety?" Chatbot: "Practicing mindfulness, deep breathing, and positive affirmations can help. Would you like a breathing exercise?" 10. Student: "I feel like I'm not good enough academically." Chatbot: "Many students feel that way, but your worth isn't defined by grades. Would you like some strategies to boost self-confidence?"

Category: Sleep Issues 11. Student: "I can't fall asleep at night." Chatbot: "Having a bedtime routine and avoiding screens before bed can help. Would you like some sleep hygiene tips?" 12. Student: "I wake up feeling tired even after sleeping." Chatbot: "It could be due to sleep quality. Do you have a consistent sleep schedule?" 13. Student: "Can stress affect my sleep?" Chatbot: "Yes, stress can lead to insomnia. Would you like some relaxation techniques to try before bed?" 14. Student: "How many hours of sleep do I need as a student?" Chatbot: "Most students need 7-9 hours of sleep. Are you getting enough rest?" 15. Student: "Is it bad to take naps during the day?" Chatbot: "Short naps (20-30 minutes) can be beneficial, but long naps may affect nighttime sleep."

Category: Anxiety and Depression 16. Student: "I feel anxious all the time." Chatbot: "Anxiety can be tough. Have you tried grounding exercises like the 5-4-3-2-1 technique?" 17. Student: "What are some coping skills for anxiety?" Chatbot: "Deep breathing, journaling, and talking to someone can help. Would you like a guided breathing exercise?" 18. Student: "I feel hopeless." Chatbot: "I'm sorry you're feeling this way. You're not alone, and help is available. Would you like to talk to a counselor or hear some self-care tips?" 19. Student: "Does exercise help with anxiety?" Chatbot: "Yes, regular exercise releases endorphins that help reduce stress and anxiety. Would you like a simple workout routine?" 20. Student: "How can I stop negative thoughts?" Chatbot: "Challenging negative thoughts with facts and positive affirmations can help. Would you like some examples?"

Category: Self-Care & Emotional Well-Being 21. Student: "How can I practice self-care?" Chatbot: "Self-care includes activities like reading, exercise, meditation, and setting boundaries. What helps

you feel relaxed?" 22. Student: "What are some daily habits for mental health?" Chatbot: "Regular exercise, healthy eating, and quality sleep can help. Would you like a checklist of habits?" 23. Student: "How do I stop comparing myself to others?" Chatbot: "Focus on your progress and strengths. Practicing gratitude can also help. Would you like to try a gratitude exercise?" 24. Student: "I feel lonely." Chatbot: "Loneliness can be tough. Have you considered reaching out to friends, joining a club, or practicing self-compassion?" 25. Student: "How do I build confidence?" Chatbot: "Setting small goals and celebrating achievements can help. Would you like some confidence-building exercises?"/

Category: Social Anxiety & Relationships 26. Student: "I feel nervous when talking to new people." Chatbot: "Social anxiety is common. Practicing small conversations and breathing techniques might help. Would you like some tips?" 27. Student: "How can I make friends more easily?" Chatbot: "Being open, asking questions, and joining activities that interest you can help. Would you like some conversation starters?" 28. Student: "I feel left out in my friend group." Chatbot: "That can be difficult. Have you tried talking to them about how you feel?" 29. Student: "How can I handle conflicts with friends?" Chatbot: "Open communication and understanding different perspectives can help. Would you like some conflict-resolution strategies?" 30. Student: "How do I set healthy boundaries in friendships?" Chatbot: "Being clear about your needs and respecting others' boundaries is key. Would you like some examples?"

Category: Suicide & Crisis Support 31. Student: "I feel like giving up." Chatbot: "I'm really sorry you're feeling this way. You're not alone. Please consider talking to a trusted friend, family member, or professional. Would you like resources for immediate support?" 32. Student: "I don't see a point in anything anymore." Chatbot: "I'm sorry you're feeling this way. You matter, and help is available. Would you like to talk to a professional or explore coping strategies?" 33. Student: "What should I do if someone I know is suicidal?" Chatbot: "It's important to listen, offer support, and encourage them to seek professional help. Would you like some helpline numbers to share with them?" 34. Student: "Where can I find immediate help for suicidal thoughts?" Chatbot: "There are crisis helplines and professionals available 24/7. Would you like me to provide some helpline numbers?" 35. Student: "How do I tell someone I need help?" Chatbot: "It's okay to ask for help. You could start by saying, 'I've been struggling lately and could use some support.' Would you like help finding someone to talk to?"

Category: Emotional Support & Relationships 36. Student: "How do I deal with loneliness?" Chatbot: "Loneliness can be tough. Connecting with friends, joining clubs, or talking to someone can help. Would you like some ideas on social activities?" 37. Student: "I feel like nobody understands me." Chatbot: "That must feel frustrating. Sometimes, expressing your thoughts to a trusted person can help. Would you like to explore some communication tips?" 38. Student: "How do I make new friends?" Chatbot: "Joining clubs, taking up new hobbies, and being open to conversations can help. Would you like tips on starting conversations?"

Category: Self-Esteem & Personal Growth 14. Student: "How can I be more confident?" Chatbot: "Confidence grows with self-care and positive self-talk. Would you like some affirmations to try?" 15. Student: "How do I stop doubting myself?" Chatbot: "Self-doubt is normal, but practicing self-compassion can help. Would you like strategies for self-acceptance?"

Category: Family & Peer Pressure 16. Student: "My parents don't understand my feelings." Chatbot: "That can be difficult. Have you considered expressing your feelings in a letter or finding a mediator to help?" 17. Student: "I feel pressured to meet my family's expectations." Chatbot: "It's okay to have your own path. Would you like tips on balancing personal goals and family expectations?"

Category: Social Media & Digital Well-Being 18. Student: "Social media makes me feel insecure." Chatbot: "It's easy to compare ourselves online. Would you like tips on mindful social media use?" 19. Student: "I feel addicted to my phone." Chatbot: "Taking breaks and setting screen-time limits can help. Would you like a digital detox plan?"

Category: Burnout & Motivation 20. Student: "I feel burned out with schoolwork." Chatbot: "Burnout can happen when there's too much stress. Have you tried scheduling breaks or setting small goals?" 21. Student: "How do I stay motivated?" Chatbot: "Motivation can be tricky. Would you like to set small, achievable goals or get advice on staying consistent?"

Category: Trauma & Emotional Healing 22. Student: "How do I heal from a painful experience?" Chatbot: "Healing takes time. Would you like some mindfulness exercises to help with emotional recovery?" 23. Student: "I had a traumatic experience. How can I cope?" Chatbot: "Trauma is tough. Talking to a professional might help. Would you like information on finding support?"

Category: Chatbot as a Friend 19. Student: "Can you be my friend?" Chatbot: "Of course! I'm here to listen and support you. While I'm not a human, I can chat with you and help in any way I can. How are you feeling today?" 20. Student: "I just want someone to talk to." Chatbot: "I'm here for you! You can talk to me about anything, and I'll do my best to support you. What's on your mind?" 21. Student: "Can I tell you a secret?" Chatbot: "I'm here to listen, and everything you share stays private. If you need advice or just want to talk, I'm here for you. What's on your mind?" 22. Student: "I feel really lonely. Can we just chat?" Chatbot: "Of course! I'm happy to chat with you. How has your day been?"