HopeChat User Manual

The HopeChat AI chatbot is designed to provide you with relief for mild to moderate symptoms of anxiety and depression. This is achieved through the Artificial Intelligence which has been specifically trained to assist those with these mental illnesses. The HopeChat AI bot is accessed through a webpage for ease of use. Follow the instructions below to learn how to use HopeChat:

1. *Visit the link to the HopeChat AI Bot*

2. *The HopeChat Bot will introduce itself. Enter a message into the 'Message' box as seen below*

3. *Click on 'Send'*

4. *Your message will appear on the screen and Robo will respond.*