**Mental AI ChatBot**

# AI Mental Health Companion 💙

This is a Streamlit-powered AI Mental Health Companion that provides

- 🗣️ Speech-to-text input

- 🤖 AI-generated relaxation tips

- 📈 Mood tracking with sentiment analysis

- 🔊 Text-to-speech response

- 🧘‍♂️ Breathing exercise recommendations

## 🚀 How to Run Locally

1. Clone this repository:

2. Install dependencies:

3. Run the app:

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💙 Built for mental well-being. Stay calm & relaxed! 🌿

**HOW TO RUN**

