**Background**

The mental health of the individual is considered one of the most important internal factors for the continuity of life, and because of the great lack of attention directed to mental health, most people, even in developed nations, feel stigmatized when asking for psychological treatment and going to a psychiatrist, in addition to the high costs of treatment and sessions.

Due to this, many digital interfaces are developing feasible

additional services to fulfil various Artificial intelligence-based solutions and are being created in collaboration with healthcare experts to give support like conversational chatbots.

The chatbot can:

1. provide an effective way to communicate with a user and offer

helpful emotional support.

1. allow the user to make regular psychiatric visits

often require a fixed duration.

1. The application will have a self-healing kit suggesting various exercises, both mental and physical that the user may implement in his day-to-day life.

**Paper Approach**