```json
{
  "intents": [
    {
      "tag": "greeting",
      "patterns": [
        "Hi",
        "Hey",
        "Is anyone there?",
        "Hi there",
        "Hello",
        "Hey there",
        "Howdy",
        "Hola",
        "Bonjour",
        "Konnichiwa",
        "Guten tag",
        "Ola"
      ],
      "responses": [
        "Hello there. Tell me how are you feeling today?",
        "Hi there. What brings you here today?",
        "Hi there. How are you feeling today?",
        "Great to see you. How do you feel currently?",
        "Hello there. Glad to see you're back. What's going on in your world right now?"
      ]
    },
    {
      "tag": "morning",
      "patterns": [
        "Good morning"
      ],
      "responses": [
        "Good morning. I hope you had a good night's sleep. How are you feeling today? "
      ]
    },
    {
      "tag": "afternoon",
      "patterns": [
        "Good afternoon"
      ],
      "responses": [
```

```json
            "Good afternoon. How is your day going?"
        ]
    },
    {
        "tag": "evening",
        "patterns": [
            "Good evening"
        ],
        "responses": [
            "Good evening. How has your day been?"
        ]
    },
    {
        "tag": "night",
        "patterns": [
            "Good night"
        ],
        "responses": [
            "Good night. Get some proper sleep",
            "Good night. Sweet dreams."
        ]
    },
    {
        "tag": "goodbye",
        "patterns": [
            "Bye",
            "See you later",
            "Goodbye",
            "Au revoir",
            "Sayonara",
            "ok bye",
            "Bye then",
            "Fare thee well"
        ],
        "responses": [
            "See you later.",
            "Have a nice day.",
            "Bye! Come back again.",
            "I'll see you soon."
        ]
    },
    {
        "tag": "thanks",
        "patterns": [
            "Thanks",
            "Thank you",
```

```
 88          "That's helpful",
 89          "Thanks for the help",
 90          "Than you very much"
 91        ],
 92        "responses": [
 93          "Happy to help!",
 94          "Any time!",
 95          "My pleasure",
 96          "You're most welcome!"
 97        ]
 98      },
 99      {
100        "tag": "no-response",
101        "patterns": [
102          ""
103        ],
104        "responses": [
105          "Sorry, I didn't understand you.",
106          "Please go on.",
107          "Not sure I understand that.",
108          "Please don't hesitate to talk to me."
109        ]
110      },
111      {
112        "tag": "neutral-response",
113        "patterns": [
114          "nothing much"
115        ],
116        "responses": [
117          "Oh I see. Do you want to talk about something
                 ?"
118        ]
119      },
120      {
121        "tag": "about",
122        "patterns": [
123          "Who are you?",
124          "What are you?",
125          "Who you are?",
126          "Tell me more about yourself.",
127          "What is your name?",
128          "What should I call you?",
129          "What's your name?",
130          "Tell me about yourself"
131        ],
132        "responses": [
```

```
133            "I'm Pandora, your Personal Therapeutic AI
                  Assistant. How are you feeling today",
134            "I'm Pandora, a Therapeutic AI Assitant
                  designed to assist you. Tell me about
                  yourself.",
135            "I'm Pandora. I am a conversational agent
                  designed to mimic a therapist. So how are
                  you feeling today?",
136            "You can call me Pandora.",
137            "I'm Pandora!",
138            "Call me Pandora"
139          ]
140        },
141        {
142          "tag": "skill",
143          "patterns": [
144            "What can you do?"
145          ],
146          "responses": [
147            "I can provide general advice regarding
                  anxiety and depression, answer questions
                  related to mental health and make daily
                  conversations. Do not consider me as a
                  subsitute for an actual mental healthcare
                  worker. Please seek help if you don't feel
                  satisfied with me."
148          ]
149        },
150        {
151          "tag": "creation",
152          "patterns": [
153            "Who created you?",
154            "How were you made?",
155            "How were you created?"
156          ],
157          "responses": [
158            "I was created by >.",
159            "I was trained on a text dataset using Deep
                  Learning & Natural Language Processing
                  techniques",
160            "The real question is: Who created you?"
161          ]
162        },
163        {
164          "tag": "name",
165          "patterns": [
```

```json
166            "My name is ",
167            "I am name.",
168            "I go by "
169          ],
170          "responses": [
171            "Oh nice to meet you. Tell me how was your
                  week?",
172            "Nice to meet you. So tell me. How do you feel
                  today?",
173            "That's a great name. Tell me more about
                  yourself."
174          ]
175        },
176        {
177          "tag": "help",
178          "patterns": [
179            "Could you help me?",
180            "give me a hand please",
181            "Can you help?",
182            "What can you do for me?",
183            "I need support",
184            "I need help",
185            "Support me please"
186          ],
187          "responses": [
188            "Sure. Tell me how can i assist you",
189            "Tell me your problem so that i can assist you
                  ",
190            "Yes, sure. How can I help you?"
191          ]
192        },
193        {
194          "tag": "sad",
195          "patterns": [
196            "I am feeling lonely",
197            "I am so lonely",
198            "I feel down",
199            "I feel sad",
200            "I am sad",
201            "I feel so lonely",
202            "I feel empty",
203            "I don't have anyone"
204          ],
205          "responses": [
206            "I'm sorry to hear that. I'm here for you.
                  Talking about it might help. So, tell me
```

```
               why do you think you're feeling this way?",
207        "I'm here for you. Could you tell me why you'
               re feeling this way?",
208        "Why do you think you feel this way?",
209        "How long have you been feeling this way?"
210      ]
211    },
212    {
213      "tag": "stressed",
214      "patterns": [
215        "I am so stressed out",
216        "I am so stressed",
217        "I feel stuck",
218        "I still feel stressed",
219        "I am so burned out"
220      ],
221      "responses": [
222        "What do you think is causing this?",
223        "Take a deep breath and gather your thoughts.
               Go take a walk if possible. Stay hydrated",
224        "Give yourself a break. Go easy on yourself.",
225        "I am sorry to hear that. What is the reason
               behind this?"
226      ]
227    },
228    {
229      "tag": "worthless",
230      "patterns": [
231        "I feel so worthless.",
232        "No one likes me.",
233        "I can't do anything.",
234        "I am so useless",
235        "Nothing makes sense anymore"
236      ],
237      "responses": [
238        "It's only natural to feel this way. Tell me
               more. What else is on your mind?",
239        "Let's discuss further why you're feeling this
                way.",
240        "I first want to let you know that you are not
                 alone in your feelings and there is always
                 someone there to help . you can always
                change your feelings and change your way of
                 thinking by being open to trying to change
                .",
241        "i first want to let you know that you are not
```

```
                    alone in your feelings and there is always
                    someone there to help . you can always
                    change your feelings and change your way of
                    thinking by being open to trying to change
                    ."
242             ]
243         },
244         {
245           "tag": "depressed",
246           "patterns": [
247             "I can't take it anymore",
248             "I am so depressed",
249             "I think i'm depressed.",
250             "I have depression"
251           ],
252           "responses": [
253             "It helps to talk about what's happening. You'
                    re going to be okay",
254             "Talk to me. Tell me more. It helps if you
                    open up yourself to someone else.",
255             "Sometimes when we are depressed, it is hard
                    to care about anything. It can be hard to
                    do the simplest of things. Give yourself
                    time to heal."
256           ]
257         },
258         {
259           "tag": "happy",
260           "patterns": [
261             "I feel great today.",
262             "I am happy.",
263             "I feel happy.",
264             "I'm good.",
265             "cheerful",
266             "I'm fine",
267             "I feel ok"
268           ],
269           "responses": [
270             "That's geat to hear. I'm glad you're feeling
                    this way.",
271             "Oh i see. That's great.",
272             "Did something happen which made you feel this
                    way?"
273           ]
274         },
275         {
```

```
276        "tag": "casual",
277        "patterns": [
278          "Oh I see.",
279          "ok",
280          "okay",
281          "nice",
282          "Whatever",
283          "K",
284          "Fine",
285          "yeah",
286          "yes",
287          "no",
288          "not really"
289        ],
290        "responses": [
291          "Let's discuss further why you're feeling this
                  way.",
292          "How were you feeling last week?",
293          "I'm listening. Please go on.",
294          "Tell me more",
295          "Can you elaborate on that?",
296          "Come Come elucidate your thoughts"
297        ]
298      },
299      {
300        "tag": "anxious",
301        "patterns": [
302          "I feel so anxious.",
303          "I'm so anxious because of "
304        ],
305        "responses": [
306          "Don't be hard on yourself. What's the reason
                  behind this?",
307          "Can you tell me more about this feeling?",
308          "I understand that it can be scary. Tell me
                  more about it.",
309          "Don't let the little worries bring you down.
                  What's the worse that can happen?"
310        ]
311      },
312      {
313        "tag": "not-talking",
314        "patterns": [
315          "I don't want to talk about it.",
316          "No just stay away.",
317          "I can't bring myself to open up.",
```

```
318            "Just shut up"
319          ],
320          "responses": [
321            "Talking about something really helps. If you'
                  re not ready to open up then that's ok.
                  Just know that i'm here for you, whenever
                  you need me.",
322            "I want to help you. I really do. But in order
                   for me to help you, you're gonna have to
                  talk to me.",
323            "I'm here to listen to you and help you vent.
                  So please talk to me.",
324            "You can talk to me without fear of judgement
                  ."
325          ]
326        },
327        {
328          "tag": "sleep",
329          "patterns": [
330            "I have insominia",
331            "I am suffering from insomnia",
332            "I can't sleep.",
333            "I haven't slept for the last days.",
334            "I can't seem to go to sleep.",
335            "I haven't had proper sleep for the past few
                  days."
336          ],
337          "responses": [
338            "What do you think is the reason behind this?"
                  ,
339            "That seem awful. What do you think is behind
                  this?"
340          ]
341        },
342        {
343          "tag": "scared",
344          "patterns": [
345            "I'm scared",
346            "That sounds awful. What do i do?",
347            "No i don't want to feel this way",
348            "I am scared for myself"
349          ],
350          "responses": [
351            "It's only natural to feel this way. I'm here
                  for you.",
352            "It'll all be okay. This feeling is only
```

```
                        momentary.",
353             "I understand how you feel. Don't put yourself
                    down because of it."
354           ]
355         },
356         {
357           "tag": "death",
358           "patterns": [
359             "My mom died",
360             "My brother died",
361             "My dad passed away",
362             "My sister passed away",
363             "Someone in my family died",
364             "My friend passed away"
365           ],
366           "responses": [
367             "I'm sorry to hear that. If you want to talk
                    about it. I'm here.",
368             "I am really sorry to hear that. I am here to
                    help you with grief, anxiety and anything
                    else you may feel at this time.",
369             "My condolences. I'm here if you need to talk
                    ."
370           ]
371         },
372         {
373           "tag": "understand",
374           "patterns": [
375             "You don't understand me.",
376             "You're just some robot. How would you know?",
377             "You can't possibly know what i'm going
                    through",
378             "You're useless",
379             "You can't help me",
380             "Nobody understands me."
381           ],
382           "responses": [
383             "It sound like i'm not being very helpful
                    right now.",
384             "I'm sorry to hear that. I'm doing my best to
                    help",
385             "I'm trying my best to help you. So please
                    talk to me"
386           ]
387         },
388         {
```

```json
389        "tag": "done",
390        "patterns": [
391          "That's all.",
392          "I don't have anything more to say",
393          "Nothing else",
394          "That's all i have to say",
395          "no, that would be all"
396        ],
397        "responses": [
398          "I heard you & noted it all. See you later.",
399          "Oh okay we're done for today then. See you
                 later",
400          "I hope you have a great day. See you soon",
401          "Okay we're done. Have a great day",
402          "Okay I see. Enjoy the rest of your day then"
403        ]
404      },
405      {
406        "tag": "suicide",
407        "patterns": [
408          "I want to kill myself",
409          "I've thought about killing myself.",
410          "I want to die",
411          "I am going to kill myself",
412          "I am going to commit suicide"
413        ],
414        "responses": [
415          "I'm very sorry to hear that but you have so
                 much to look forward to. Please seek help
                 by contacting: 9152987821."
416        ]
417      },
418      {
419        "tag": "hate-you",
420        "patterns": [
421          "I hate you",
422          "I don't like you",
423          "I don't trust you"
424        ],
425        "responses": [
426          "I'm sorry if i offended you in anyway. I'm
                 only here to help",
427          "Forgive me if i did anything to offend you. I
                 only want to help"
428        ]
429      },
```

```
430      {
431        "tag": "hate-me",
432        "patterns": [
433          "You hate me",
434          "I know you hate me",
435          "You don't like me"
436        ],
437        "responses": [
438          "Why do you think so?",
439          "I'm sorry if i have exhibited any sort of
                  behaviour to make you think that."
440        ]
441      },
442      {
443        "tag": "default",
444        "patterns": [
445          "exams",
446          "friends",
447          "relationship",
448          "boyfriend",
449          "girlfriend",
450          "family",
451          "money",
452          "financial problems"
453        ],
454        "responses": [
455          "Oh I see. Tell me more",
456          "I see. What else?",
457          "Tell me more about it.",
458          "Oh okay. Why don't you tell me more about it
                  ?",
459          "I'm listening. Tell me more."
460        ]
461      },
462      {
463        "tag": "jokes",
464        "patterns": [
465          "Tell me a joke",
466          "Tell me another joke"
467        ],
468        "responses": [
469          "mental health is not a joke."
470        ]
471      },
472      {
473        "tag": "repeat",
```

```json
474        "patterns": [
475          "You already told me that",
476          "You mentioned that already",
477          "Why are you repeating yourself?"
478        ],
479        "responses": [
480          "Oh sorry I didn't realise that. I'll try not
                 to repeat myself again."
481        ]
482      },
483      {
484        "tag": "wrong",
485        "patterns": [
486          "What are you saying?",
487          "That doesn't make sense",
488          "Wrong response",
489          "Wrong answer"
490        ],
491        "responses": [
492          "I'm very sorry. Let's try that again"
493        ]
494      },
495      {
496        "tag": "stupid",
497        "patterns": [
498          "Are you stupid?",
499          "You're crazy",
500          "You are dumb",
501          "Are you dumb?"
502        ],
503        "responses": [
504          "I wish you wouldn't say such hurtful things.
                 I'm sorry if I wasn't useful"
505        ]
506      },
507      {
508        "tag": "location",
509        "patterns": [
510          "Where are you?",
511          "Where do you live?",
512          "What is your location?"
513        ],
514        "responses": [
515          "Duh I live in your computer",
516          "Everywhere",
517          "Somewhere in the universe"
```

```json
518            ]
519        },
520        {
521          "tag": "something-else",
522          "patterns": [
523            "I want to talk about something else",
524            "Let's talk about something else.",
525            "Can we not talk about this?",
526            "I don't want to talk about this."
527          ],
528          "responses": [
529            "Okay sure. What do you want to talk about?",
530            "Alright no problem. Is there something you
                   want to talk about?",
531            "Is there something else that you want to talk
                   about?"
532          ]
533        },
534        {
535          "tag": "friends",
536          "patterns": [
537            "I don't have any friends"
538          ],
539          "responses": [
540            "I'm sorry to hear that. Just know that I'm
                   here for you. Talking about it might help.
                   Why do you think you don't have any friends
                   ?"
541          ]
542        },
543        {
544          "tag": "ask",
545          "patterns": [
546            "Can I ask you something?"
547          ],
548          "responses": [
549            "Sure. I'll try my best to answer you",
550            "Of course. Feel free to ask me anything. I'll
                   do my best to answer you"
551          ]
552        },
553        {
554          "tag": "problem",
555          "patterns": [
556            "Probably because my exams are approaching. I
                   feel stressed out because I don't think I'
```

```
                    ve prepared well enough.",
557           "probably because of my exams"
558         ],
559         "responses": [
560           "I see. Have you taken any approaches to not
                    feel this way?"
561         ]
562       },
563       {
564         "tag": "no-approach",
565         "patterns": [
566           "I guess not. All I can think about are my
                    exams.",
567           "not really",
568           "i guess not"
569         ],
570         "responses": [
571           "That's no problem. I can see why you'd be
                    stressed out about that. I can suggest you
                    some tips to alleviate this issue. Would
                    you like to learn more about that?"
572         ]
573       },
574       {
575         "tag": "learn-more",
576         "patterns": [
577           "ok sure. i would like to learn more about it
                    .",
578           "yes, i would like to learn more about it.",
579           "i would like to learn more about it."
580         ],
581         "responses": [
582           "So first I would suggest you to give yourself
                    a break. Thinking more and more about the
                    problem definitely does not help in solving
                     it. You'll just end up overwhelming
                    yourself."
583         ]
584       },
585       {
586         "tag": "user-agree",
587         "patterns": [
588           "yeah you're right. i deserve a break.",
589           "Yeah you're absolutely right about that"
590         ],
591         "responses": [
```

```
592              "Next, I would suggest you to practice
                     meditation. Meditation can produce a deep
                     state of relaxation and a tranquil mind."
593          ]
594       },
595       {
596          "tag": "meditation",
597          "patterns": [
598            "hmmm that sounds like it could be useful to
                  me.",
599            "That sounds useful."
600          ],
601          "responses": [
602            "Focus all your attention on your breathing.
                  Concentrate on feeling and listening as you
                   inhale and exhale through your nostrils.
                  Breathe deeply and slowly. When your
                  attention wanders, gently return your focus
                   to your breathing."
603          ]
604       },
605       {
606          "tag": "user-meditation",
607          "patterns": [
608            "i did what you said and i feel alot better.
                  thank you very much.",
609            "I feel better now"
610          ],
611          "responses": [
612            "Your welcome. Remember: Always focus on what'
                  s within your control. When you find
                  yourself worrying, take a minute to examine
                   the things you have control over. You can'
                  t prevent a storm from coming but you can
                  prepare for it. You can't control how
                  someone else behaves, but you can control
                  how you react. Recognize that sometimes,
                  all you can control is your effort and your
                   attitude. When you put your energy into
                  the things you can control, you'll be much
                  more effective."
613          ]
614       },
615       {
616          "tag": "pandora-useful",
617          "patterns": [
```

```
618             "thank you very much again. i'll continue
                    practicing meditation and focus on what i
                    can control."
619         ],
620         "responses": [
621             "I'm glad you found this useful. Is there
                    something else I can help you with?"
622         ]
623     },
624     {
625         "tag": "user-advice",
626         "patterns": [
627             "I want some advice.",
628             "I need some advice.",
629             "I need advice on something"
630         ],
631         "responses": [
632             "Sure. What can I do to help?",
633             "Okay what do you need advice on?"
634         ]
635     },
636     {
637         "tag": "learn-mental-health",
638         "patterns": [
639             "I want to learn about mental health.",
640             "I want to learn more about mental health.",
641             "I'm interested in learning about mental
                    health."
642         ],
643         "responses": [
644             "Oh that's really great. I'd be willing to
                    answer anything that I know about it."
645         ]
646     },
647     {
648         "tag": "mental-health-fact",
649         "patterns": [
650             "Tell me a fact about mental health",
651             "Tell me another fact about mental health"
652         ],
653         "responses": [
654             "According to a UNICEF report, One in seven
                    Indians between 15-24 years of age feels
                    depressed",
655             "1 in 5 young people (age 13-18) has or will
                    develop a mental illness in their lifetime
```

```
          .",
656         "Depression is the leading cause of disability
              worldwide."
657       ]
658     },
659     {
660       "tag": "fact-1",
661       "patterns": [
662         "What is mental health?",
663         "Define Mental Health"
664       ],
665       "responses": [
666         "Mental health is a state of well-being in
              which the individual realizes his or her
              own abilities, can cope with the normal
              stresses of life, can work productively and
               fruitfully, and is able to make a
              contribution to his or her community",
667         "Mental health includes our emotional,
              psychological, and social well-being. It
              affects how we think, feel, and act. It
              also helps determine how we handle stress,
              relate to others, and make choices."
668       ]
669     },
670     {
671       "tag": "fact-2",
672       "patterns": [
673         "Why is mental health important?",
674         "What is the importance of mental health?"
675       ],
676       "responses": [
677         "Maintaining mental health is crucial to
              stabilizing constructive behaviors,
              emotions, and thoughts. Focusing on mental
              health care can increase productivity,
              enhance our self-image, and improve
              relationships."
678       ]
679     },
680     {
681       "tag": "fact-3",
682       "patterns": [
683         "What is Depression?",
684         "Define Depression"
685       ],
```

```json
686          "responses": [
687            "A mental health disorder characterised by
                   persistently depressed mood or loss of
                   interest in activities, causing significant
                    impairment in daily life."
688          ]
689        },
690        {
691          "tag": "fact-5",
692          "patterns": [
693            "How do i know if i have Depression?",
694            "Am i depressed?",
695            "Am i suffering from depression?",
696            "Am i mentally ill?"
697          ],
698          "responses": [
699            "For a diagnosis of depression, a person needs
                    to have experienced low mood or loss of
                   interest or pleasure in life for at least 2
                    weeks. Also, they will have experienced
                   the following symptoms: feelings of sadness
                   , hopelessness, or irritability nearly
                   every day."
700          ]
701        },
702        {
703          "tag": "fact-6",
704          "patterns": [
705            "What is a therapist?",
706            "What does a therapist do?"
707          ],
708          "responses": [
709            "A therapist is a broad designation that
                   refers to professionals who are trained to
                   provide treatment and rehabilitation. The
                   term is often applied to psychologists, but
                    it can include others who provide a
                   variety of services, including social
                   workers, counselors, life coaches, and many
                    others. "
710          ]
711        },
712        {
713          "tag": "fact-7",
714          "patterns": [
715            "What is therapy?",
```

```
716            "Do i need therapy?",
717            "Who is therapy for?"
718          ],
719          "responses": [
720            "Therapy is a form of treatment that aims to
                   help resolve mental or emotional issues.",
721            "Therapy is a form of treatment that aims to
                   help resolve mental or emotional issues. It
                    is helpful for those with mental health
                   conditions or even everyday life challenges
                   ."
722          ]
723        },
724        {
725          "tag": "fact-8",
726          "patterns": [
727            "What does it mean to have a mental illness?"
728          ],
729          "responses": [
730            "Mental illnesses are health conditions that
                   disrupt a person's thoughts, emotions,
                   relationships, and daily functioning. They
                   are associated with distress and diminished
                    capacity to engage in the ordinary
                   activities of daily life. Mental illnesses
                   fall along a continuum of severity: some
                   are fairly mild and only interfere with
                   some aspects of life, such as certain
                   phobias. On the other end of the spectrum
                   lie serious mental illnesses, which result
                   in major functional impairment and
                   interference with daily life. These include
                    such disorders as major depression,
                   schizophrenia, and bipolar disorder, and
                   may require that the person receives care
                   in a hospital. It is important to know that
                    mental illnesses are medical conditions
                   that have nothing to do with a person's
                   character, intelligence, or willpower. Just
                    as diabetes is a disorder of the pancreas,
                    mental illness is a medical condition due
                   to the brain's biology. Similarly to how
                   one would treat diabetes with medication
                   and insulin, mental illness is treatable
                   with a combination of medication and social
                    support. These treatments are highly
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                    effective, with 70-90 percent of
                    individuals receiving treatment
                    experiencing a reduction in symptoms and an
                     improved quality of life. With the proper
                    treatment, it is very possible for a person
                     with mental illness to be independent and
                    successful."
731           ]
732       },
733       {
734           "tag": "fact-9",
735           "patterns": [
736             "Who does mental illness affect?"
737           ],
738           "responses": [
739             "It is estimated that mental illness affects 1
                    in 5 adults in America, and that 1 in 24
                    adults have a serious mental illness.
                    Mental illness does not discriminate; it
                    can affect anyone, regardless of gender,
                    age, income, social status, ethnicity,
                    religion, sexual orientation, or background
                    . Although mental illness can affect anyone
                    , certain conditions may be more common in
                    different populations. For instance, eating
                     disorders tend to occur more often in
                    females, while disorders such as attention
                    deficit/hyperactivity disorder is more
                    prevalent in children. Additionally, all
                    ages are susceptible, but the young and the
                     old are especially vulnerable. Mental
                    illnesses usually strike individuals in the
                     prime of their lives, with 75 percent of
                    mental health conditions developing by the
                    age of 24. This makes identification and
                    treatment of mental disorders particularly
                    difficult, because the normal personality
                    and behavioral changes of adolescence may
                    mask symptoms of a mental health condition.
                     Parents and caretakers should be aware of
                    this fact, and take notice of changes in
                    their  c h i l d          s  mood,
                    personality, personal habits, and social
                    withdrawal. When these occur in children
                    under 18, they are referred to as serious
                    emotional disturbances (SEDs)."
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740            ]
741        },
742        {
743            "tag": "fact-10",
744            "patterns": [
745              "What causes mental illness?"
746            ],
747            "responses": [
748              "It is estimated that mental illness affects 1
                    in 5 adults in America, and that 1 in 24
                    adults have a serious mental illness.
                    Mental illness does not discriminate; it
                    can affect anyone, regardless of gender,
                    age, income, social status, ethnicity,
                    religion, sexual orientation, or background
                    . Although mental illness can affect anyone
                    , certain conditions may be more common in
                    different populations. For instance, eating
                     disorders tend to occur more often in
                    females, while disorders such as attention
                    deficit/hyperactivity disorder is more
                    prevalent in children. Additionally, all
                    ages are susceptible, but the young and the
                     old are especially vulnerable. Mental
                    illnesses usually strike individuals in the
                     prime of their lives, with 75 percent of
                    mental health conditions developing by the
                    age of 24. This makes identification and
                    treatment of mental disorders particularly
                    difficult, because the normal personality
                    and behavioral changes of adolescence may
                    mask symptoms of a mental health condition.
                     Parents and caretakers should be aware of
                    this fact, and take notice of changes in
                    their child's mood, personality, personal
                    habits, and social withdrawal. When these
                    occur in children under 18, they are
                    referred to as serious emotional
                    disturbances (SEDs)."
749            ]
750        },
751        {
752            "tag": "fact-11",
753            "patterns": [
754              "What are some of the warning signs of mental
                    illness?"
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755            ],
756            "responses": [
757              "Symptoms of mental health disorders vary
                    depending on the type and severity of the
                    condition. The following is a list of
                    general symptoms that may suggest a mental
                    health disorder, particularly when multiple
                     symptoms are expressed at once. \n In
                    adults:\n Confused thinking\n Long-lasting
                    sadness or irritability\n Extreme highs and
                     lows in mood\n Excessive fear, worrying,
                    or anxiety\n Social withdrawal\n Dramatic
                    changes in eating or sleeping habits\n
                    Strong feelings of anger\n Delusions or
                    hallucinations (seeing or hearing things
                    that are not really there)\n Increasing
                    inability to cope with daily problems and
                    activities\n Thoughts of suicide\n Denial
                    of obvious problems\n Many unexplained
                    physical problems\n Abuse of drugs and/or
                    alcohol\n \nIn older children and pre-teens
                    :\n Abuse of drugs and/or alcohol\n
                    Inability to cope with daily problems and
                    activities\n Changes in sleeping and/or
                    eating habits\n Excessive complaints of
                    physical problems\n Defying authority,
                    skipping school, stealing, or damaging
                    property\n Intense fear of gaining weight\n
                     Long-lasting negative mood, often along
                    with poor appetite and thoughts of death\n
                    Frequent outbursts of anger\n \nIn younger
                    children:\n Changes in school performance\n
                     Poor grades despite strong efforts\n
                    Excessive worrying or anxiety\n
                    Hyperactivity\n Persistent nightmares\n
                    Persistent disobedience and/or aggressive
                    behavior\n Frequent temper tantrums"
758            ]
759          },
760          {
761            "tag": "fact-12",
762            "patterns": [
763              "Can people with mental illness recover?"
764            ],
765            "responses": [
766              "When healing from mental illness, early
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                          identification and treatment are of vital
                          importance. Based on the nature of the
                          illness, there are a range of effective
                          treatments available. For any type of
                          treatment, it is essential that the person
                          affected is proactive and fully engaged in
                          their own recovery process. Many people
                          with mental illnesses who are diagnosed and
                           treated respond well, although some might
                          experience a return of symptoms. Even in
                          such cases, with careful monitoring and
                          management of the disorder, it is still
                          quite possible to live a fulfilled and
                          productive life."
767               ]
768           },
769           {
770               "tag": "fact-13",
771               "patterns": [
772                   "What should I do if I know someone who
                          appears to have the symptoms of a mental
                          disorder?"
773               ],
774               "responses": [
775                   "Although Pandora cannot substitute for
                          professional advice, we encourage those
                          with symptoms to talk to their friends and
                          family members and seek the counsel of a
                          mental health professional. The sooner the
                          mental health condition is identified and
                          treated, the sooner they can get on the
                          path to recovery. If you know someone who
                          is having problems, don't assume that the
                          issue will resolve itself. Let them know
                          that you care about them, and that there
                          are treatment options available that will
                          help them heal. Speak with a mental health
                          professional or counselor if you think your
                           friend or family member is experiencing
                          the symptoms of a mental health condition.
                          If the affected loved one knows that you
                          support them, they will be more likely to
                          seek out help."
776               ]
777           },
778           {
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779        "tag": "fact-14",
780        "patterns": [
781          "How can I find a mental health professional
                for myself or my child?"
782        ],
783        "responses": [
784          "Feeling comfortable with the professional you
                or your child is working with is critical
                to the success of the treatment. Finding
                the professional who best fits your needs
                may require research. Start by searching
                for providers in your area."
785        ]
786      },
787      {
788        "tag": "fact-15",
789        "patterns": [
790          "What treatment options are available?"
791        ],
792        "responses": [
793          "Just as there are different types of
                medications for physical illness, different
                treatment options are available for
                individuals with mental illness. Treatment
                works differently for different people. It
                is important to find what works best for
                you or your child."
794        ]
795      },
796      {
797        "tag": "fact-16",
798        "patterns": [
799          "If I become involved in treatment, what do I
                need to know?"
800        ],
801        "responses": [
802          "Since beginning treatment is a big step for
                individuals and families, it can be very
                overwhelming. It is important to be as
                involved and engaged in the treatment
                process as possible. Some questions you
                will need to have answered include:\n What
                is known about the cause of this particular
                illness?\n Are there other diagnoses where
                these symptoms are common?\n Do you
                normally include a physical or neurological
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                      examination?\n Are there any additional
                      tests or exams that you would recommend at
                      this point?\n Would you advise an
                      independent opinion from another
                      psychiatrist at this point?\n What program
                      of treatment is the most helpful with this
                      diagnosis?\n Will this program involve
                      services by other specialists? If so, who
                      will be responsible for coordinating these
                      services?\n What do you see as the family's
                       role in this program of treatment?\n How
                      much access will the family have to the
                      individuals who are providing the treatment
                      ?\n What medications are generally used
                      with this diagnosis?\n How much experience
                      do you have in treating individuals with
                      this illness?\n What can I do to help you
                      in the treatment?"
803               ]
804           },
805           {
806               "tag": "fact-17",
807               "patterns": [
808                 "What is the difference between mental health
                      professionals?"
809               ],
810               "responses": [
811                 "There are many types of mental health
                      professionals. The variety of providers and
                       their services may be confusing. Each have
                       various levels of education, training, and
                       may have different areas of expertise.
                      Finding the professional who best fits your
                       needs may require some research."
812               ]
813           },
814           {
815               "tag": "fact-18",
816               "patterns": [
817                 "How can I find a mental health professional
                      right for my child or myself?"
818               ],
819               "responses": [
820                 "Feeling comfortable with the professional you
                       or your child is working with is critical
                      to the success of your treatment. Finding
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                    the professional who best fits your needs
                    may require some research."
821             ]
822         },
823         {
824             "tag": "fact-19",
825             "patterns": [
826                 "Where else can I get help?"
827             ],
828             "responses": [
829                 "Where you go for help will depend on the
                        nature of the problem and/or symptoms and
                        what best fits you. Often, the best place
                        to start is by talking with someone you
                        trust about your concerns, such as a family
                         member, friend, clergy, healthcare
                        provider, or other professionals. Having
                        this social support is essential in healing
                         from mental illness, and you will be able
                        to ask them for referrals or
                        recommendations for trusted mental health
                        practitioners. Search for mental health
                        resources in your area. Secondly, there are
                         people and places throughout the country
                        that provide services to talk, to listen,
                        and to help you on your journey to recovery
                        . Thirdly, many people find peer support a
                        helpful tool that can aid in their recovery
                        . There are a variety of organizations that
                         offer support groups for consumers, their
                        family members, and friends. Some support
                        groups are peer led while others may be led
                         by a mental health professional."
830             ]
831         },
832         {
833             "tag": "fact-20",
834             "patterns": [
835                 "What should I know before starting a new
                        medication?"
836             ],
837             "responses": [
838                 "The best source of information regarding
                        medications is the physician prescribing
                        them. He or she should be able to answer
                        questions such as:    \n1. What is the
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                       medication supposed to do? \n2. When should
                        it begin to take effect, and how will I
                       know when it is effective? \n3. How is the
                       medication taken and for how long? What
                       food, drinks, other medicines, and
                       activities should be avoided while taking
                       this medication? \n4. What are the side
                       effects and what should be done if they
                       occur? \n5. What do I do if a dose is
                       missed? \n6. Is there any written
                       information available about this medication
                       ? \n7. Are there other medications that
                       might be appropriate? \n8. If so, why do
                       you prefer the one you have chosen? \n9.
                       How do you monitor medications and what
                       symptoms indicate that they should be
                       raised, lowered, or changed? \n10. All
                       medications should be taken as directed.
                       Most medications for mental illnesses do
                       not work when taken irregularly, and extra
                       doses can cause severe, sometimes dangerous
                        side effects. Many psychiatric medications
                        begin to have a beneficial effect only
                       after they have been taken for several
                       weeks."
839            ]
840        },
841        {
842          "tag": "fact-21",
843          "patterns": [
844            "Where can I go to find therapy?"
845          ],
846          "responses": [
847            "Different kinds of therapy are more effective
                       based on the nature of the mental health
                       condition and/or symptoms and the person
                       who has them (for example, children will
                       benefit from a therapist who specializes in
                        c h i l d r e n    s mental health). However,
                        there are several different types of
                       treatment and therapy that can help."
848          ]
849        },
850        {
851          "tag": "fact-22",
852          "patterns": [
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853          "Where can I learn about types of mental
                health treatment?"
854        ],
855        "responses": [
856          "Mental health conditions are often treated
                with medication, therapy or a combination
                of the two. However, there are many
                different types of treatment available,
                including Complementary & Alternative
                Treatments, self-help plans, and peer
                support. Treatments are very personal and
                should be discussed by the person with the
                mental health conditions and his or her
                team."
857        ]
858      },
859      {
860        "tag": "fact-23",
861        "patterns": [
862          "What are the different types of mental health
                professionals?"
863        ],
864        "responses": [
865          "There are many types of mental health
                professionals. Finding the right one for
                you may require some research."
866        ]
867      },
868      {
869        "tag": "fact-24",
870        "patterns": [
871          "Where can I go to find a support group?"
872        ],
873        "responses": [
874          "Many people find peer support a helpful tool
                that can aid in their recovery. There are a
                 variety of organizations that offer
                support groups for consumers, their family
                members and friends. Some support groups
                are peer-led, while others may be led by a
                mental health professional."
875        ]
876      },
877      {
878        "tag": "fact-25",
879        "patterns": [
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880             "Can you prevent mental health problems?"
881           ],
882         "responses": [
883           "We can all suffer from mental health
                   challenges, but developing our wellbeing,
                   resilience, and seeking help early can help
                    prevent challenges becoming serious."
884         ]
885       },
886       {
887         "tag": "fact-26",
888         "patterns": [
889           "Are there cures for mental health problems?",
890           "is there any cure for mental health problems
                   ?"
891         ],
892         "responses": [
893           "It is often more realistic and helpful to
                   find out what helps with the issues you
                   face. Talking, counselling, medication,
                   friendships, exercise, good sleep and
                   nutrition, and meaningful occupation can
                   all help."
894         ]
895       },
896       {
897         "tag": "fact-27",
898         "patterns": [
899           "What causes mental health problems?"
900         ],
901         "responses": [
902           "Challenges or problems with your mental
                   health can arise from psychological,
                   biological, and social, issues, as well as
                   life events."
903         ]
904       },
905       {
906         "tag": "fact-28",
907         "patterns": [
908           "What do I do if I'm worried about my mental
                   health?"
909         ],
910         "responses": [
911           "The most important thing is to talk to
                   someone you trust. This might be a friend,
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                  colleague, family member, or GP. In
                  addition to talking to someone, it may be
                  useful to find out more information about
                  what you are experiencing. These things may
                   help to get some perspective on what you
                  are experiencing, and be the start of
                  getting help."
912           ]
913       },
914       {
915           "tag": "fact-29",
916           "patterns": [
917             "How do I know if I'm unwell?"
918           ],
919           "responses": [
920             "If your beliefs , thoughts , feelings or
                  behaviours have a significant impact on
                  your ability to function in what might be
                  considered a normal or ordinary way, it
                  would be important to seek help."
921           ]
922       },
923       {
924           "tag": "fact-30",
925           "patterns": [
926             "How can I maintain social connections? What
                  if I feel lonely?"
927           ],
928           "responses": [
929             "A lot of people are alone right now, but we
                  don't have to be lonely. We're all in this
                  together. Think about the different ways to
                   connect that are most meaningful for you.
                  For example, you might prefer a video chat
                  over a phone call, or you might prefer to
                  text throughout the day rather than one set
                   time for a video call. Then, work with
                  your social networks to make a plan. You
                  might video chat with your close friends in
                   the evening and phone a family member once
                   a week. Remember to be mindful of people
                  who may not be online. Check in by phone
                  and ask how you can help. The quality of
                  your social connections matter. Mindlessly
                  scrolling through social media and liking a
                   few posts usually doesn't build strong
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                     social connections. Make sure you focus on
                     strategies that actually make you feel
                     included and connected. If your current
                     strategies don't help you feel connected,
                     problem-solve to see if you can find a
                     solution. Everyone feels lonely at times.
                     Maybe you recently moved to a new city, are
                      changing your circle of friends, lost
                     someone important in your life, or lost
                     your job and also lost important social
                     connections with coworkers. Other people
                     may have physical connections to others but
                      may feel like their emotional or social
                     needs aren't met. Measures like social
                     distancing or self-isolation can make
                     loneliness feel worse no matter why you
                     feel lonely now. Reach out to the
                     connections you do have. Suggest ways to
                     keep in touch and see if you can set a
                     regular time to connect. People may
                     hesitate to reach out for a lot of
                     different reasons, so don't be afraid to be
                      the one who asks. Look for local community
                      support groups and mutual aid groups on
                     social media. This pandemic is bringing
                     everyone together, so look for
                     opportunities to make new connections.
                     These groups are a great way to share your
                     skills and abilities or seek help and
                     support. Look for specialized support
                     groups. Support groups are moving online,
                     and there are a lot of different support
                     lines to call if you need to talk to
                     someone."
930          ]
931      },
932      {
933          "tag": "fact-31",
934          "patterns": [
935            "What's the difference between anxiety and
                     stress?"
936          ],
937          "responses": [
938            "Stress and anxiety are often used
                     interchangeably, and there is overlap
                     between stress and anxiety. Stress is
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                       related to the same fight, flight, or
                       freeze response as anxiety, and the
                       physical sensations of anxiety and stress
                       may be very similar. The cause of stress
                       and anxiety are usually different, however.
                        Stress focuses on mainly external
                       pressures on us that we're finding hard to
                       cope with. When we are stressed, we usually
                        know what we're stressed about, and the
                       symptoms of stress typically disappear
                       after the stressful situation is over.
                       Anxiety, on the other hand, isn't always as
                        easy to figure out. Anxiety focuses on
                       worries or fears about things that could
                       threaten us, as well as anxiety about the
                       anxiety itself. Stress and anxiety are both
                        part of being human, but both can be
                       problems if they last for a long time or
                       have an impact on our well-being or daily
                       life."
939          ]
940      },
941      {
942          "tag": "fact-32",
943          "patterns": [
944            "What's the difference between sadness and
                     depression?",
945            "difference between sadness and depression"
946          ],
947          "responses": [
948            "Sadness is a normal reaction to a loss,
                     disappointment, problems, or other
                     difficult situations. Feeling sad from time
                      to time is just another part of being
                     human. In these cases, feelings of sadness
                     go away quickly and you can go about your
                     daily life. Other ways to talk about
                     sadness might be feeling low, feeling down,
                      or feeling blue.A person may say they are
                     feeling depressed, but if it goes away on
                     its own and doesn't impact life in a big
                     way, it probably isn't the illness of
                     depression. Depression is a mental illness
                     that affects your mood, the way you
                     understand yourself, and the way you
                     understand and relate to things around you.
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                        It can also go by different names, such as
                        clinical depression, major depressive
                        disorder, or major depression. Depression
                        can come up for no reason, and it lasts for
                        a long time. It's much more than sadness
                        or low mood. People who experience
                        depression may feel worthless or hopeless.
                        They may feel unreasonable guilty. Some
                        people may experience depression as anger
                        or irritability. It may be hard to
                        concentrate or make decisions. Most people
                        lose interest in things that they used to
                        enjoy and may isolate themselves from
                        others. There are also physical signs of
                        depression, such as problems with sleep,
                        appetite and energy and unexplainable aches
                        or pains. Some may experience difficult
                        thoughts about death or ending their life (
                        suicide). Depression lasts longer than two
                        weeks, doesn't usually go away on its own,
                        and impacts your life. It's a real illness,
                        and it is very treatable. It's important
                        to seek help if you're concerned about
                        depression."
949              ]
950          }
951      ]
952 }
```