**LLM Model Used**

Currently, the chatbot utilizes the llama3 model accessed via Ollama. This choice reflects a preference for running models locally to prioritize user privacy, cost-effectiveness, and offline access. However, if resources were not a constraint, the ideal language model for this application would be OpenAI’s GPT-4. GPT-4 offers improved contextual understanding, reduced hallucination rates, and more nuanced emotional intelligence—features that are particularly valuable in a mental health support context.

Other viable free-tier or open-source alternatives include:

* **OpenAI GPT-3.5** (accessible via OpenAI’s free API tier),
* **Google Gemini Flash or Gemini Pro** (available in Google AI Studio),
* **Mistral** or **LLaMA 2** (via Hugging Face or Ollama, offering strong performance without licensing restrictions).