**Problem Statement**

In today’s fast-paced and increasingly digital world, mental health has become a significant concern, especially for people who lack access to consistent and affordable professional help. There exists a gap between the growing need for mental health support and the availability of timely, stigma-free, and accessible solutions. This project aims to address that gap by developing a domain-specific chatbot designed to offer emotional support and guidance, particularly for individuals navigating stress, anxiety, or loneliness. The chatbot engages users in short, empathetic conversations and offers practical advice grounded in real-world psychological resources.

The chatbot is built using a Retrieval-Augmented Generation (RAG) approach, which combines the power of large language models with a specialized retrieval mechanism that brings contextually relevant external knowledge into the conversation. RAG is particularly well-suited for this application because it allows the language model to ground its responses in a curated, trustworthy knowledge base—reducing hallucinations and promoting accuracy, especially when the stakes involve mental well-being. This makes it significantly more reliable than a pure generative model that might improvise responses without access to accurate, vetted information