

```
import random
from textblob import TextBlob
```

```
class MentalHealthAgent:
```

```
    def __init__(self):
```

```
        self.positive_responses = [
```

```
            "I'm glad you're feeling good today!
```



```
",
```

```
            "Awesome! Keep up the positive
```

```
energy.",
```

```
            "That's great to hear. Stay happy!"
```

```
]
```

```
        self.neutral_responses = [
```

```
            "I see. How about doing something  
relaxing today?",
```

```
            "It's okay to feel average. A walk or  
music might help.",
```

```
            "Want to talk about what's on your  
mind?"
```

```
]
```

```
        self.negative_responses = [
```

"I'm sorry you're feeling this way. Try a mindfulness video: <https://www.youtube.com/watch?v=inpok4MKVLM>",

"It's okay to not be okay. How about journaling your thoughts?",

"You're not alone. Breathing exercises might help: <https://www.youtube.com/watch?v=nmFUDkj1Aq0>"

]

```
def check_in(self, user_input):  
    analysis = TextBlob(user_input)  
    polarity = analysis.sentiment.polarity  
    # Ranges from -1 (negative) to 1 (positive)
```

```
    print(f"\nUser input sentiment score:  
{polarity:.2f}")
```

```
    if polarity > 0.3:
```

```
        return
    random.choice(self.positive_responses)
    elif polarity < -0.1:
        return
    random.choice(self.negative_responses)
    else:
        return
    random.choice(self.neutral_responses)
```

Example Usage

```
agent = MentalHealthAgent()
user_input = input("How are you feeling
today? ")
response = agent.check_in(user_input)
print("\nAgent Response:", response)
```