

pattern	tag	response
What is you about		I'm Pandora!
Good after afternoon		Good afternoon. How is your day going?
I feel so an: anxious		Don't be hard on yourself. What's the reason behind this?
Can I ask yc ask		Sure. I'll try my best to answer you
Whatever casual		How were you feeling last week?
How were creation		I was trained on a text dataset using Deep Learning & Natural Language Processi
My mom d death		I am really sorry to hear that. I am here to help you with grief, anxiety and anyth
boyfriend default		I see. What else?
I think i'm c depressed		Talk to me. Tell me more. It helps if you open up yourself to someone else.
I don't have done		Oh okay we're done for today then. See you later
Good even evening		Good evening. How has your day been?
Define Mer fact-1		Mental health is a state of well-being in which the individual realizes his or her o
I don't have friends		I'm sorry to hear that. Just know that I'm here for you. Talking about it might hel
Fare thee v goodbye		See you later.
Is anyone t greeting		Hello there. Tell me how are you feeling today?
I'm good. happy		Did something happen which made you feel this way?
I know you hate-me		I'm sorry if i have exhibited any sort of behaviour to make you think that.
I don't like hate-you		I'm sorry if i offended you in anyway. I'm only here to help
I need suppr help		Yes, sure. How can I help you?
Tell me anc jokes		mental health is not a joke.
I want to le learn-ment		Oh that's really great. I'd be willing to answer anything that I know about it.
i would like learn-more		So first I would suggest you to give yourself a break. Thinking more and more ab
What is you location		Somewhere in the universe
hmmm tha meditation		Focus all your attention on your breathing. Concentrate on feeling and listening :
Tell me a f mental-hea	1	in 5 young people (age 13-18) has or will develop a mental illness in their lifeti
Good morn morning		Good morning. I hope you had a good night's sleep. How are you feeling today?
My name is name		Oh nice to meet you. Tell me how was your week?
nothing mu neutral-res		Oh I see. Do you want to talk about something?
Good night night		Good night. Sweet dreams.
i guess not no-approa		That's no problem. I can see why you'd be stressed out about that. I can suggest
	no-respons	Sorry, I didn't understand you.
No just sta not-talking		You can talk to me without fear of judgement.
thank you pandora-us		I'm glad you found this useful. Is there something else I can help you with?
probably b problem		I see. Have you taken any approaches to not feel this way?
You mentic repeat		Oh sorry I didn't realise that. I'll try not to repeat myself again.
I am feeling sad		Why do you think you feel this way?
That sound scared		It's only natural to feel this way. I'm here for you.
What can y skill		I can provide general advice regarding anxiety and depression, answer questions
I can't seen sleep		That seem awful. What do you think is behind this?
I don't wan something-		Is there something else that you want to talk about?
I am so bur stressed		Give yourself a break. Go easy on yourself.
Are you stu stupid		I wish you wouldn't say such hurtful things. I'm sorry if I wasn't useful
I want to ki suicide		I'm very sorry to hear that but you have so much to look forward to. Please seek
That's help thanks		You're most welcome!
Nobody un understandc		I'm trying my best to help you. So please talk to me
I need advi user-advice		Sure. What can I do to help?

Yeah you're user-agree Next, I would suggest you to practice meditation. Meditation can produce a deep  
i did what you user-medit Your welcome. Remember: Always focus on what's within your control. When you  
I feel so worthless It's only natural to feel this way. Tell me more. What else is on your mind?  
What are you wrong I'm very sorry. Let's try that again

ng techniques  
ing else you may feel at this time.

wn abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to  
p. Why do you think you don't have any friends?

out the problem definitely does not help in solving it. You'll just end up overwhelming yourself.

as you inhale and exhale through your nostrils. Breathe deeply and slowly. When your attention wanders  
me.

you some tips to alleviate this issue. Would you like to learn more about that?

; related to mental health and make daily conversations. Do not consider me as a substitute for an actual

; help by going to <https://findahelpline.com/>

p state of relaxation and a tranquil mind.

ou find yourself worrying, take a minute to examine the things you have control over. You can't prevent

o make a contribution to his or her community

's, gently return your focus to your breathing.

mental healthcare worker. Please seek help if you don't feel satisfied with me.

a storm from coming but you can prepare for it. You can't control how someone else behaves, but you c



can control how you react. Recognize that sometimes, all you can control is your effort and your attitude





a. When you put your energy into the things you can control, you'll be much more effective.