<!DOCTYPE html>

<html>

<head>

<meta charset="utf-8" />

<title>MindMate — AI Chat</title>

<meta name="viewport" content="width=device-width,initial-scale=1">

<style>

body { font-family: Arial, Helvetica, sans-serif; background:#f4f6f8; margin:0; padding:20px;}

.card { max-width:720px; margin:20px auto; background:white; border-radius:10px; padding:18px; box-shadow:0 2px 8px rgba(0,0,0,0.08);}

#messages { min-height:300px; border:1px solid #eee; padding:12px; overflow:auto; border-radius:6px; background: #fafafa;}

.msg { margin:10px 0; display:block; }

.user { text-align:right; }

.bubble { display:inline-block; padding:10px 14px; border-radius:14px; max-width:75%; }

.bubble.user { background:#DCF8C6; }

.bubble.bot { background:#eef4ff; }

.controls { margin-top:12px; display:flex; gap:8px; }

input[type="text"]{ flex:1; padding:10px; border-radius:6px; border:1px solid #ddd;}

button { padding:10px 14px; border-radius:6px; border:none; background:#1b6eff; color:white; cursor:pointer;}

.small { font-size:13px; color:#777; margin-top:6px;}

</style>

</head>

<body>

<div class="card">

<h2>MindMate — Confidential Support</h2>

<div class="small">This is a demo. Not a replacement for professional help. In emergency call 112.</div>

<div id="messages"></div>

<div class="controls">

<input id="input" type="text" placeholder="Type how you're feeling..." />

<button id="sendBtn">Send</button>

</div>

<div style="margin-top:10px;">

<button id="btnHelp" style="background:#4CAF50;">Show breathing exercise</button>

<button id="btnHelpline" style="background:#f44336;">Show helpline</button>

</div>

</div>

<script>

const messagesDiv = document.getElementById('messages');

const inputEl = document.getElementById('input');

const sendBtn = document.getElementById('sendBtn');

const btnHelp = document.getElementById('btnHelp');

const btnHelpline = document.getElementById('btnHelpline');

function appendMessage(text, who='bot') {

const div = document.createElement('div');

div.className = 'msg ' + (who==='user' ? 'user' : 'bot');

const b = document.createElement('span');

b.className = 'bubble ' + (who==='user' ? 'user' : 'bot');

b.innerText = text;

div.appendChild(b);

messagesDiv.appendChild(div);

messagesDiv.scrollTop = messagesDiv.scrollHeight;

}

async function send() {

const text = inputEl.value.trim();

if (!text) return;

appendMessage(text, 'user');

inputEl.value = '';

appendMessage('...', 'bot');

try {

const res = await fetch('/chat', {

method: 'POST',

headers: {'Content-Type':'application/json'},

body: JSON.stringify({message:text})

});

const data = await res.json();

// remove last