ai's protocol.

start.

Asks the user if they feel comfortable talking today.

'I want to talk.'

Asks the user how they feel that day.

'I don't feel well.'

Asks the user what symptoms are worrying them.

'I feel...'

Returns therapeutic exercises to cope with anxiety/fear, depression, self-loathing, and delusions.

Asks if the user feels better.

'I feel...'

Asks the user if they want to talk longer, try another exercise, or go home.

'I want to do another exercise.'

'I feel pretty okay.'

Returns a positive affirmation and asks if they'd like to hear something neat.

'I'd like to talk.'

Returns a fun fact on a wide range of positive or interesting topics.

'I don't want to talk.'

'Take me home.'

A sweet comforting message for the user.

Asks the user where they want to be today and takes them there.

end.

mood swing.

A MENTAL HEALTH APP.

BOT CONVERSATION MAP CONCEPT

MILKYBOT