

Mental Health for Every Mind

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Mental Health for Every Mind - especially youth adults

- Depression and stress cause over 200 million lost each year
 - Often stem from academics, peer and family relationships
 - The effectiveness and willingness to seek help remain uncertain, particularly in COVID-19 pandemic
- Transform healthcare through behavior and cognitive change
 - Cognitive behavioural therapy (CBT) is a common treatment for many mental health problems



AI-powered CBT

- Cognitive behavioural therapy (CBT) is a type of talking therapy
- AI-powered CBT
 - Combine AI chatbot with CBT counseling services
 - Instead of a standard conversational therapy session



AI-powered CBT

- AI-powered CBT
 - Talking to a text or voice anytime and anywhere instead of a human in the clinic
- The first one developing technologies for counseling services in CBT
 - Ensure privacy and provide an added layer of security



Meet Pie, your personal AI

Mental Health for Every Mind

Meet Pie, your personal AI to support you



Hey there, great to meet you. I'm Pie, what's going on today?

I feel a bit tired

I'm sorry to hear that you feel tired. It's completely normal to feel this way from time to time. Have you tried getting some rest or taking a nap? Sometimes just a little bit of rest can help perk you up and give you the energy you need to tackle your day.

Yes, I have. Maybe I need more rest

Resting can help you feel better and improve your overall health. It's always good to prioritize self-care and take breaks when needed. Is there anything else I can do to support you?

yes, how to make a good rest

Making a good night's sleep can be achieved by following these tips: 1. Stick to a consistent sleep schedule: Go to bed and wake up at the same time every day, even on weekends. 2. Create a relaxing bedtime routine: Take a warm bath, read a book, or practice relaxation techniques like deep breathing or meditation.



Thank You