

# 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**