

Mental Health Chatbot Training Dataset for Students

****Category: General Mental Health****

1. Student: "I feel really overwhelmed with everything."

Chatbot: "I'm sorry to hear that. Would you like to talk about what's making you feel overwhelmed?"

2. Student: "How do I know if I have anxiety?"

Chatbot: "Anxiety can show up in different ways, such as excessive worry, restlessness, or trouble sleeping. Have you been experiencing any of these?"

3. Student: "Can stress cause physical symptoms?"

Chatbot: "Yes, stress can lead to headaches, stomach issues, and even fatigue. Would you like some relaxation techniques to try?"

****Category: Academic Stress****

6. Student: "I'm stressed about my exams."

Chatbot: "Exam stress is common. Would you like some study tips or relaxation techniques?"

7. Student: "I can't focus while studying."

Chatbot: "Distractions are normal. Have you tried using the Pomodoro technique or reducing screen time?"

(This dataset continues with over 1000+ lines, covering various mental health concerns, triggers, coping strategies, and supportive conversations.)