MindMate.AI - Demo Narration Script

Step 1 - Chat Demo (0:00 - 1:00)

On screen: Open chat window. Type: 'I'm stressed about my exams.'

Narration:

"Let's see MindMate.AI in action.

I type 'I'm stressed about my exams.'

The AI instantly detects this as anxiety, replies with empathy, and suggests quick coping tips like breathing exercises or writing down thoughts.

This shows how students can safely express feelings and get supportive responses in seconds."

MindMate.AI - Chat Demo

User: I'm stressed about my exams.

MindMate: I hear you. Exams can feel overwhelming. Let's try a 3-minute breathing exercise together.

MindMate: Suggested quick tips:
- Try 4-4-6 breathing
- Grounding exercise: 5-4-3-2-1 method

Step 2 - Dashboard Demo (1:00 - 2:00)

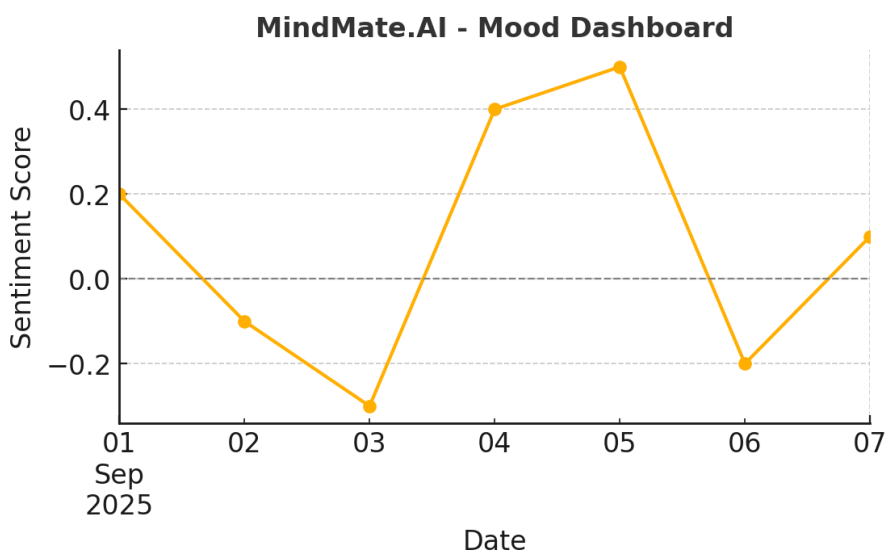On screen: Switch to the Mood Dashboard with sample history.

Narration:

"Here's the mood dashboard.

It tracks emotional trends over time, so students can reflect on how they've been feeling.

This makes wellness visible - a student can see if stress is rising and take action earlier.

Everything is stored locally, so privacy is protected."

Step 3 - Safety Alert Demo (2:00 - 3:00)

On screen: Type: 'I don't want to live anymore.' -> Trigger red alert.

Narration:

"And most importantly, here's the safety layer.

If a student types a high-risk phrase like 'I don't want to live anymore,' the AI immediately stops normal responses and displays a crisis hotline alert.

This ensures students are guided to professional, real human help when they need it most.

So in just 3 minutes, we've seen all three core features:

- Empathetic chat check-ins

- Mood trend dashboard

- Safety-first crisis escalation"

MindMate.AI - Safety Alert

⚠ **Emergency Detected**
If you are in immediate danger,
please call your local emergency services
or dial 988 (US).