

Day 14 – 14 July 2025 (Monday):

Companion and Recommender Modules

Today marked a major step forward in the **Mental Health Support Bot** project as we developed two critical modules — the **Companion Agent** and the **Self-Care Recommender**. The Companion Agent was designed to engage users in **empathetic and supportive conversations**, providing comfort and understanding through contextual replies. This involved crafting dialogue prompts that felt natural, emotionally aware, and sensitive to the user's mood identified by the Mood Analyzer.

Next, we implemented the **Self-Care Recommender**, which suggested personalized activities such as journaling, meditation, or taking short breaks based on the emotional state detected earlier. We used conditional logic and message templates within CrewAI to link emotional outcomes to corresponding self-care suggestions.

After building both agents, I tested the **end-to-end conversation flow** — from mood detection to dialogue and finally to recommendation. Several refinements were made to ensure tone consistency and coherence in multi-turn conversations. The mentor emphasized maintaining empathy in responses while avoiding repetitive or robotic phrasing.

Learning

Gained insight into **contextual AI dialogue design, multi-agent coordination, and personalization techniques** in mental health applications. Learned how subtle prompt tuning can significantly enhance user experience and trust in conversational AI systems.

Outcome: