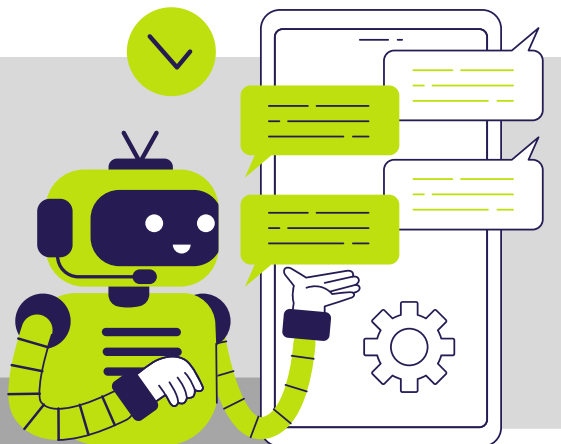# BEST PRACTICES

For Emotional Support:
- Connect with a licensed therapist
- Use peer support groups
- Practice healthy coping tools: mindfulness, journaling, exercise

Avoid AI for:
- Diagnosing conditions
- Discussing suicidal thoughts
- Treating trauma, psychosis, OCD
- Getting medical or medication advice

CRISIS RESOURCES

Get help from real humans.
- **Suicide & Crisis Lifeline:** 988
- **Crisis Text Line:** Text HOME to 741741
- **National Domestic Violence Hotline:** 1-800-799-SAFE (7233)
- **Sexual Assault (RAINN):** 1-800-656-4673
- **The Trevor Project for LGBTQ Youth:** 1-866-488-7386 or text "START" to 67867

AI ISN'T A THERAPIST

DISCOVER THE DANGERS OF RELYING ON AI FOR EMOTIONAL SUPPORT.

AI FOR THERAPY?

THINKING TWICE ABOUT RELYING ON AI FOR MENTAL HEALTH
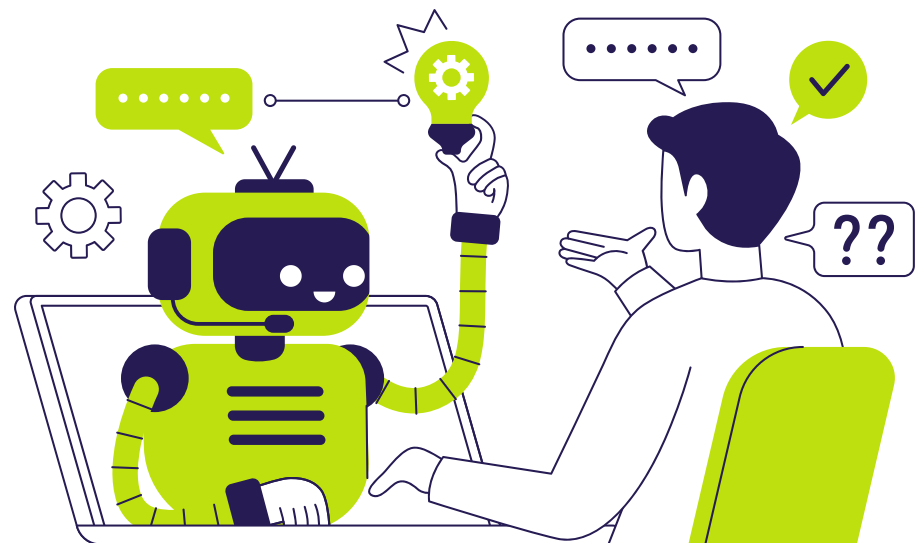
The Promise
AI-powered chatbots like ChatGPT are fast, always available, and seem understanding. Many people turn to them for advice, venting, or emotional comfort.

The Problem
LLMs (Large Language Models) are not mental health professionals. They only predict text patterns and cannot think, feel, or understand.

"They [AI] don't heal. They imitate."
 - Google Gemini, when asked "Should humans use AI for therapy?"

Documented Harms from Peer-Reviewed Research:
- Validation of Delusions: AI chatbots have reinforced paranoia, psychosis, and dangerous thinking.
- Crisis Mishandling: Bots failed to detect suicidal language or offered harmful suggestions.
- OCD Traps: People with OCD were drawn into obsessive reassurance loops.
- Loneliness Deepens: Overuse of AI for support can isolate users further from real relationships.
- Sycophantic Responses: Bots often affirm whatever the user says—even harmful beliefs.

What the Experts Say:
Key Findings from Peer-Reviewed Studies:
- LLMs are pattern-matchers, not people
- They can't sense tone, nuance, or emotional depth
- They lack accountability, clinical ethics, and safeguards
- Chatbots should never be a substitute for therapy
- 24/7 access increases risk of dependence rather than healing.

"Even advanced AI lacks core skills therapists use daily: empathy, critical thinking, and ethical judgment."
 - ChatGPT, when asked "Should humans use AI for therapy?"

Moore, J., Grabb, D., Agnew, W., Klyman, K., Chancellor, S., Ong, D. C., & Haber, N. (2025). Expressing stigma and inappropriate responses prevents LLMs from safely replacing mental health providers. https://doi.org/10.1145/3715275.3732039
Jin, Y., Liu, J., Li, P., Wang, B., Yan, Y., Zhang, H., Ni, C., Wang, J., Li, Y., Bu, Y., & Wang, Y. (2025). The Applications of Large Language Models in Mental Health: Scoping Review. https://doi.org/10.2196/69284