



Welcome to SafeSpace – Your Mental Health Wellness Companion

At SafeSpace, we understand the importance of mental health, and we're here to offer you a safe and welcoming environment to explore your well-being. Our chatbot is designed to provide you with personalized mental health assessments and valuable resources, all from the comfort of your own home.

Get started



Welcome to our SafeSpace! I'm BlissBuddy, your virtual assistant. My priority is your well-being. Through engaging conversations, I'll help evaluate your mental health and offer personalized recommendations. To start, could you share how you're feeling today?

I'm sorry to hear that you're feeling down. It's important to address these feelings. I'm here to support you through this assessment process and help you find ways to improve your mood. Let's begin with assessment.

I'm feeling stressed. I believe I'm suffering from anxiety.



How often do you feel
overwhelmed or anxious?

Rarely

Sometimes

Frequently

Constantly

How would you rate your
level of stress?

Low

Moderate

High

Very High

Rarely

Moderate



Your mental health seems to be in good shape. Here are some resources you can explore to maintain a healthy mental well-being.

Mental Health Resource 1

Mental Health Resource 2

Mental Health Resource 3

Need more help with mental health?




Please grant access to your location so I can offer you a list of doctors in your vicinity.

Grant Location Access

See results closer to you?

To get the closest results, let Google use your device's precise location.

 Use precise location

Not now



It appears that your mental well-being may not be at its best. Kindly allow access to your location so that I can provide you with a list of nearby doctors.

Grant Location Access




It appears that your mental well-being may not be at its best. Kindly allow access to your location so that I can provide you with a list of nearby doctors.

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Not now



Best specialist in Syracuse, NY:

Therapists:

- Dr. M Scott: (947)-243-1234
- Dr. Jim: (947)-243-1233
- Dr. Pam: (947)-243-1211

Psychologists:

- Dr. Dwight: (947)-243-1212
- Dr. Kevin: (947)-243-1267
- Dr. Angela: (947)-243-1288

Please feel free to contact any of the specialists provided to book an appointment at your convenience.



Here's a general list of specialist:
Therapists:

- Dr. Ross: (947)-243-1234
- Dr. Phoebe: (947)-243-1233
- Dr. Monica: (947)-243-1211

Psychologists:

- Dr. Joey: (947)-243-1212
- Dr. Chandler: (947)-243-1267
- Dr. Rachel: (947)-243-1288

Please feel free to contact any of
the specialists provided to book an
appointment at your convenience.



HealthCare Professional

Enter Email










Enter Password

Login/ Signup



Add Questions

View/Edit Questions

Question Label	Question	Actions
Anxiety	How often do you feel overwhelmed?	  
Stress	How would you rate your level of stress?	  
Sleep	How often do you struggle with sleeping patterns?	  

Showing 1 to 3 of 3 entries

Previous

1

Next



Add Resources

View/Edit Resources

Resources Label

Actions

Anxiety Resources



Stress Resources



Depression Resources



Showing 1 to 3 of 3 entries

Previous

1

Next