



# Using Generative AI to Support Student Mental Wellness

A forward-thinking approach to student well-being.

# The Growing Mental Health Crisis Among Students

## Rising Challenges

Mental health issues among young adults have surged due to academic pressures, social challenges, and isolation, intensifying stress and anxiety.



## Overwhelmed Support

Traditional campus counselling centres are overwhelmed with long wait times and limited resources, unable to meet the rising demand.



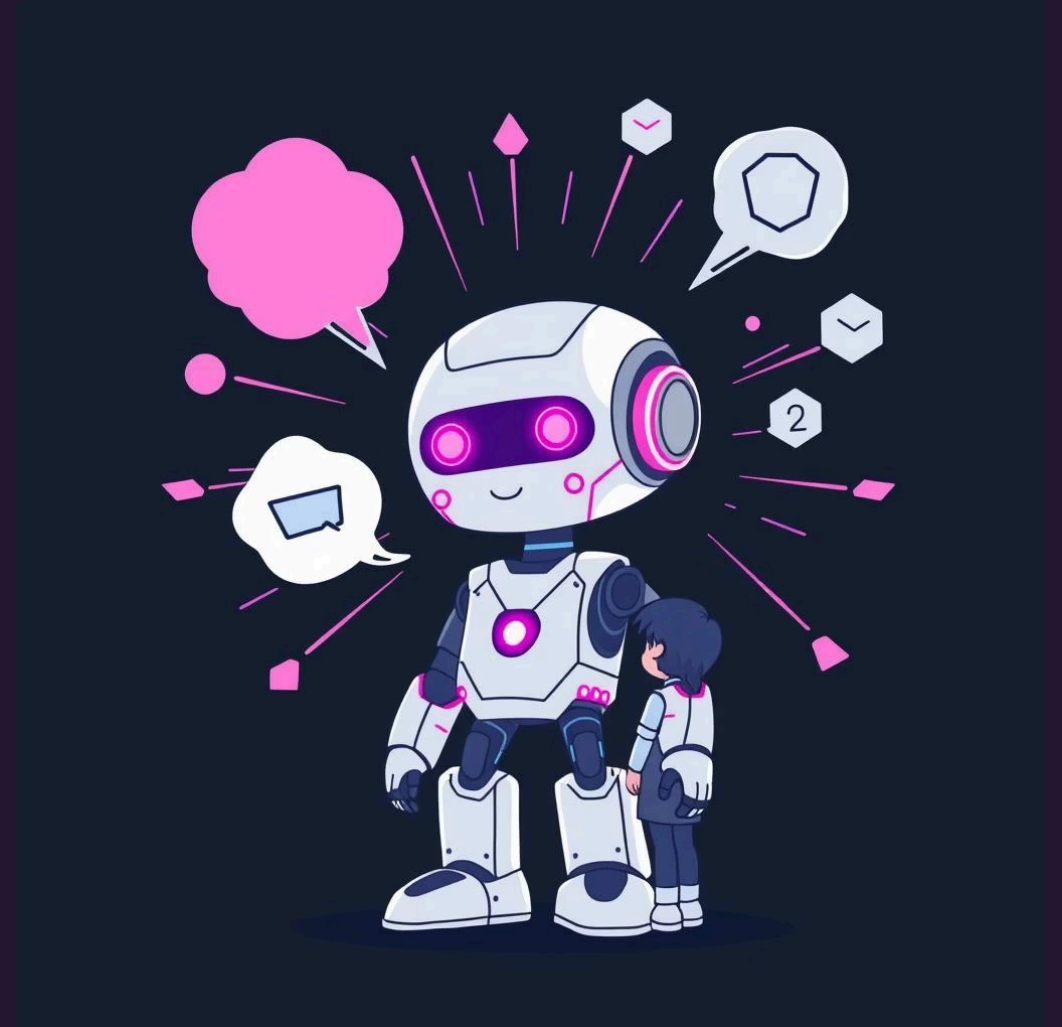
## Urgent Need

According to Healthy Minds, comprehensive support is urgently needed to prevent crises and promote overall well-being.

# AI: A New Ally in Student Mental Health Support

AI acts as a powerful supplement to human care, offering 24/7 accessibility and facilitating early intervention. It's crucial to understand that AI does not replace human interaction but enhances it.

- **Confidential Engagement:** Natural Language Processing (NLP) enables chatbots to engage students confidentially, providing immediate emotional support and guidance.
- **Early Warning System:** AI tools help flag warning signs early, allowing counselling centres to prioritise students with severe needs, ensuring timely and effective intervention.



# Real-World AI Solutions Transforming Student Wellness

1

## Hey Sunny (Arizona State University)

A chatbot easing college transition by answering questions on housing, budgeting, and mental health.

2

## Wysa

An AI-driven app offering conversational therapy with human coaching, clinically proven for its effectiveness.

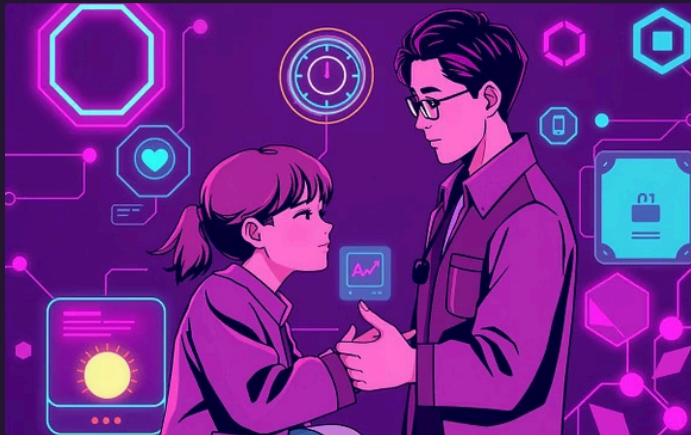
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## Woebot (Stanford)

A chatbot providing cognitive behavioural therapy techniques through empathetic conversations.

These innovative tools demonstrate how AI can bridge gaps in mental health support, making vital resources more accessible and less intimidating for students.

# AI-Powered Platforms Enhancing School Mental Health

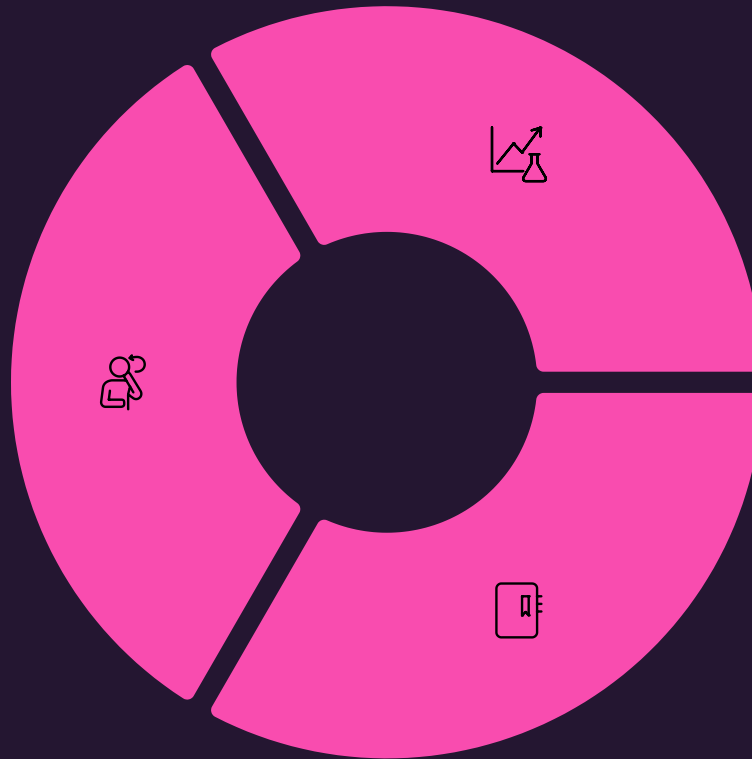


- **Alongside (K-12):** An AI chatbot delivering personalised skill-building and crisis alerts, significantly reducing disciplinary referrals.
- **Sonar's Sonny:** Combines AI with human Wellbeing Companions for scalable, empathetic 24/7 support and crisis escalation.
- **Securly Aware:** An AI engine analysing online activity to detect anxiety, depression, and cyberbullying, sending rapid alerts to school staff.

# Personalisation & Prevention: AI's Unique Strengths

## Tailored Interventions

AI analyses individual data to tailor interventions, from mindfulness exercises to mood tracking and journaling.



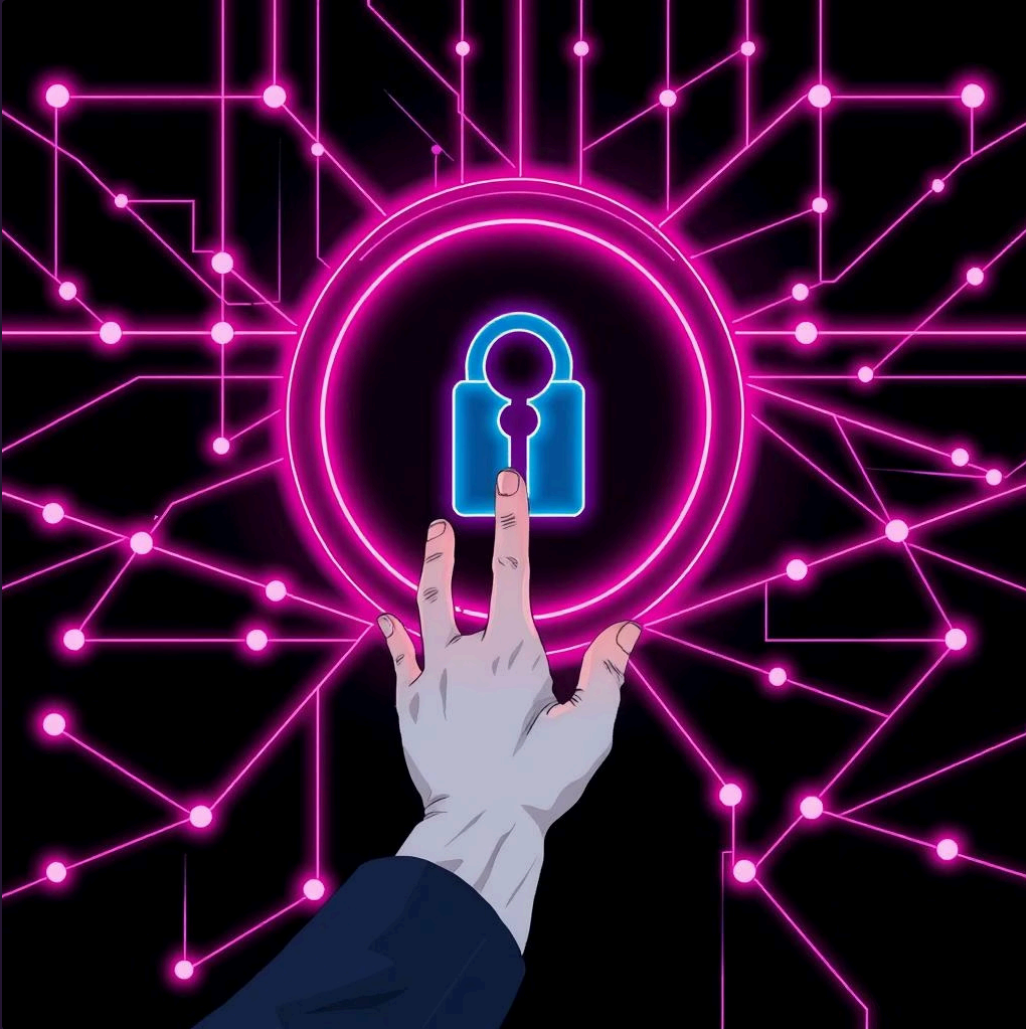
## Predictive Monitoring

Continuous monitoring helps predict and prevent non-compliance with treatment or risky behaviours before they escalate.

## Confidential Support

AI supports students privately, reducing stigma and encouraging proactive help-seeking without fear of judgment.

# Overcoming Challenges: Privacy, Integration & Trust



## Data Security & Ethics

Ensuring robust data security and ethical use is paramount to protect student privacy and maintain trust.

## Seamless Integration

AI tools must complement, not replace, human counsellors, integrating smoothly with existing support services.

## Building Confidence

Comprehensive training for staff and students is essential to maximise effectiveness and build confidence in AI support systems.



# The Future: AI-Driven Mental Wellness at Scale



## Emerging Innovations

Like Therapod AI wellness pods, offering private, on-demand therapy using evidence-based techniques.



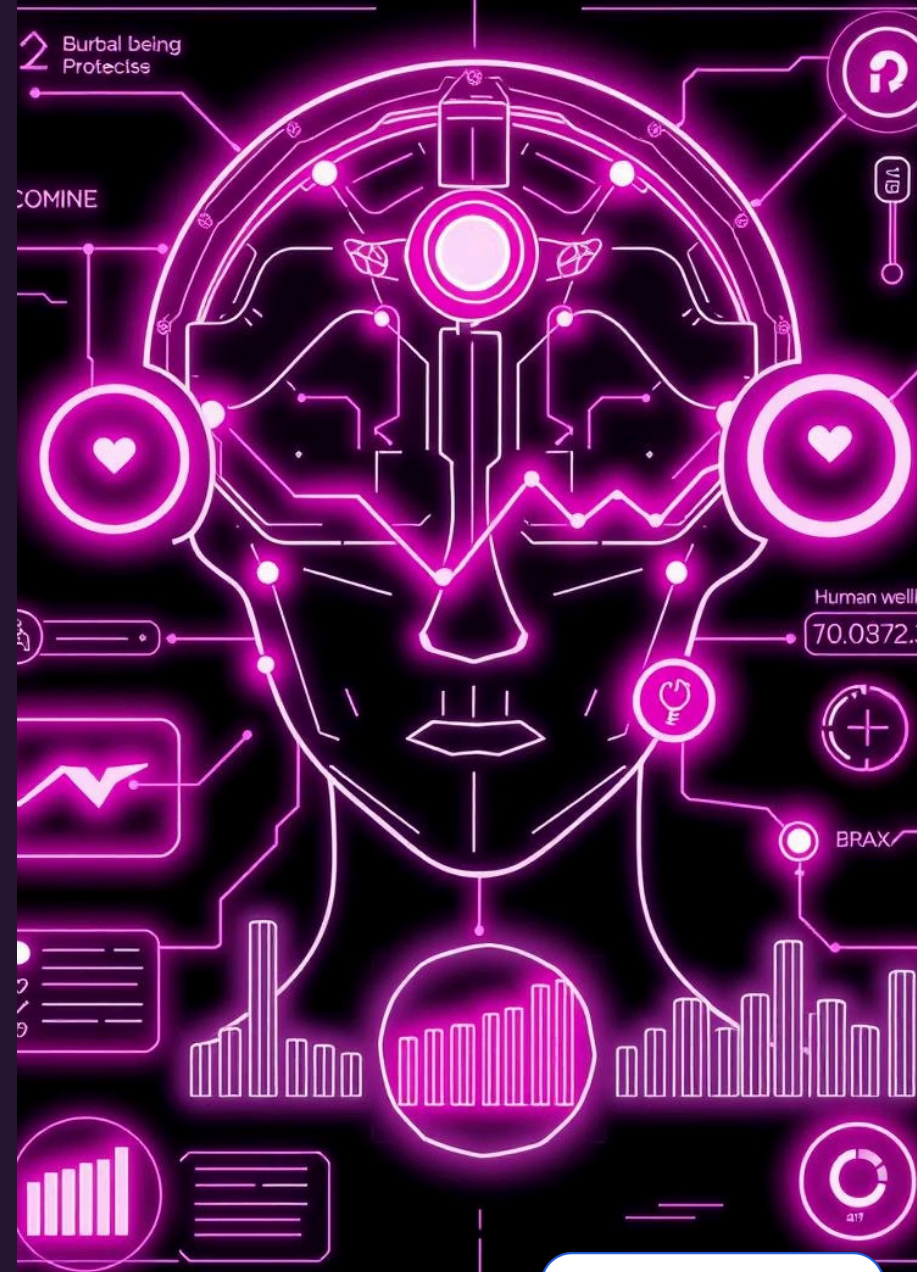
## Predictive Power

AI's predictive power can identify mental health conditions with high accuracy, enabling timely, personalised care.



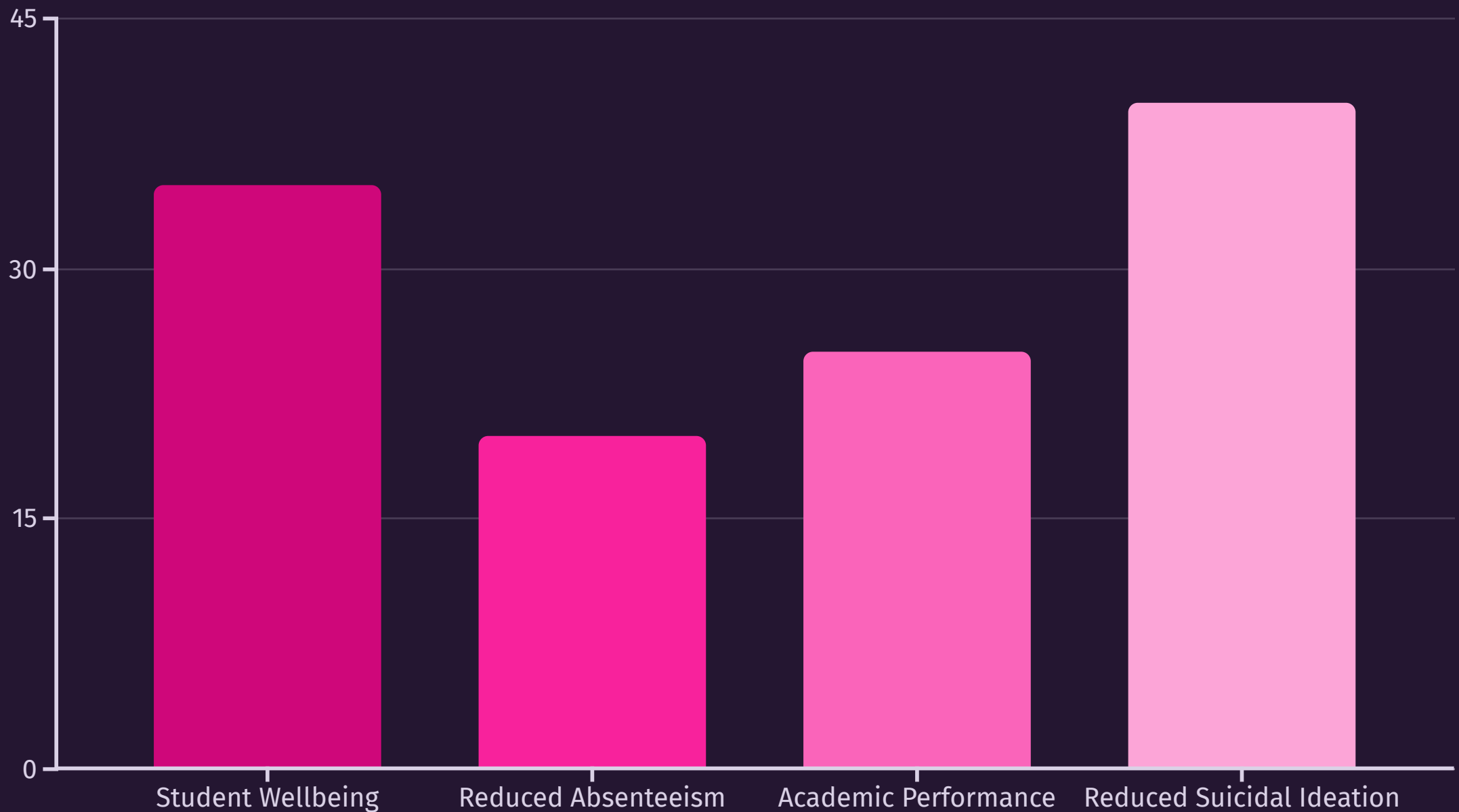
## Expanding Role

Continued investment and research will expand AI's role in education, promising more accessible, affordable mental health support.





# Impact & Outcomes: Evidence of Success



Schools adopting AI tools report significant improvements in student well-being, reduced absenteeism, and enhanced academic performance. High-risk students have shown remarkable reductions in suicidal ideation and anxiety symptoms within months of intervention.



# Conclusion: Embracing AI to Empower Student Mental Wellness

Generative AI offers scalable, personalised, and proactive mental health support that meets students where they are.

By combining AI innovation with human empathy, educational institutions can transform mental wellness care, fostering healthier, happier, and more resilient students. The time to invest in AI-powered mental health solutions is now.