



AI Virtual Psychologist

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Introduction

- Importance of mental health: "Mental health is as crucial as physical health, influencing our emotions, thoughts, and actions."
- Role of psychologists: "Psychologists provide vital support, helping individuals navigate life's challenges."



Problem Statement

- Challenges in accessing psychological help: "Many face barriers like cost, stigma, and location when seeking therapy."
- Barriers to traditional therapy: "Traditional therapy can be expensive, limited in availability, and not always culturally sensitive."



Solution

- Technology overview: "Built with Streamlit for interactive web apps, Llama from Meta for language processing, and Clarifai for AI capabilities."
- Key algorithms: "Llama provides deep language understanding, while Clarifai empowers AI deployment."



Benefits:

- Accessibility: "Available to anyone, anywhere, reducing traditional barriers to mental health support."
- Affordability: "Significantly lower costs compared to traditional therapy, making mental health support more accessible."
- 24/7 availability: "Always on, ensuring individuals can receive help whenever they need it."

Virtual Psychologist

Type something...

Send



Say something to get started!

I am not feeling good.



Sorry to hear that you're not feeling good. It can be really tough when we're not feeling our best. Can you tell me more about what's been going on and how you've been feeling? It can help to talk about it and try to figure out why you're feeling that way. Sometimes, our thoughts and beliefs can contribute to how we're feeling, and it can be helpful to challenge those thoughts and beliefs. Are there any thoughts or beliefs that come to mind when you're feeling this way?



Thank You!