# AI for wellbeing development – of what use?

## Daily Support

Chatbots like Wysa and Woebot offer safe, private spaces to express your thoughts. They use CBT techniques to guide you through stress, anxiety, or low moods—great for early support or when talking to a human isn’t easy.

## Mood & Pattern Tracking

AI-powered apps track your mood based on your conversations, voice tone, and even how you type. Tools like Youper and Kintsugi spot early signs of depression or burnout before you do.

## Early Detection

AI like Ellie (by USC) uses voice, micro expressions, and speech patterns to flag possible issues early. Helpful for therapists and even in self-monitoring.

## Workplace Wellbeing

Some platforms now use AI to monitor stress and emotional exhaustion levels through interaction patterns and feedback. Great for building burnout-free workplaces.

# AI for wellbeing development – What to watch out for.

Although chatbots help in the development of mental health and wellbeing, it is also important to notice that there might be some risks involved:

Privacy - Mental Health Data is sensitive

Bias - Algorithms may not work

Over-reliance - AI supports but does not replace therapy

Lack of empathy - Bots cannot feel what humans do

# AI for wellbeing development – Try these tools

Wysa – CBT based chatbot

Woebot – Evidence based mood support

Youper – Emotional health assistant

Kintsugi – Voice journaling with AI feedback

Mindease – Calming tools for anxiety and stress

AI cannot replace humans but it can help people feel heard, understood and supported when no one else is around.