

Mental Health Chatbot

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Abstract: *Mental health challenges have become increasingly prevalent, yet access to professional support remains limited due to stigma, cost, and shortage of trained personnel, particularly in developing regions. This research proposes an AI-driven chatbot system designed to offer preliminary mental health support through anonymous, empathetic, and interactive conversations. The mental health chatbot leverages natural language processing (NLP) to interpret user input, detect emotional tone, and respond accordingly with motivational content, mood-specific recommendations, and links to mental wellness resources. It also integrates auxiliary features such as meme generation, curated music playlists, and a directory of licensed therapists to enhance user engagement and support emotional regulation. While not intended to replace clinical care, the system serves as a bridge for early intervention, offering a scalable, user-friendly, and cost-effective tool to promote mental well-being. This paper outlines the system's architecture, individual modules, use cases, and potential for real-world impact, especially in under-resourced communities. Based on the user's emotional tone and conversational input, the system offers personalized mood boosters such as motivational quotes, meme recommendations, music playlists, and curated mental wellness resources. For users in need of further assistance, the app also provides access to a directory of verified mental health professionals*

Keywords: Artificial Intelligence, Mental Wellness, NLP, Mental Health Chatbot, Emotional Detection, Under-Resourced Communities.

