

MINDTHEORY

Is AI Helping Your Mental Health – Or Making It Worse?

SAME HUMAN NEEDS. A MORE DIGITAL WORLD.

THE BENEFITS (Digital Triage)

AI can make mental health support more accessible, affordable and immediate.

24/7 SUPPORT
Get instant, judgement-free support anytime.

TOOLS FOR DAILY WELLBEING
Guided meditations, mood tracking and CBT exercises at your fingertips.

MORE ACCESS
Helps bridge gaps for people who can't easily access a therapist.

A SAFE FIRST STEP
Can encourage people to seek further help.

"Support today can lead to a stronger tomorrow."

THE RISKS (Synthetic Validation)

AI isn't a replacement for human care. It can sometimes do more harm than good.

FALSE REASSURANCE
May oversimplify complex emotions or give misleading advice.

DEPENDENCE
Can lead to over-reliance and reduced real-world social connection.

SYNTHETIC VALIDATION
Always-agreeing responses may reinforce unhelpful thoughts.

PRIVACY CONCERNS
Your most personal thoughts may not be as private as you think.

"Convenience is helpful. But it's not the same as care."

3 RULES FOR SAFE AI BOUNDARIES

Use AI as a tool — not a therapist.

1 BE MINDFUL OF ITS ROLE
Use AI for support, information and self-reflection — not as a replacement for professional care.

- ✓ Support, not a substitute
- ✓ Fact-check important advice
- ✓ Turn to professionals for serious issues

2 PROTECT YOUR PRIVACY
Be careful about what you share. Avoid sensitive personal details.

- ✓ Keep personal data private
- ✓ Read privacy policies
- ✓ Use trusted, reputable platforms

3 STAY CONNECTED TO REAL LIFE
Balance digital support with real human relationships.

- ✓ Spend time with people you trust
- ✓ Talk to a friend, family member or therapist
- ✓ Engage in offline activities that make you feel good

TECH CAN HELP YOU COPE.

PEOPLE HELP YOU HEAL.

A HEALTHIER, HAPPIER YOU IS A SHARED JOURNEY.

CURIOSITY Ask better questions | **COMPASSION** Be kinder to yourself | **BALANCE** Use technology mindfully | **A BRIGHTER TOMORROW** Is possible — together

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HUMAN INSIGHTS FOR A BRIGHTER TOMORROW