

Things to Consider before using

AI (ARTIFICIAL INTELLIGENCE) AND CHATBOTS FOR MENTAL HEALTH SERVICES



- What is your current comfort level and use of technology?
- There is no therapeutic relationship which removes the human connection.
- The AI utilizes algorithms to answer questions and engage in conversation with you as the client.
- Algorithms are designed with bias by human developers and may not be inclusive.
- Utilizing AI concurrently with a licensed professional may be confusing regarding your goals and treatment methods.
- An AI chatbot has no sense of ethics, integrity or empathy regarding delivery of care which minimizes consistency and accountability within the healing/evolutionary process.
- If you are in an emergency situation, AI and chatbot conversation could feel cold and disconnected intensifying your emotion.
- AI or chatbot services do not seek to empower but rather problem solve according to the programmed algorithms.

If you'd like to schedule your complimentary 30-minute phone call consultation and discuss your mental wellness journey, please email me at info@wendyhawkins.net.

Remember--you're in control of your mental health journey!