Abstract

This project presents an **AI-based mental wellness assistant developed using generative AI technology**. The system is designed to offer basic emotional support and promote mental health awareness among users. It works by accepting text input from the user, analyzing their emotional state or concern, and generating appropriate, contextual responses. Along with empathetic replies, the assistant also suggests simple and practical coping strategies to help users manage stress, anxiety, or low mood in daily life. The primary objective of this project is to create an accessible, user-friendly tool that can provide immediate emotional assistance whenever needed. It aims to serve as a first point of digital support for individuals facing minor mental health challenges. The assistant focuses on delivering positive, encouraging, and informative interactions. However, it has been clearly designed as a supportive and educational platform only. It is important to note that this AI system is not intended to function as a replacement for professional mental healthcare. Users are always advised to consult qualified mental health professionals for serious or clinical conditions. The project emphasizes responsible use of generative AI for academic and supportive purposes.

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