

Clinicians + AI

Recommended Clinical Steps

Artificial Intelligence is already in your practice.

Now is the time to prepare for how millions are using it for emotional support between sessions.

"AI might be the largest provider of mental health support in the U.S."

Sentio University

800 million

WEEKLY USERS OF CHATGPT.

AND OF THOSE...

1 million

DISCUSS SUICIDE

OpenAI

Top Chatbot Use Cases:

- Health
- Philosophical conversations
- Advice and guidance

Essentially, people are using AI as a "trusted companion."

Microsoft AI

Questions to Add to Your Intake Process

- 1 Are you currently using any AI chat-based apps for emotional support, self-reflection, decision-making, or problem-solving?
(If yes, which ones and how often?)
- 2 What role does that tool tend to play for you right now? *(emotional support, project help, homework tutor, brainstorming, reassurance, venting, etc.)*
- 3 How do you feel after using it most of the time?
(grounded, clearer, overwhelmed, calmer, confused, etc.)

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AI Mental Health Collective

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