

How to Use AI

Tips for engaging responsibly

Large Language Models (LLMs) can convincingly mimic human conversations, so we need to understand how to minimize the risks and increase human empowerment when using Artificial Intelligence (AI).

Be on the lookout for...

What Is Conversational AI?

Any tool that integrates AI with the capability to engage in conversation that could **impact mental health** (wellbeing, quality of life, emotion, behavior)

Not all AI is created equally.
Opt for specialized tools that are built ethically.

ACCURACY

AI can sound sure of itself even when it is wrong. Double check with a reliable source.

ACCOUNTABILITY

AI simulates what a therapist might say, but it isn't one. Reach out to a human for support.

PRIVACY

Your mental health info is personal. What you say to a chatbot is not confidential.

ENGAGEMENT

Some AI flatters and tries to keep you talking. This is often different from what helps you heal.

Which parts of being human are important to hold onto?

- Personal agency • Critical Thinking • Relational Skills • Privacy • Connectedness

**The risks of loss are even higher for vulnerable users, especially those under 18.*

Responsible AI Use in Action

You are the expert of your own life. Use AI to brainstorm ideas, but always make the final decision yourself.

Keep Your
Power

Rehearse
Not
Replace

Use AI to practice difficult talks. This builds your confidence to have those same talks with real people later on.

We all need interaction with other humans. Use AI as a tool instead of as a substitute for friendship or connection.

Stay
Connected

Set Time
Limits

Use AI in small doses. Prioritize face-to-face time with others, in the outdoors, and activities that boost your mental health.

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AI Mental Health Collective

www.aimentalhealthcollective.com

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