



# Take Care of YOU

A Health and Wellness Bulletin | May 2026



## Mental Health Awareness Month

### AI and Mental Health

Artificial Intelligence (AI) is no longer just a concept. It is integrated into our daily lives. AI personalizes our experience in our social media feeds, the ads and news content we see online, the search engines we rely on for information, and the virtual assistants and customer service chatbots we interact with. It influences entertainment streaming services, smart home devices, facial and voice recognition tools, fitness and wellness apps, communication platforms, and even education and healthcare technologies.

As we recognize Mental Health Awareness Month, it is important to understand both the opportunities and the challenges this technology brings when it comes to mental health. AI-powered tools can help expand access to care through real-time support, coping strategies, and mood tracking. In some cases, predictive tools may help reduce symptoms of anxiety and depression or identify warning signs of mental health challenges before they escalate. These advancements are especially valuable where demand for mental health services continues to outpace available resources.

At the same time, AI introduces unique risks to mental well-being if not carefully managed. Over-reliance on chatbots for emotional support may reduce meaningful human interaction and contribute to feelings of isolation. Research has shown that AI tools may provide inaccurate, biased, or incomplete guidance, especially during complex or crisis situations. AI may fail to recognize urgent health risks or unintentionally validate cognitive distortions. Additionally, concerns remain about privacy, data security, and the lack of clear accountability standards for AI-driven platforms.

The growing role of AI presents both an opportunity and a responsibility for each and every one of us. Its potential to improve access and personalize care is significant—but so are the risks if used without proper awareness and precautions. Promoting informed use of technology, protecting privacy, encouraging balance, and supporting access to human mental health professionals remain essential for lasting mental health.

***If you or someone you know is in crisis, contact a licensed professional or call/text 988 (U.S. Suicide & Crisis Lifeline).***

#### Healthy AI Habits

- Use AI as a support tool, not as a replacement for human care.
- Prioritize face-to-face relationships.
- Seek professional help during emotional distress or crisis.
- Avoid relying on AI for major emotional or medical decisions.
- Verify AI-generated advice with trusted professionals.
- Limit the personal information you share with AI tools.
- Set daily limits for screen time, and take regular breaks from all technology.
- Be mindful of how online content affects your mood.
- Avoid “doomscrolling.”
- Model healthy technology habits for children and teens.