



## Your friendly AI emotional assistant

Webinar from Care first and the Woebot team – Tuesday 26<sup>th</sup> May 4pm GMT.

Artificial Intelligence (AI) is the field of computer science dedicated to developing systems that perform cognitive processes characteristic of humans such as learning, the ability to reason and problem solve. The development of AI and its increasing application to an array of sectors, including mental health, provides an amazing opportunity for more people to receive support than ever before.

Built by Stanford trained researchers and clinicians, Woebot's dynamic learning platform and advances in natural language processing provides its users with a virtual therapist. With consumer trust growing and adoption of using conversational platforms on the rise, the impact of AI is becoming increasingly more integrated in everyday life.

Woebot is a clinically validated, globally distributed, AI-driven platform for personalised emotional support. Their scientifically rigorous approach enables Woebot the flexibility and agility to provide support to an unlimited number of people.

A world leading conversational user experience provides user-friendly, highly engaging, empathetic conversations any time of the day or night, wherever you need it.

Woebot works by programmatically learning how to deliver the most impactful content at the most impactful time to optimise clinical outcomes for its user.

Woebot is mobile-friendly and globally available, but it's also approachable, friendly and empathic in tone and language.

It provides complete anonymity, with no stigma and no judgement, which importantly lessens the barrier to entry for a mental health solution and engages more of the workforce.

Its dynamic platform meant that in less than two weeks, Woebot's in-house experts designed, built and launched a CBT based COVID-19 response program. Thousands of users reported feeling better after every interaction and a 95% satisfaction on daily COVID-19 relevant conversations.

The COVID-19 program delivered 12 new psychoeducational sessions, grief and mindfulness tools and a web tool in both English and Italian.

Learn more about this amazing mental health tool and how it can support you and your teams, during these difficult COVID times – and beyond.

Please register for this webinar by clicking this link:

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