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(57) Abstract :
The proposed invention is an AI-powered mental health chatbot system designed to support employee well-being and enhance organizational productivity. Utilizing natural language processing (NLP), sentiment analysis, and machine learning, the chatbot engages employees in real-time conversations, assesses emotional well-being, and offers personalized mental health interventions such as stress management techniques and mindfulness exercises. It integrates with IoT-based wearables to monitor physiological indicators, allowing for a holistic approach to mental health support. The system includes predictive analytics to detect early signs of burnout and generates anonymized data-driven insights for HR teams to improve workplace well-being policies. A privacy-focused framework ensures compliance with GDPR and HIPAA, protecting user confidentiality. The chatbot operates 24/7, providing secure, accessible, and adaptive support, and includes an escalation mechanism for severe distress cases, making it a transformative tool for modern corporate wellness programs.

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