Conversational systems
for digital mental health and wellbeing

Abstract

Conversational systems have demonstrated considerable potential in digital mental health, with applications ranging from mental health education to continuous monitoring, behavioural interventions, and self-management. These systems can establish rapport through dialogue and process the subtleties of spoken communication, providing insights into an individual's mental health status. By supporting healthcare professionals and offering scalable tools, conversational systems present an opportunity to enhance mental health care delivery.

This keynote will discuss recent advancements in conversational systems for mental health, focusing on its capabilities, practical applications, and the challenges related to efficacy, accesibility, and ethical considerations.