

Think Before You Chat

The Risks to Know: The Risks of AI for Mental Health Support

Key Risks to Know

AI is not a Therapist

AI Doesn't understand your emotions, life context, or risk level. It generates responses based on patterns in data- not empathy, training, or ethical judgment

Most AI Systems can't recognize or appropriately respond to suicidal thoughts or self-harm risk. They may give inaccurate, dismissive, or even harmful advice.

No Crisis Intervention

Privacy is not guaranteed

What you share may be stored, analyzed, or shared with third parties. This could include sensitive personal or mental health information.

AI tools can provide false information, use outdated resources, or provide advice that conflicts with evidence-based mental health care.

Information may be wrong

You might feel worse after

Without human connection or appropriate feedback, conversations with AI can sometimes deepen loneliness, guilt, or hopelessness.

Mental Health Support at CWRU

- **University Health & Counseling Services**- make a same-day or next day appointment at myhealthconnect.case.edu or call 216.368.5872
- **[Timelycare.com/cwru](https://timelycare.com/cwru)** 24/7 no cost, virtual mental health and medical support.

If you believe you or a friend is in crisis call 216.368.3333 if on campus or 911 if off campus.

For additional information scan the QR code

