Mental Health and AI Emotion Analysis and Early Detection Tools

Duration: 5 Days

Language: en

Course Code: PI2-117

Objective

:By the end of this course, participants will be able to

- .Understand how AI analyzes emotional cues and mental health indicators
- .Explore the use of machine learning in early detection of psychological distress
- .Evaluate tools for voice, text, and facial expression analysis
- .Identify potential applications in therapy, education, HR, and telehealth
- .Recognize ethical concerns, privacy risks, and limitations of AI-based diagnostics
- .Develop strategies for integrating AI tools into mental health support programs
- Promote responsible innovation in AI and mental wellbeing

Audience

:This course is ideal for

- .Mental health professionals, psychologists, and counselors
- .Healthcare technology developers and digital health strategists
- .HR professionals and workplace wellness coordinators
- .AI researchers working on emotional intelligence and behavior tracking
- .Educators and school counselors addressing student wellbeing

- .NGOs, public health teams, and policy-makers
- .App developers and UX designers in health and wellbeing sectors

Training Methodology

The course blends theory with practical application through expert talks, live demos, ethical case discussions, and tool exploration. Participants will evaluate emotion AI platforms, analyze user scenarios, and participate in group design sessions to prototype responsible mental health .support solutions using AI

Summary

Mental health is one of the most urgent challenges of our time—and AI is emerging as a powerful ally in identifying emotional distress and supporting early interventions. From analyzing facial expressions and voice tone to monitoring digital behavior and sentiment, AI-driven tools are helping clinicians, researchers, and organizations detect mental health risks faster and more .objectively

This course provides a practical and ethical exploration of how AI technologies are being used to support mental health screening, monitoring, and support systems. Participants will examine the science behind emotion detection, explore current platforms and apps, and understand how to .apply these tools responsibly in healthcare, education, workplace wellness, and research settings

Course Content & Outline

Section 1: Introduction to AI and Mental Health

- Overview of mental health challenges and unmet needs
- What AI can and cannot do in mental health support
- Core technologies: NLP, affective computing, behavioral analytics
- From reactive to proactive mental health care
- Global case studies: AI in suicide prevention, mood tracking, and CBT tools

Section 2: Emotion Analysis Technologies and Tools

- (Emotion recognition through facial expression analysis (e.g., Affectiva, EmoReact
- (Voice and tone analysis (e.g., Ellipsis Health, Cogito
- Text-based emotion detection in chatbots and support apps
- Combining physiological data with digital behavior signals
- Accuracy, sensitivity, and bias in emotion detection algorithms
- Hands-on demo: testing emotion AI platforms and mobile apps

Section 3: Early Detection and Risk Monitoring

- AI in detecting depression, anxiety, and PTSD indicators
- Monitoring social media and digital habits for mental health signals
- AI-powered journaling and mood assessment tools
- Integration with wearable devices and telemedicine platforms
- Use cases in schools, workplaces, and clinical settings
- Challenges in false positives, over-monitoring, and user trust

Section 4: Ethics, Privacy, and Human Oversight

- Informed consent and transparency in mental health AI tools
- Protecting sensitive emotional and psychological data
- Cultural sensitivity and avoiding diagnostic overreach
- Human-in-the-loop models and the role of therapists
- (Legal frameworks and data protection laws (GDPR, IPAA
- Ethical evaluation frameworks and responsible innovation practices

Section 5: Designing AI-Enhanced Mental Health Systems

- Planning safe implementation of emotion AI in organizations
- Collaborating with clinicians, developers, and data scientists
- Evaluation metrics for success: wellbeing, usability, and adoption
- Building user trust and emotional safety in tech interface
- Future trends: emotion-aware virtual assistants, real-time mood trackers, and VR-based therapy
- Final workshop: Designing a mental health AI concept for a chosen context

Certificate Description

Upon successful completion of this training course, delegates will be awarded a Holistique Training Certificate of Completion. For those who attend and complete the online training course, .a Holistique Training e-Certificate will be provided

Holistique Training Certificates are accredited by the British Accreditation Council (BAC) and The CPD Certification Service (CPD), and are certified under ISO 9001, ISO 21001, and ISO 29993 standards.

CPD credits for this course are granted by our Certificates and will be reflected on the Holistique Training Certificate of Completion. In accordance with the standards of The CPD Certification Service, one CPD credit is awarded per hour of course attendance. A maximum of 50 CPD credits can be claimed for any single course we currently offer.

Categories

AI, Data and Visualisation, Technology

Tags

Artificial Intelligence, Mental Health, AI Emotion Analysis

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