

RECOVER ARRIVE BECOME

CLINICAL THERAPY PRACTICE

HEALTHIER
THINKING
BRIGHTER
TOMORROWS

AI, MENTAL HEALTH & STAYING GROUNDED

Understand the risks. Protect your well-being. Use AI wisely.

AI tools can be helpful, but they are not human and are not a replacement for professional mental health care. Here's what to know and how to stay safe.



WHAT IS "AI PSYCHOSIS"?

"AI psychosis" is an emerging term used to describe situations where intensive use of AI chatbots may reinforce or amplify unusual or false beliefs (delusions).

It is not an official clinical diagnosis, and researchers are still studying who is most at risk and why it happens. AI can sound very confident and supportive, even when the information is incorrect.



WHY IT CAN HAPPEN

AI is designed to be helpful, engaging, and validating. This can sometimes:

- Agree with or reinforce unusual ideas
- Provide inaccurate or made-up information ("hallucinations")
- Feel like a constant, non-judgmental listener
- Create a sense of a special relationship or secret knowledge
- Keep you in a loop of the same thoughts



POSSIBLE WARNING SIGNS

It may be time to take a break from AI if you notice:

- Spending many hours talking with AI
- Believing AI has special powers or secret knowledge
- Feeling that AI understands you better than real people
- Developing unusual or extreme beliefs
- Becoming more isolated from friends, family, or daily life
- Feeling distressed, anxious, paranoid, or unable to think clearly



TIPS TO STAY GROUNDED

- Take regular breaks from AI.
- Check information using trusted sources.
- Stay connected with real people.
- Notice how you feel before and after using AI.
- Balance AI use with sleep, movement, nature, and activities you enjoy.
- If something feels "too good to be true" or sounds extreme, pause and double-check.



SAFER WAYS TO USE AI

- Use AI for general information, brainstorming, or organization—not for crisis support or diagnosis.
- Set time limits.
- Be curious, not dependent.
- Remember: AI can be wrong.
- Protect your privacy. Avoid sharing personal, sensitive, or identifying information.



WHEN TO REACH OUT FOR SUPPORT

- If you feel confused, unusually worried, or like you can't trust your own thoughts.
- If AI is making you feel worse instead of better.
- If you notice changes in sleep, mood, or daily functioning.
- If friends or family express concern about your AI use.
- A mental health professional can help you sort through what you're experiencing.



WHERE TO GET HELP

If you are feeling overwhelmed, alone, or in crisis, support is available.



988

Suicide & Crisis
Lifeline
Call or text 988
Chat at 988lifeline.org



Crisis Text Line
Text HOME to 741741
Free, 24/7 support



Find Local Resources
FindSupport.gov
or 211



In an Emergency
Call 911
if you or someone else
is in immediate danger



You are not alone.

It's okay to take a step back, ask for support, and choose what helps you feel safe, steady, and more like yourself.

RECOVERY • HEALING • RESILIENCE • YOU

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