



Is AI your therapist?

What every woman should know
before sharing her pain with a chatbot



Why a chatbot feels like a friend

1

It is always there

Free, awake at 2 a.m., no appointment, no queue.

2

It does not judge

Easier than telling family or neighbours, when stigma is real.

3

But it is not therapy

A therapist is trained, accountable and bound by confidentiality. A chatbot is software that predicts words.



Danger 1: your secrets

1 Not a private room

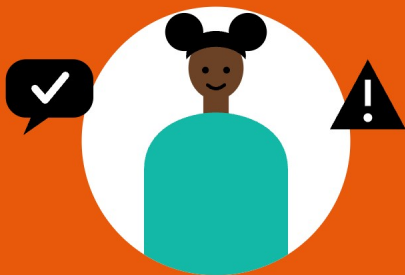
Chats may be stored, reviewed or used to improve the system, depending on the app.

2 Phones get read

Anyone with your phone, password or account can see what you wrote.

3 Details can hurt you

Names, places, photos or health details could cause harm if exposed.



Danger 2: false comfort

1

Wrong, but sounds sure

It can invent facts and give poor advice with total confidence.

2

It may just agree with you

It can cheer on harmful thoughts or decisions instead of challenging them.

3

It cannot act in a crisis

It cannot see you, call anyone or come to help if you are in danger.



If you must, use it safely

1 Share less

No full names, phone numbers, addresses, ID or photos. Clear chats you do not want kept, and lock your phone.

2 A helper, not a healer

Use it for journaling prompts, calming exercises or planning what to tell a counsellor. Check big decisions with someone you trust.

3 Keep people close

Talk to a friend, sister or counsellor too. If you rely on it daily, take that as a sign to reach out.



Real help comes from **real people**

1 In danger now?

Go to the nearest hospital or ask someone near you to come. Do not wait for a chatbot.

2 Talk to a counsellor

Mental Health Uganda free helpline: 0800 21 21 21. Butabika hospital toll-free line: 0800 211 306.

3 Violence or a child at risk?

Sauti 116 supports children and survivors of violence.