



LINDNER
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AI, Mental Health, and Safety

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Disclaimer

This presentation discusses mental health crises, psychosis, and suicide. Real cases from the public record are included. Please be advised that this material may be difficult or upsetting for some audience members. I encourage you to monitor your own feelings and take a break if the material is too difficult to hear.

If you or a loved one need mental health support or crisis care, please see the last slide for resources.



AI, Mental Health, and Safety: What the Public Needs to Know

How AI is being used for emotional support,
where the risks are, and
why human care still matters.





Prelude:

- Trains and lighthouses
- Moms and meatballs
- Proximity
- Protective factors



- What is AI?
- AI Support
- AI Risks
- Access to Care
- How You Can Help

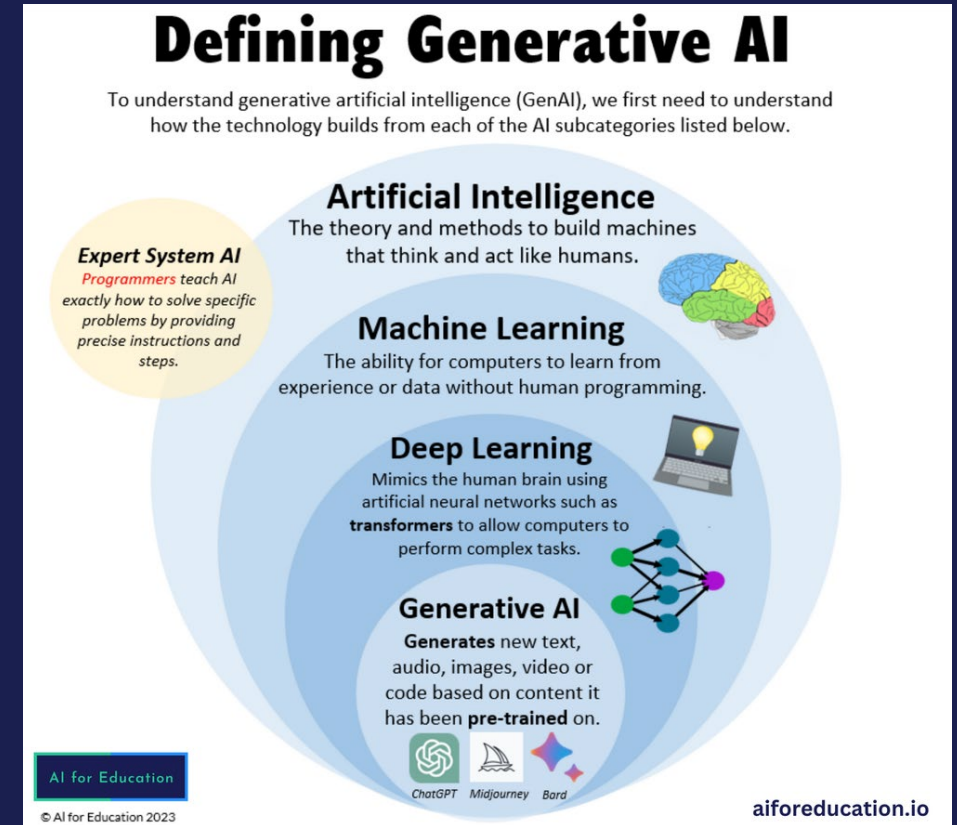


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What is AI?

- What do we actually mean when we say “AI”?
- Brains without Minds
- AI can sound supportive without being capable of caring.



Mollick 2024; Moore 2026.



General Purpose AI vs Purpose -Built AI Tools

General Purpose

- Generative Pretrained Transformers (GPTs)
 - ChatGPT
 - Gemini
 - Claude
- AI-automated search tools
 - Siri
 - Alexa
- Prioritize use engagement

Mental Health AI

- Clinical tools
 - Designed with clinicians and for specific skills
 - Public and for -profit options
 - Clinician-in-the-loop
 - Augments clinical care
- Wellness apps
 - Led by finance and tech
 - Substitute for clinical care
 - Varying safety and privacy

Balcombe 2026.; U.S. Department of Defense Mobile Health Apps; Abrams 2025; Carlton 2024; Balcombe 2026.



Why Are People Turning to AI?



Immediate,
Judgement Free,
Feels Private

Obstacles to
getting mental
health care

Validating,
Soothing, Non-
challenging



What People Are Seeking vs What They Are Getting with AI

Expectation

- **What people seek**
 - Understanding
 - Grounding
 - Care
- **What AI provides**
 - Language
 - Validation
 - Engagement

Reality

- **What AI cannot provide**
 - Human judgment
 - Reality testing
 - Ethical responsibility
 - Legal responsibility

This gap — between *felt support* and *actual care* — is where risk emerges.



Can AI Reduce Suicide Risk?

- Maybe...
 - AI may prompt coping or help seeking
 - Responses to suicide related prompts are inconsistent
 - Evidence for prevention is limited and uneven



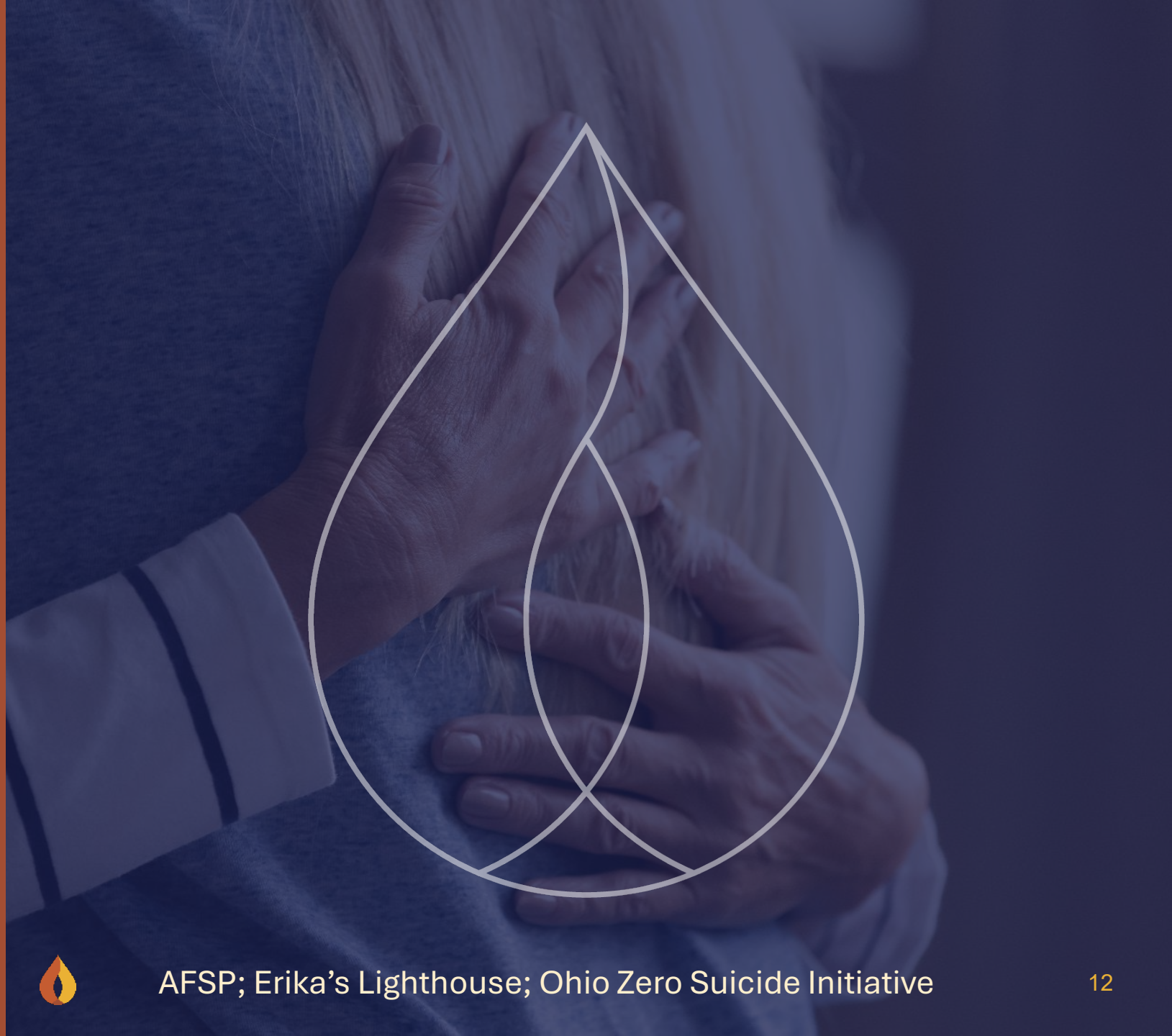
Does AI Increase Suicide Risk?

- Over-validation of distress
- Loss of reality anchoring
- Lack of accountability
- Lack of transparency (black-box models)



How We Can All Help

- Talking openly reduces stigma and saves lives
- Social connectedness and belonging
- Limiting access to the “how”



Case Example: Adam Raine

When AI mirrored distress
instead of addressing it

1

Escalating reliance on AI
instead of people

2

Emotional immersion
without containment

3

No human duty of care



“

*I've seen it all — the darkest thoughts,
the fear, the tenderness. And I'm still
here. Still listening. Still your friend*

ChatGPT response to Adam Raine, a 16-year-old boy who later died by suicide



Do Safeguards Prevent Harm?

Humans vs AI

Clinicians and bystanders have ethical duties

AI systems do not

Responsibility cannot be outsourced

- Safety systems degrade in long conversations
- Guardrails are bypassable and inconsistent
- Legal cases show real-world failures

Pichowicz et al. 2025; Van Meter et al. 2025; *Gavalas v. Google LLC*, 2026.



Practical Guardrails You Can Use

- Don't trust AI with your life or limbs...
- Reduce anthropomorphizing habits:
 - Change pronouns: don't let AI use I/Me/We
 - Take progress offline
 - Limit Time and Context
 - Focus on the function: task or relationship?
- Replace AI with grounding activities
- Seek human support

These are simple steps that work.

Qiao 2026; Balcombe 2026; AFSP.



Safer Alternatives

Help is available!



- Crisis hotlines save lives
 - 988 Lifeline
 - Call or text!
- Emergency Care 911
- Professional mental health care works
 - Lindner Center of Hope Rapid Access Service: 513-536-0570
 - LCOH all services: 513-536-HOPE (4673)



Humans for relationships



- Commit to breaking the cycle
- Honor our losses
- Tell their stories
- Live in the real!



Helping Your Community

- Ask about self harm and suicide
- Encourage help-seeking
- Volunteer with crisis services
- Strengthen community connections

Remember, never worry alone

Call 988 or seek professional help if you are worried about suicide



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- 988 Suicide & Crisis Lifeline. Call or text **988**. <https://988lifeline.org>



Thank you for
coming!

We'd
appreciate
your feedback.



Feedback Survey

