

Overview of ChatPal



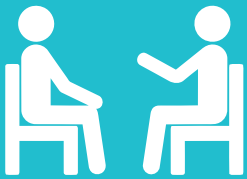
A multilingual chatbot app, helping promote good mental health of people in rural areas



Provides tools to help maintain good mental wellbeing



Doesn't diagnose or treat mental ill health but focuses on health promotion



Intended to complement existing face-to-face services



Available in English, Swedish, Finnish and Scottish Gaelic

Content in ChatPal



- ✓ Information about mental and physical health
- ✓ Diaries
- ✓ Mental health scale
- ✓ Mood logging
- ✓ Coaching, education & training

Learn more about ChatPal outputs

<https://chatpal.interreg-npa.eu/outputs-and-results/>



Northern Periphery and
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