



Northern Periphery and
Arctic Programme
2014-2020



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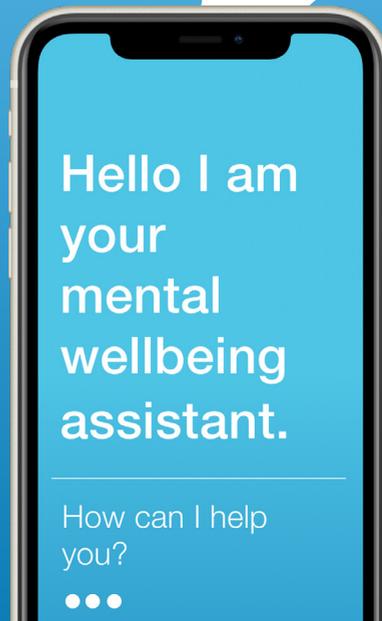
ChatPal

Digital Wellbeing Conversations

The ChatPal project will develop and trial chatbots to support and promote mental health and wellbeing.

The Chatpal team, together with healthcare professionals, technical experts and psychologists, will engage with people across the Northern Periphery and Arctic Programme Area to assess their needs and inform the design and development of the Chatbot.

The Chatbot technology will then measure its engagement, adoption and usefulness in supporting mental health and wellbeing.



Interreg



chatpal.interreg-npa.eu



@chatpal1



WHY ARE WE DOING THIS?

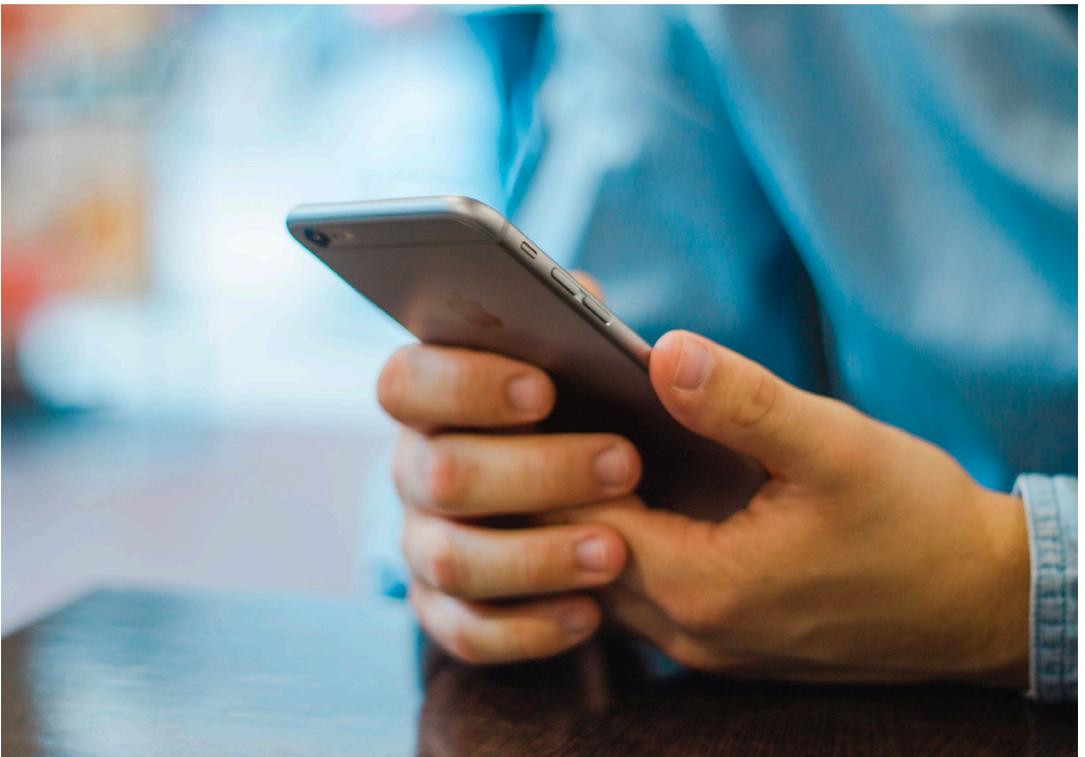
The Chatpal project has been designed to address the identified mental health needs of people living in rural and sparsely populated areas of Northern Ireland, Scotland, Finland, Sweden and Ireland.

The aim of Chatpal is to offer greater access to mental health and wellbeing support and coaching, using conversational interaction, supported by artificial intelligence technologies, or as it is more commonly known as a 'Chatbot'.

The goal of Chatpal is to develop natural voice or text based technology, which is user friendly and intuitive, reflecting everyday human-to-human conversations. Chatpal will act as a companion for people experiencing mental ill health. Through validated scientific research, Chatpal will demonstrate the positive use of digital e-health in supporting individuals and mental health professionals. It will also augment and extend the reach of traditional existing mental health and wellbeing services.

OUR OBJECTIVES

1. Understand the mental health and wellbeing needs of people in rural and sparsely populated regions of Northern Europe.
2. Co-create and develop a multilingual chatbot service that provides a digitalised mental health and wellbeing support service helping everyday project workers and skills coaches across different Northern Periphery regions and age groups.
3. Increase awareness and attitudes of mental health and healthcare professionals regarding the use of digital health tools and particularly chatbots to augment and improve mental health service provision.





LEAD INVESTIGATORS

Dr. Raymond Bond
rb.bond@ulster.ac.uk
Tel: +44 28 9036 8156

Prof. Maurice Mulvenna
md.mulvenna@ulster.ac.uk
Tel: +44 28 9036 8602

PARTNERS

Ulster University (UU)
Northern Ireland

NHS Western Isles (NHSWI)
Scotland

University of Eastern Finland
Finland

Action Mental Health (AMH)
Northern Ireland

**Norrbottn Association of
Local Authorities (NORB)**
Sweden

**Cork Institute of Technology
(CIT)**
Republic of Ireland

Region Norrbotten (RN)
Sweden

**Health Innovation Hub Ireland
(HIHI)**
Republic of Ireland

**Luleå University of Technology
(LTU)**
Sweden