

AI and Mental Health

Board Briefing

Why AI in Mental Health Matters Now

- Rising demand
- Workforce shortages
- Fiscal pressure
- Public expectations

Where AI Is Already Delivering Value

- Triage
- Suicide risk detection
- Documentation automation
- Blended therapy

Measurable Impact

- Reduced wait times
- Lower clinician burnout
- Earlier risk detection
- Improved system efficiency

Risk and Governance

- Privacy
- Bias
- Regulatory compliance
- Liability

10-Year Strategic Positioning

- Invest in data infrastructure
- Pilot high-impact use cases
- Build governance frameworks
- Train workforce in AI collaboration