

THE NEW & NOTEWORTHY

My ChatGPT Therapist

Why We're Outsourcing Mental Health Care To AI

According to *Harvard Business Review*, millions of people are now using artificial intelligence tools for increasingly personal reasons. Some of the most commonly reported uses of the technology in 2025 include processing feelings, building self-awareness, and coaching oneself through daily stressors.

BEHIND THE SHIFT:

The reasons are human. AI is always available. It doesn't judge, interrupt, or require scheduling. People use it to rehearse tough conversations, calm spiraling thoughts, or simply feel heard. For some, it's the only space they can be emotionally honest. At its core, the trend reveals a deep unmet need for support: people are craving tools for self-soothing, problem-solving, and navigating mental health concerns.

THE IMPACT:

Mental health experts are watching closely. While these tools can offer basic structure and companionship, they can't replace licensed professionals. The human touch is irreplaceable; AI models don't recognize tone, struggle to retain memory, can't mirror emotion, and aren't trained or able to intervene in life-threatening situations.

The combination of low cost, minimal barrier to entry, and 24/7 availability makes them especially appealing, but also raises concern. As the technology improves, the likelihood increases that users will lean on AI more heavily, not as a complement to care, but as a replacement.

WHAT THIS MEANS FOR LONGEVITY:

Amid an epidemic of loneliness with real implications for not just mental but also physical health – including greater risks for chronic diseases and reductions in lifespan – genuine connection and interpersonal relationships are foundational to longevity. Prioritizing face-to-face interactions with fellow humans, especially those aligned with your values and goals, remains one of the most protective investments you can make in long-term wellness.

Read the full [Harvard Business Review article](#) and see the [American Psychological Association's guidance here](#).