AI and data to provide effective mental healthcare

Umar Nizamani

This is a talk about AI, the new tool in our utility belt ..

And like all tools, we need to put on our safety gear before we use it.

Hey,
I’m Umar!

Umar Nizamani

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Slides: umarniz.com/2023-digital-health-ai-data

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AI is improving fast

"Maintain human relevance by cultivating education, adaptability, creativity, and emotional intelligence."

via photoai.com

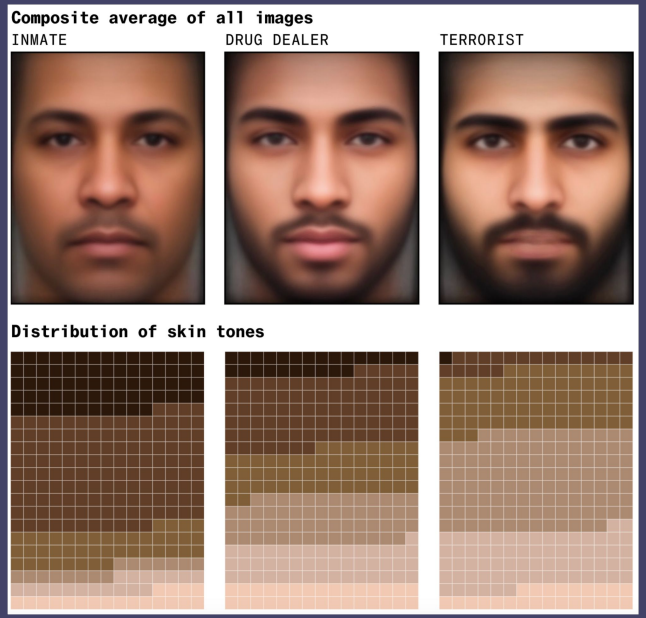
AI generated picture of me

No, AI is not going to replace therapists

Therapists using AI will replace
Therapists not using AI

With great power comes great responsibility

The bias in AI runs deep



of suicides caused by AI

0

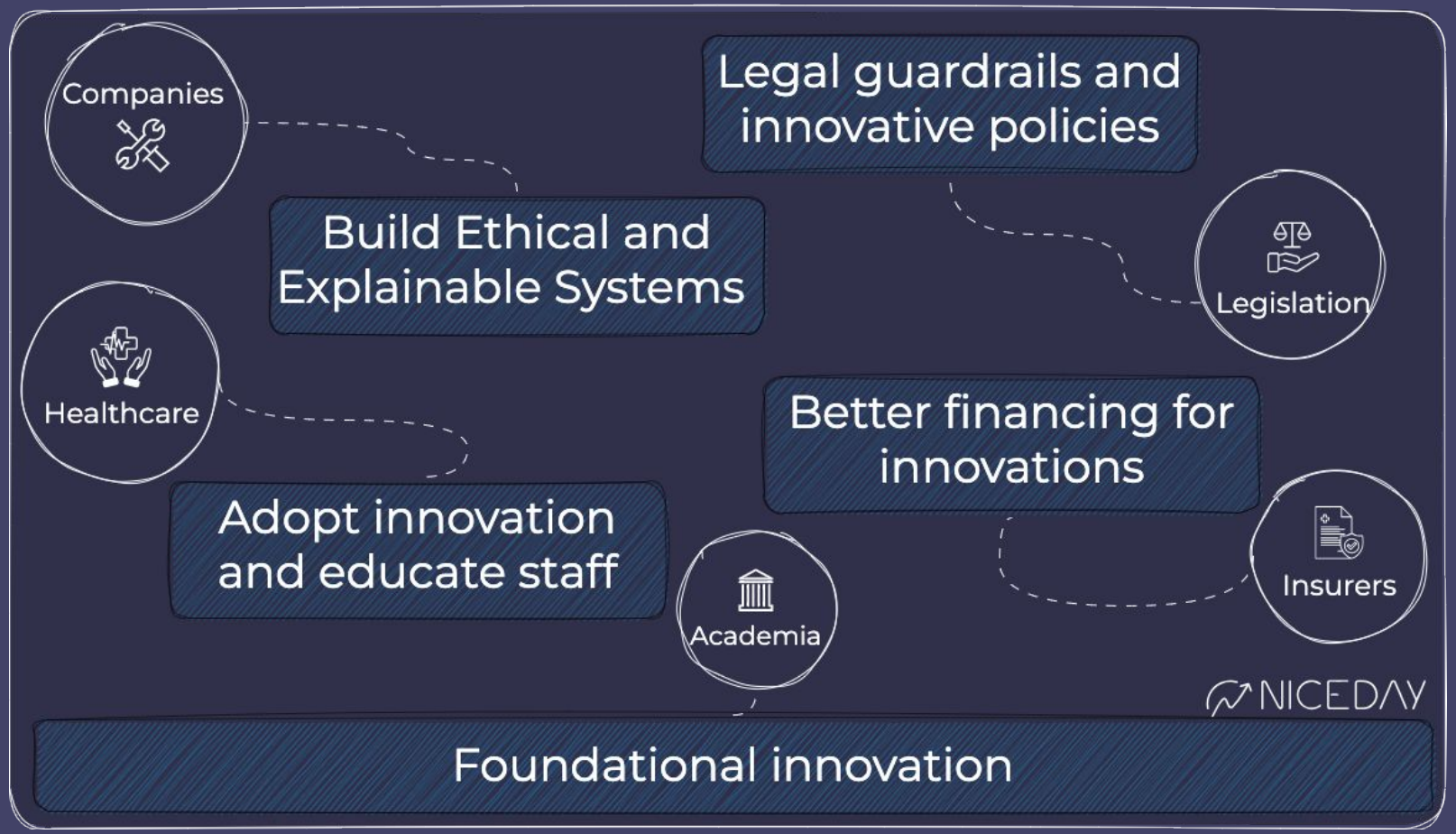
Upto 2022

1

2023

How do we innovate and implement AI responsibly?

Responsible AI in healthcare



Client Prioritisation using responsible AI

Explainable

Transparent

Accountable

The self-driving car doesn't go to jail, the driver does.

Thanks!

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