



AI FOR CAREGIVERS' MENTAL HEALTH

How artificial intelligence can help prevent burnout

The Silent Burden of Caregivers

Caring for a person with a disability is an act of love that often goes unnoticed. Caregivers - whether they are parents, partners, children, or professionals - sacrifice time, energy, and emotional strength every day to support their loved ones. However, this dedication has its price:

according to research by the American organization **A Place for Mom (2025)**, as many as **78% of caregivers experience burnout symptoms**, 87% report stress and anxiety, and 84% feel overwhelmed. Although specific local statistics are not readily available for many countries, caregivers' experiences are similar worldwide. Artificial intelligence cannot replace professional help, but it can be a valuable assistant in prevention and early recognition of problems.

How can AI help caregivers?

1. Emotional support at any moment

AI assistants are available 24 hours a day, which is especially important for caregivers who often don't have time for timely conversations with friends or therapists. At three in the morning, when sleep won't come, or after a particularly difficult day, you can simply talk - no waiting, no judgment.

2. Journaling and self-reflection

AI can encourage you to record your feelings daily, recognize stress patterns, and set small goals for your own health. Journaling is scientifically proven as an effective stress reduction technique.

3. Relaxation techniques and mindfulness exercises

AI can guide you through breathing exercises, meditation, progressive muscle relaxation, or short breaks. Just 5-10 minutes a day can significantly reduce stress levels.

4. Care organization and reducing mental load

AI can help with medication planning, doctor's appointments, and daily obligations. When the mind doesn't have to remember all the details, there is more space for rest and quality time with your loved one.

5. Access to information without stigma

Many caregivers are ashamed to admit that they are struggling or that they need help. AI offers a safe space to ask questions about mental health and available resources - without fear of judgment.

Available AI tools that can help

Important: AI tools are not a substitute for professional psychological help. If you notice serious symptoms of burnout, depression, or anxiety, contact a psychologist, doctor, or mental health center.

TOOL	WHAT IT HELPS WITH	ACCESS
Claude	Emotional support, reflection, organization, writing. Warm tone, good privacy.	claude.ai (free)
ChatGPT	Conversation, planning, breathing exercises. Voice mode - talk out loud.	chatgpt.com (free)

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TOOL	WHAT IT HELPS WITH	ACCESS
Wysa	AI therapeutic chatbot for anxiety, stress, and depression. Uses CBT techniques.	wysa.com, mobile app
Woebot	Daily conversations about mood. Developed at Stanford in collaboration with psychologists.	woebothealth.com
Calm / Headspace	Guided meditations, sleep exercises, mindfulness. AI adapts recommendations.	calm.com, headspace.com

What does research say?

AI for caregivers - an emerging field

Honestly - research specifically addressing the effectiveness of AI tools for caregivers of people with disabilities is still in early stages. Several important studies are currently underway:

- **BOTANIC study (2025):** AI chatbot developed for early detection of caregiver burnout - results awaited.
- **Systematic review (ScienceDirect, 2025):** Meta-analysis of chatbot effectiveness for reducing caregiver burden - in progress.

For the general population - evidence exists

For the general population (not specifically caregivers), there is more scientific evidence. The largest **meta-analysis from 2025** covered 31 randomized studies with nearly 30,000 participants and showed **moderately positive effect** of AI chatbots in reducing:

- depression symptoms
- anxiety
- stress and psychosomatic symptoms

Specifically for the tools we mention in the table, smaller studies have shown positive results: **Wysa** showed a significant reduction in depression and anxiety in people with chronic diseases after 4 weeks of use in one study. **Woebot** showed a reduction in depression symptoms in students in a Stanford study (2017).

Interesting paradox: ELIZA from 1966

One critical study from 2024 (Eltahawy and colleagues) compared modern AI tools with **ELIZA - a primitive chatbot from 1966**. Surprisingly, ELIZA users experienced the greatest improvements across all measured outcomes!

Possible explanations: in the early days of computers, people approached such tools with more enthusiasm and openness. The very act of conversation and writing thoughts had a therapeutic effect - **the technology may be less important than the process of reflection itself**. This insight reminds us that AI is just a tool - the real value lies in the moment when we stop, reflect, and share our thoughts.

Conclusion: AI tools can help, but they are not a miracle solution. Studies show moderately positive effects, but results are variable. For caregivers of people with disabilities, we are still waiting for definitive evidence - until then, AI is a useful supplement, but not a replacement for human support and professional help.

Practical tips - how to start

Step 1: Choose one tool

Don't try everything at once. For starters, we recommend **Claude** because it has a warm tone, good privacy, and requires no installation. Open claude.ai, create a free account, and simply start a conversation.

Step 2: Honestly describe your situation

The more context you give the AI, the more useful the answers will be. For example:

"I have been caring for my mother with Alzheimer's disease for 5 years. I feel exhausted and blame myself when I get angry. Can you help me recognize the signs of burnout and suggest small steps I can take today?"

Step 3: Set up a daily ritual

Five minutes in the morning or evening can make a difference. We suggest:

- Morning: ask the AI to help you set an intention for the day
- During the day: when you feel stress, ask for a short breathing exercise
- Evening: share how the day went and what you learned about yourself

Step 4: Recognize AI's limits

AI is an excellent companion, but **it is not a therapist**. If you notice long-term symptoms of depression, suicidal thoughts, panic attacks, or loss of interest in life - contact a professional. AI can help you find help, but cannot provide it in its place.

When to consult a professional?

The following signs indicate that professional help is needed - AI can then only help you find the right person and support:

- Chronic exhaustion that doesn't go away even after rest, sleep disorders lasting longer than two weeks
- Feelings of hopelessness, emptiness, loss of meaning, or withdrawal from social contacts
- Irritability, anger, or crying without a clear reason
- Thoughts of self-harm or giving up on caregiving

Conclusion

Caregivers of people with disabilities are the invisible heroes of our society. Your mental health is not a luxury - it is a necessity, both for you and for the person you care for. **Taking care of yourself is not selfish - it is a prerequisite for quality care of others.** AI tools are here to help you take the first small step toward yourself. **You are not alone - help exists, both technological and human.**

IMPORTANT MENTAL HEALTH RESOURCES:

Crisis helplines vary by country - check your local resources. International: **Befrienders Worldwide:** befrienders.org

International Crisis Lines: opencounseling.com/suicide-hotlines | **Emergency:** 112 (EU) / 911 (USA)

SOURCES: A Place for Mom (2025): Caregiver Burnout Statistics • Meta-analysis of AI chatbots for mental health, PubMed Central (2025) • Fitzpatrick et al., Stanford (2017): Woebot RCT, JMIR Mental Health • Inkster et al. (2018): Wysa - Empathy-Driven Conversational AI • BOTANIC study (2025): Frontiers in Psychiatry • Eltahawy et al. (2024): Chatbot comparison including ELIZA

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