New York Introduces Legislation to Regulate Use of AI in Mental Health Care

Digital Health

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New York State has introduced the Oversight of Technology in Mental Health Care Act (S.8484), a landmark bill aimed at regulating the use of artificial intelligence in mental health services. The legislation prohibits autonomous AI from delivering direct therapeutic care and mandates that licensed professionals oversee any AI-assisted treatment. It also requires explicit, informed consent from patients and ensures compliance with privacy and recordkeeping standards. While restricting clinical use, the bill encourages AI for administrative tasks like scheduling and billing. Religious counseling and peer support services are exempt. This move reflects a growing national trend toward safeguarding mental health care in the age of AI.