

# AI Chatbot Use Rapidly Increasing by Youth as a Mental Health Treatment Modality, Raising Safety Concerns

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Adolescents and young adults are increasingly turning to AI chatbots in hopes of addressing their mental health issues. A recent study published in [JAMA Network Open](#) found that amid the ongoing youth mental health crisis – 13.1% of youths (≈ 5.4 million) relied upon generative AI for mental health advice. But such reliance on chatbots is concerning, particularly for youth with more critical and complex mental health needs, because, as the study noted, there is little benchmarking or insight into how the underlying models and algorithms are derived. Recent lawsuits claiming [ChatGPT](#) directly caused patients' suicides highlight the controversy surrounding these largely untested approaches to self-help treatment.