

Mind in Pictures: Turning Thoughts into Visuals for Mental Health Awareness

Widener University A.I. Day



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Widener University






Intro & General Process

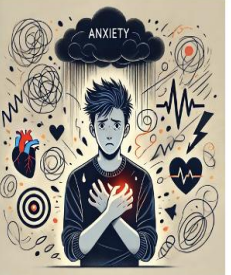

This project was about bringing mental health struggles to life through visuals, using AI to create images that represent what these conditions actually *'feel'* like internally. The goal was to help people understand and relate to these experiences, sparking conversations, building empathy, and reminding those who struggle that they're not alone.



- 1. Start The Conversation** – A chat session was opened with ChatGPT (DALL-E model) to focus on a specific mental health condition. The researcher asked GPT to describe what it might feel like to experience that condition, setting the foundation for the images.
- 2. Research The Condition With AI** – Through back-and-forth discussion, the researcher and GPT dug deeper into the emotions, challenges, and personal struggles tied to the condition. This step helped ensure a well-rounded understanding before creating visuals.
- 3. Create The First General Condition Image** – Once there was a clear picture of the emotional experience, GPT was asked to generate an image that visually captured what it feels like to live with the condition. The goal was to create something that could help others relate and empathize.
- 4. Look at Different Perspectives** – Because mental health affects people in different ways, the study expanded beyond a general image to explore different experiences. For example, anxiety was shown through social situations, academic stress, and performance pressure, while PTSD was explored through childhood trauma, war, and bullying.
- 5. Make It Age-Appropriate** – To help people of all ages relate, GPT was asked to create different versions of each image tailored for elementary school kids, middle schoolers, high schoolers, college students, and adults. This helped show how mental health conditions can look different at every stage of life.
- 6. Final Purpose** – By turning emotions into visuals, this project aimed to make mental health struggles feel seen, encourage open conversations, reduce stigma, and remind people that they are not alone.







Generated Images

Anxiety Disorder Visualization	
General Anxiety Disorder	
Anxiety from Social Interactions	
Anxiety from Athletic Performance	
Anxiety from Academic Performance	
Anxiety from Financial Burden	

Age-Appropriate Awareness Image	
Elementary School	
Middle School	
High School	
Adult	





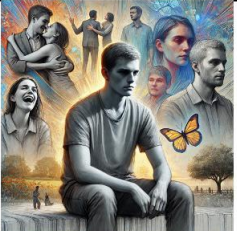



Depression Visualization	
General Depression	
Depression from Losing a Loved One	
Depression from Substance Abuse	
Depression from Stress	
Depression from a Breakup	

Age-Appropriate Awareness Image	
Elementary School	
Middle School	
High School	
Adult	

Generated Images

PTSD Disorder Visualization		Age-Appropriate Awareness Image		ADHD Visualization		Age-Appropriate ADHD Awareness Image	
General PTSD		Elementary School		General ADHD		Elementary School	
PTSD from Childhood Abuse		Middle School		ADHD Dealing with Procrastination		Middle School	
PTSD from Car Accident		High School		ADHD Dealing with Hyper Fixation		High School	
PTSD from Bullying		Adult		ADHD Dealing with Chaotic Environment		Adult	
PTSD from War				ADHD Dealing with Emotional Control			

Generated Images & Concluding Remarks

Schizophrenia Visualization		Age-Appropriate Awareness Image	
Schizophrenia		Elementary School	
Schizophrenia Dealing with Delusions		Middle School	
Schizophrenia Dealing with Anhedonia		High School	
Schizophrenia Dealing with Disorganized Thinking		Adult	
Schizophrenia Dealing with Hallucinations			

This project aimed to make mental health struggles more visible and easier to understand through powerful visuals. By turning emotions into imagery, we hope to spark conversations, break stigma, and help people feel seen. Looking ahead, we plan to expand the study by creating even more images that represent different mental health experiences. Eventually, the goal is to develop a therapist-style chatbot that can provide immediate, 24/7 support, helping people talk through their feelings and guiding them toward professional resources when needed. Mental health awareness is an ongoing journey, and projects like this can help create a world where no one must feel like they are struggling alone.

