

WIDENER UNIVERSITY

A.I. DAY PROJECT

Spreading Mental Health Awareness Through Visuals Utilizing Artificial Intelligence



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Abstract | Using Artificial Intelligence to Visualize Mental Health Conditions

Mental health is a critical global issue, yet many people struggle to truly understand what it feels like to live with a mental health condition. Misconceptions and a lack of empathy often lead to stigma, making it even harder for those affected to get the support they need. This project aims to bridge that gap by using artificial intelligence (AI) to create visual representations of the emotions and experiences of individuals facing mental health challenges.

On the surface, it might seem strange to use a tool that doesn't actually feel emotions to visualize something as deeply personal as human connection. Yet if AI, something without feelings, can create images that capture what emotions look like from the inside, then surely, we, as humans, can learn to understand those feelings more deeply too. By focusing on mental health conditions like depression, anxiety, ADHD, PTSD, and schizophrenia, AI-generated visuals will offer a glimpse into what these experiences feel like for those who live with them. Through analyzing these images, we can explore why they were created the way they were and how they might help others develop a more personal, empathetic understanding of mental health struggles.

By utilizing both technology and art, this project offers a unique way to tell the stories of those who often feel unseen, misunderstood, and alone. It goes beyond words, creating a powerful connection that transcends language and culture. The ultimate goal is to foster empathy, reduce stigma, and encourage more awareness and support for people living with mental health conditions worldwide.

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Introduction

Mental health plays a crucial role in our overall well-being, yet it remains one of the most misunderstood aspects of health. While conversations around mental health have become more common, many people still struggle to truly understand what it feels like to live with a mental health condition. This isn't necessarily because they don't care, it's just hard to grasp something you haven't experienced firsthand. Mental health challenges affect thoughts, emotions, and behaviors in deeply personal ways, often leaving those who struggle feeling isolated and those around them unsure of how to help.

This project was created to bridge that gap. The goal is to foster empathy and awareness by using artificial intelligence (AI) to visually represent different mental health conditions. One of the biggest challenges in mental health education is translating what these experiences actually *feel* like. Traditional methods, such as personal stories, research studies, and awareness campaigns, are helpful, but they don't always create the emotional connection needed for deep understanding. That's why this project uses AI-generated images to turn abstract emotions into something visible and relatable.

Why Use AI-Generated Images?

We all experience stress, sadness, or worry from time to time. But for those living with mental health conditions, these feelings don't just come and go, they can be overwhelming, constant, and life-altering. Unfortunately, these struggles are often invisible to others. For example:

- A person with *depression* may not just feel sad, they might feel numb, exhausted, and emotionally disconnected from the world around them.
- Someone with *anxiety* doesn't just worry, they may constantly overthink, experience racing thoughts, and even feel physical symptoms like a tight chest or nausea.
- A person with *PTSD* isn't just remembering a bad experience, they may relive it so vividly that it feels like it's happening all over again.

From the outside, these struggles can be hard to recognize. A person battling depression might seem lazy. Someone with anxiety might be called overly sensitive. People with ADHD might be labeled as forgetful or irresponsible. But in reality, these conditions are not personality flaws, they are real and deeply affecting. Misunderstanding only makes things harder, especially when different generations or cultural backgrounds don't have the same language to talk about mental health.

That's where AI-generated images come in. By using OpenAI's DALL·E model, this project creates visual representations of these emotions, giving people a way to *see* what mental health struggles feel like. The images are carefully analyzed to ensure they accurately capture the emotional and psychological weight of each condition. The goal is to create a visual language that helps bridge the gap between personal experience and outside understanding.

Making mental health more relatable across ages is yet another goal of the project. Understanding mental health looks different at every stage of life. That's why this project also focuses on making AI-generated imagery relatable for different age groups. For young children, simple, symbolic images can help them recognize and talk about emotions they don't yet have words for. For teenagers, the images explore the pressures of school, social anxiety, and the emotional ups and downs of adolescence. For college students and young adults, the focus is on academic and career stress, isolation, and the mental health challenges that often arise during early adulthood. For adults, the visuals highlight stress, burnout, and long-term struggles with mental health that often go unspoken.

Mental health struggles can be isolating, but they don't have to be misunderstood. Through AI-generated imagery, this project aims to make these experiences feel more real to those who haven't lived them. By turning emotions into visuals, we hope to encourage deeper conversations, break down stigma, and remind those who are struggling that they are seen, heard, and not alone. This in turn should also help those with loved ones who suffer provide aid to those who are struggling, as they will now have a deeper understanding of what exactly that person is going through.

Methods

This project focused on five specific mental health conditions, using a structured process to explore each one. To begin, a new chat session was opened in OpenAI's ChatGPT, specifically using the DALL·E model, an advanced AI tool that generates images based on written descriptions. (For more details on DALL·E and the specific conditions being studied, see the Introduction section.)

Each session started with a conversation between the researcher and GPT, introducing the mental health condition being studied. Once GPT understood the focus, it was asked to describe how it believes someone experiencing that condition might feel. The researcher then continued the discussion, asking follow-up questions to dive deeper into the emotions and challenges associated with the condition. This back-and-forth ensured a well-rounded understanding before moving on to the next step. Once a solid foundation was established, GPT was prompted to create an image designed to visually represent the emotional experience of someone with that condition. The goal was to generate visuals that could help others *feel* what it's like to live with the disorder, fostering a sense of connection and understanding.

From there, the analysis became more specific to each condition. Since mental health challenges affect people in different ways, the research adapted accordingly. For example, after creating an image for Generalized Anxiety Disorder, the study expanded to explore how anxiety presents in different situations, such as school-related stress, social anxiety, or performance pressure in sports. As mentioned in the Introduction, the heart of this project is about raising awareness and encouraging empathy. By focusing on real-life triggers that may cause emotional distress, the project aimed to show that those struggling with mental health challenges are never truly alone in their experiences.

The final step was to create an awareness-focused image for each condition, one that could help people recognize these emotions in themselves. Since talking about emotions can be difficult, whether you're an adult trying to put feelings into words or a mentor helping a child through a tough time, this part of the project was designed to bridge that gap. To ensure the images resonated with different age groups, GPT was asked to generate versions tailored for elementary school children, middle schoolers, high schoolers, college students, and adults. Mental health conditions don't discriminate by age, and the way they manifest can look different at every stage of life. For an example, please refer to the *Appendix* of this report, where you can find images of the full conversation with the DALL-E GPT in order to develop the images for the *Depression* section.

At its core, this project is about making mental health struggles feel seen and understood. By using AI-generated imagery to turn internal experiences into something visual, we hope to spark conversations, reduce stigma, and remind people that they are not alone. With the right support, mental health challenges are manageable, and no one should have to navigate them in isolation.

Anxiety Description

What is Anxiety?

Anxiety is a natural response to stress, often showing up as feelings of worry, nervousness, or fear about what might happen. It's something everyone experiences from time to time, like before a big test or an important meeting. But for some people, anxiety becomes overwhelming and doesn't go away, making it hard to focus, relax, or go about daily life. When that happens, it may be a sign of an anxiety disorder.

Common Symptoms

- Constant or excessive worrying that feels hard to control
- Feeling restless or on edge, like you can't relax
- Rapid heartbeat or a tight feeling in the chest
- Shortness of breath or dizziness
- Trouble focusing or feeling like your mind is racing
- Difficulty sleeping, even when exhausted
- Muscle tension, headaches, or unexplained aches
- Stomach discomfort, nausea, or digestive issues




What Triggers Anxiety?

- Social situations, like meeting new people or speaking in public
- Work or school pressure, such as deadlines or exams
- Health concerns, including worrying about illness or medical tests
- Financial struggles, like job loss or unexpected expenses
- Past trauma or difficult experiences that bring back painful memories
- Big life changes, such as moving, relationships, or starting a new job

How does stress differ from anxiety disorder?

It's normal to feel stressed from time to time. Stress usually comes from a specific situation and fades once the problem is resolved. Anxiety, on the other hand, can linger for weeks or months, even when there's no clear reason for it. While stress might make you feel temporarily overwhelmed, an anxiety disorder can make even small daily tasks feel impossible. If anxiety starts interfering with your life, relationships, or overall happiness, it may be time to seek support. Anxiety disorders are treatable, and with the right tools and help, it's possible to manage symptoms and regain a sense of balance. No one should have to navigate anxiety alone.

Anxiety Image Results

Anxiety Disorder Visualization			
General Anxiety Disorder			
Anxiety from Social Interactions			
Anxiety from Athletic Performance			

**Anxiety from
Academic
Performance**

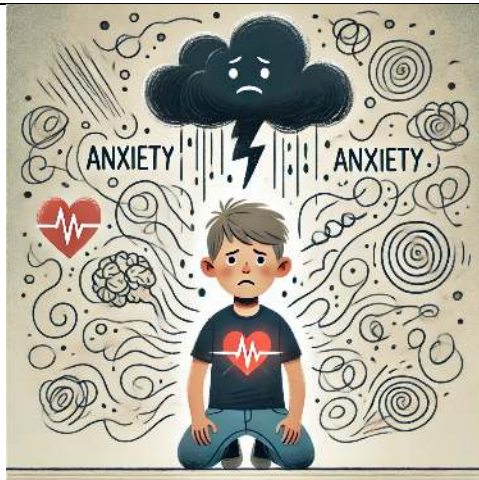


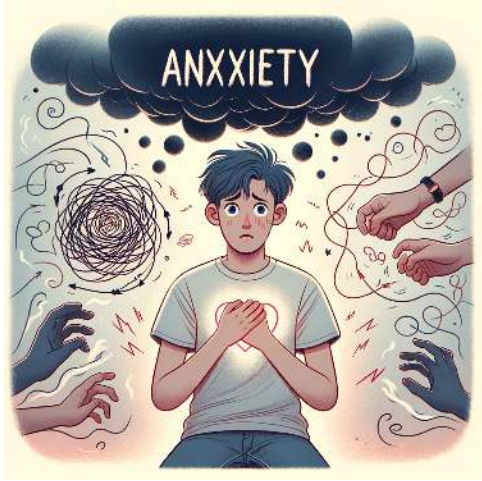


**Anxiety from
Financial
Burden**



Age-Appropriate Awareness Image

**Elementary
School**



<p>Middle School</p>	 An illustration of a young boy with blue hair and a white t-shirt, looking distressed with his hands clasped over his chest. Above him is a dark cloud with the word "ANXXIETY" written in white. The background is filled with swirling lines, musical notes, and several hands reaching towards him, suggesting social pressure or overwhelming stimuli.
<p>High School</p>	 An illustration of a young man with spiky blue hair and a dark sweater, looking sad with his hands over his chest. A dark cloud above him says "ANXIETY". The background is filled with chaotic symbols: a heart with a pulse line, a target, a lightning bolt, and various scribbles, representing intense emotional and physical symptoms.
<p>Adult</p>	 An illustration of an adult man in a white shirt and tie, sitting with his hands covering his face in a gesture of despair. The background is a dark, stormy sky with swirling patterns, a butterfly, and other abstract elements, conveying a sense of overwhelming mental anguish.

Anxiety Image Discussion

Anxiety Visualization Image Descriptions

1. **General Anxiety Disorder** – This image captures the feeling of being completely overwhelmed. A person sits hunched over, clutching their chest, while ghostly faces swirl around them. These faces represent intrusive thoughts, self-doubt, and constant worry that won't go away. The stormy background adds to the feeling of being trapped in an endless cycle of anxiety. The way the person holds their chest highlights how anxiety isn't just in the mind, it can feel physical, like a tightness that won't let up.

2. **Social Anxiety** – A lone figure stands frozen in a crowd of faceless people, with a dark vortex swirling above them. This image reflects the fear of being judged, the discomfort of social interactions, and the overwhelming self-consciousness that comes with social anxiety. The faceless figures make the person feel small, emphasizing the feeling of isolation even when surrounded by others. The stretched and distorted background shows how anxiety can make every day social situations feel disorienting and overwhelming.

3. **Athletic Performance Anxiety** – This image shows an athlete sitting on the field, head in their hands, as dark tendrils seem to pull them down. These tendrils represent self-doubt, pressure, and the fear of failure. The blurred crowd in the background gives the feeling of being watched, judged, and expected to perform perfectly. The lighting and shadows add intensity, mirroring the internal battle between wanting to succeed and the paralyzing anxiety that makes every move feel like it could go wrong.

4. **Academic Anxiety** – A student sits alone at their desk, surrounded by floating numbers and test papers, all while a dark storm looms overhead. The numbers represent the pressure of grades and expectations, constantly hanging over them. The dim lighting and cluttered space reflect the exhaustion and stress that academic anxiety brings. The way the student sits, head down, tense, shows frustration and fear, capturing the overwhelming weight of school-related pressure.

5. **Financial Anxiety** – A person sits at a table, drowning in overdue bills while massive “PAST DUE” notices tower around them. The sheer size of the bills and papers closing in on them reflects how financial stress can feel inescapable. Scattered coins and paperwork add to the overwhelming sense of trying to stay afloat. The figure's slumped posture shows the exhaustion and worry that come with constantly thinking about money and trying to make ends meet.

Anxiety Age-Appropriate Awareness Image Descriptions

1. **Elementary School** – A young child sits under a dark storm cloud, looking small and anxious as swirling thoughts and symbols float around them. The soft, cartoon-like style makes the image easier for kids to relate to while still showing how overwhelming worry can feel. The storm cloud represents big emotions that feel too heavy to handle, while the glowing red chest symbolizes the physical side of anxiety, like a racing heart or nervousness. The messy, swirling lines show how anxious thoughts can feel jumbled and hard to control.

2. **Middle School** – A preteen clutches their chest, looking worried as shadowy hands seem to reach for them. The word “ANXIETY” looms overhead, showing how it can feel like an ever-present weight. The hands symbolize social pressure and the fear of judgment, emotions that start to become stronger during these years. The colors are still soft but slightly more intense than in the elementary school image, reflecting how anxiety becomes more complex as kids grow older and face new challenges.

3. **High School** – A teenager stands with a hand over their chest, surrounded by chaotic scribbles, warning symbols, and scattered thoughts. Their expression shows frustration and stress, reflecting how anxiety deepens as responsibilities increase. The target in the background represents the pressure to succeed, while the storm cloud and racing heart illustrate both the emotional and physical toll of anxiety. The darker colors and sharper lines make the image feel heavier, just like anxiety at this stage can feel more intense and inescapable.

4. **Adult** – A grown man sits with his head in his hands under a dark, stormy sky, surrounded by swirling, chaotic thoughts. This image represents the weight of adult anxiety, financial worries, work stress, and life responsibilities piling up. The dark sky above him shows how anxiety isn’t just a passing feeling but something that lingers. His posture, slumped and overwhelmed, captures the exhaustion of constantly juggling stress, expectations, and fears.

How These Images Can Benefit Society

These images were created to help people see anxiety in a way that feels real and relatable. Anxiety is something many people experience, but it’s not always easy to explain. By turning those feelings into visuals, these images help those who struggle with anxiety feel understood and give others a clearer picture of what it’s like. Whether someone has anxiety themselves or wants to understand it better, these images create space for empathy, conversation, and awareness.

Depression Description

What is Depression?

Depression is more than just feeling sad or going through a rough patch, it's a deep and persistent struggle that can affect every part of a person's life. While everyone feels down from time to time, depression lingers, making even the simplest tasks feel exhausting. It's not just a bad mood or a lack of motivation; it's a real and serious condition that can make people feel disconnected from the world, themselves, and the things they once loved.

Common Symptoms

- Feeling sad, empty, or hopeless most of the time
- Losing interest in hobbies, relationships, or things that once brought joy
- Constant fatigue, even after sleeping
- Trouble sleeping or sleeping too much
- Difficulty concentrating or making decisions
- Feeling guilty, worthless, or like a burden to others
- Irritability or feeling easily overwhelmed
- Physical symptoms like headaches, stomach aches, or muscle pain
- Changes in appetite, leading to noticeable weight loss or gain
- Thoughts of death or suicide in severe cases

What Can Trigger Depression?

- Major life changes, like losing a loved one, a breakup, or losing a job
- Chronic stress, whether from school, work, or financial struggles
- Past trauma, including childhood abuse, neglect, or toxic relationships
- Family history, since depression can run in families
- Hormonal changes, such as during pregnancy, menopause, or thyroid imbalances
- Chronic illness or pain, which can take a toll on mental health
- Substance use, as alcohol and drugs can both mask and worsen symptoms

Depression vs. Feeling Sad

Everyone feels sad from time to time, especially after a tough experience. But sadness is temporary and usually fades with time, support, or new experiences. Depression, on the other hand, doesn't just go away on its own. It lingers, often without a clear reason, and can make even small, everyday things feel overwhelming. It can leave a person feeling stuck, exhausted, and disconnected, no

matter how much they try to “snap out of it.” If depression is making life feel unbearable or interfering with daily activities, it’s important to reach out for support. Whether through therapy, medication, or lifestyle changes, depression is treatable and no one should have to go through it alone. Help is available, and healing is possible.

Depression Image Results

Depression Visualization		
<p>General Depression</p>		
<p>Depression from Losing a Loved One</p>		
<p>Depression from Substance Abuse</p>		

Depression from Stress



Depression from a Breakup



Age-Appropriate Awareness Image

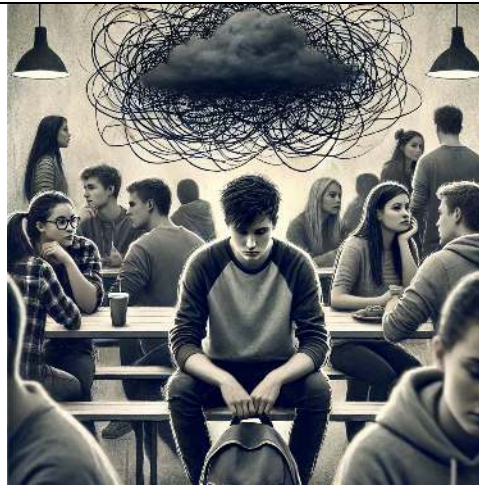
Elementary School



Middle School



High School



Adult



Depression Image Discussion

Depression Visualization Image Descriptions

1. **General Depression** – This image captures the deep emotional numbness that often comes with depression. The person sits motionless, their body appearing to crack and dissolve, symbolizing the feeling of breaking apart from the inside. The blurred, distorted background gives a sense of isolation and detachment from reality. The cold, dark tones reflect emotional emptiness, while the chains wrapped around them show how depression can feel like being trapped in an endless cycle of hopelessness.

2. **Depression from Losing a Loved One** – A grieving person sits curled up, surrounded by items that remind them of someone they've lost. A faded, ghostly figure lingers in the background, representing memories that feel close yet painfully out of reach. The dark room adds to the loneliness, and the dim lighting enhances the sense of sorrow and longing. This image captures the deep emotional pain of grief, showing how losing someone can leave the world feeling empty and unfamiliar.

3. **Depression from Substance Abuse** – A person sits slumped on the floor, surrounded by bottles and scattered pills, visually representing how substance use can become a way to escape emotional pain. The darkness around them creates a feeling of isolation, while shadowy hands reaching toward them symbolize the grip of addiction. Their expression and posture reflect exhaustion and hopelessness, showing how substances may numb the pain for a while but never truly make it go away.

4. **Depression from Stress** – This image captures the crushing weight of constant stress. A person sits at a cluttered desk, their head buried in their hands, surrounded by towering stacks of papers and multiple ticking clocks. The stacks represent overwhelming pressure, while the clocks symbolize time slipping away, never enough to catch up. The swirling lines radiating from their head represent racing thoughts and burnout, making it feel impossible to escape the demands of daily life. The grayscale color scheme adds to the feeling of exhaustion.

5. **Depression from a Breakup** – A person sits alone in a dimly lit room, staring at the empty space where someone used to be. A fragmented, fading face in the background represents lingering memories, while shattered pieces around the person symbolize heartbreak. Their slumped posture, arms wrapped around their knees, conveys loneliness and grief. The image captures the deep emotional pain of a breakup, showing how it can feel like losing a part of yourself.

Depression Age-Appropriate Awareness Image Descriptions

1. **Elementary School** – A young child sits alone on a playground, arms wrapped around their knees, while a small storm cloud hovers above them. Even though the scene is bright and colorful, the child feels distant and disconnected, symbolizing how depression in kids can make even fun places feel lonely. The cartoon-like style makes it easier for children to relate to while still showing sadness and emotional withdrawal in a way that makes sense for their age.

2. **Middle School** – A preteen sits on a bench, head down, while other students walk past them, unaware of their struggle. Above them, a storm cloud filled with tangled scribbles represents overwhelming sadness and anxiety. The muted background tones emphasize the feeling of detachment. This image highlights how depression in middle schoolers can feel like being invisible, surrounded by people but still completely alone.

3. **High School** – A teenager sits in a crowded classroom, yet they look completely alone, a dark, chaotic mass of thoughts hovering above them. Their blank expression conveys emotional numbness and disconnection. The contrast between their stillness and the movement of other students reflects how depression can make someone feel stuck, even when the world keeps moving around them. The dark scribbles symbolize the overwhelming emotions they may struggle to express.

4. **Adult** – A grown man sits slumped in a messy room, a heavy storm cloud looming over him. Papers, bills, and empty coffee cups are scattered around, representing life’s pressures and responsibilities weighing him down. The dark tones and cluttered space reflect the overwhelming nature of adult depression. His posture, tired and defeated, captures how depression in adulthood isn’t just sadness, it’s exhaustion, stress, and the struggle to keep going even when everything feels too heavy.

How These Images Can Benefit Society

Depression is hard to put into words, but these images help make it visible. For people struggling with depression, these visuals can be a way to express feelings that are difficult to explain. They can look at these images and say, “This is what it feels like.” For those who don’t experience depression, these images offer a glimpse into what it’s like for others. They show that depression isn’t just feeling sad, it’s feeling stuck, exhausted, invisible, or completely overwhelmed. This kind of awareness helps break the stigma, making it easier for people to talk about mental health and support each other. For kids and teens, these images make it easier to understand their own feelings and recognize when they or someone they know might need help. For adults, they serve as a reminder that depression is real and valid, even when it’s not obvious on the surface. By turning emotions into visuals, these images help create understanding, empathy, and open conversations about mental health, reminding anyone struggling that they are not alone.

Post Traumatic Stress Disorder | PTSD Description

What is PTSD?

PTSD (Post-Traumatic Stress Disorder) is a condition that can develop after someone goes through a deeply distressing or life-threatening experience. It's not just about having bad memories, it's about the mind and body reacting as if the danger is still there, even when everything is safe. PTSD can make everyday situations feel overwhelming, triggering intense emotions, flashbacks, or physical reactions. It's not a sign of weakness or something someone can just "get over." It's a real, deeply rooted response to trauma that can affect every part of a person's life.

Common Symptoms

- Flashbacks or intrusive thoughts, suddenly reliving the trauma as if it's happening all over again
- Nightmares or trouble sleeping, sometimes waking up in panic
- Avoiding places, people, or conversations that bring back painful memories
- Feeling emotionally numb or disconnected, struggling to express or even feel emotions
- Being constantly on edge, always watching for danger or easily startled by small things
- Irritability or sudden anger, sometimes over things that wouldn't normally be upsetting
- Difficulty concentrating or remembering things, making daily life feel harder than it should
- Physical symptoms, such as headaches, stomach aches, muscle tension, or even feeling sick from stress

What Can Trigger PTSD Symptoms?

- Loud noises or sudden movements, like fireworks or car backfires, that feel like the original danger
- Anniversaries or reminders of the traumatic event
- Certain smells, sounds, or places that bring back intense memories
- Stressful situations, even unrelated ones, which can make symptoms worse
- Being asked to talk about the trauma, which can make it feel like it's happening all over again

PTSD vs. A Normal Stress Response?

It's completely normal to feel shaken after a traumatic event, our brains are wired to react to danger. But for most people, those feelings fade with time. With PTSD, the brain holds onto the trauma, replaying it over and over, making the fear and distress feel just as real as the moment it happened. It's not just a tough memory, it's an ongoing emotional and physical response that can make life feel unpredictable and exhausting. PTSD can feel isolating, as if no one else understands what you're going through. But you don't have to face it alone. With therapy, support, and the right coping strategies, it's possible to feel safe again and regain control over your life. It takes time, patience, and the right help, but healing is possible and no one should have to go through it alone.

PTSD Image Results

PTSD Disorder Visualization

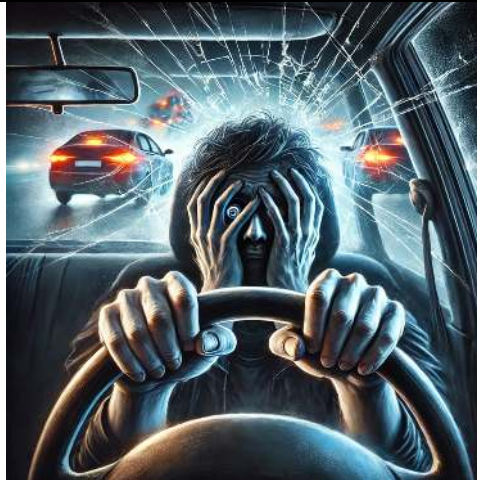
General PTSD



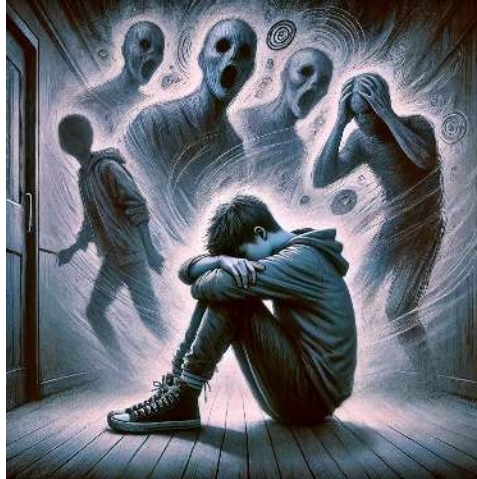
**PTSD from
Childhood Abuse**



**PTSD from Car
Accident**



PTSD from Bullying

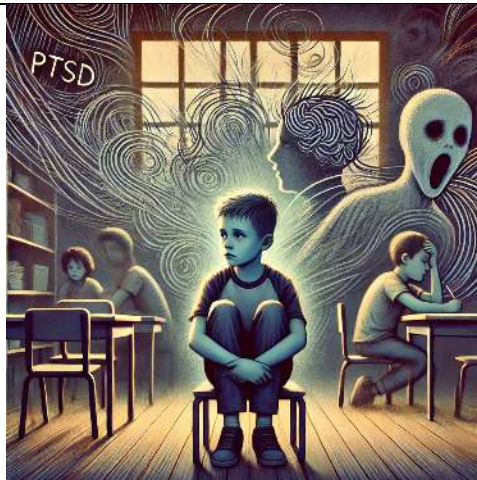


PTSD from War

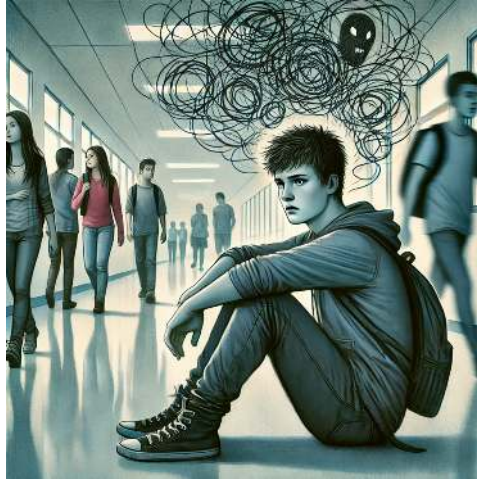


Age-Appropriate Awareness Image

Elementary School



Middle School



High School



Adult



PTSD Image Discussion

PTSD Visualization Image Descriptions

1. **General PTSD** – This image captures what it feels like to live with PTSD, chaotic, overwhelming, and inescapable. A person stares forward in shock, their face cracked and breaking apart, representing how trauma can shatter one’s sense of self. Ghostly faces and shadowy figures swirl around them, symbolizing flashbacks, intrusive thoughts, and the constant feeling of being on edge. The running silhouettes show the urge to escape, but there’s nowhere to go. The distorted background adds to the sense of confusion and fear, showing how PTSD can make reality feel disorienting and unsafe.

2. **PTSD from Childhood Abuse** – A person sits curled up, their body covered in cracks, symbolizing the emotional scars left behind by childhood trauma. A small, fragile child sits in the background, representing painful memories that never fully fade. Above them, ghostly figures loom, representing past abusers and the haunting effects of trauma. The swirling lines and the distressed glow in the brain show how PTSD reshapes the mind, making it hard to ever feel truly safe. This image captures the deep loneliness and fear that survivors of childhood abuse often carry with them into adulthood.

3. **PTSD from a Car Accident** – A person grips the steering wheel tightly, eyes wide with fear, as headlights from an oncoming car flash in front of them. The blurred, chaotic background and cracked windshield show how PTSD can make past accidents feel like they’re happening all over again. The motion blur and intense lighting create a sense of panic, reflecting how everyday activities, like driving, can become terrifying triggers for those who have survived trauma on the road.

4. **PTSD from Bullying** – A person sits alone, knees pulled to their chest, while shadowy, faceless figures surround them, whispering and laughing. Even though the bullying has stopped, the memories won’t go away. The ghostly figures represent the lingering effects of bullying, self-doubt, fear, and the feeling of being constantly judged. The background is dark and closed off, showing how PTSD from bullying can make someone feel isolated, even when they’re physically alone.

5. **PTSD from War** – This image captures the haunting memories that follow soldiers long after they leave the battlefield. Shadowy figures march forward, silhouettes lost in smoke and chaos. The deep reds and dark shadows reflect the violence and destruction they’ve witnessed. Above them, ghostly figures represent fallen comrades and painful memories that never truly fade. The blurred and scattered details show how PTSD can make past experiences feel inescapable, replaying them over and over again.

PTSD Age-Appropriate Awareness Image Descriptions

1. **Elementary School** – A young child sits at their desk in a classroom, but they’re completely disconnected from what’s happening around them. A swirl of dark thoughts and shadowy figures hovers above their head, showing how PTSD can make it hard to focus and feel present. The background is bright and familiar, but the child feels distant and alone. The cartoon-like style makes the image more approachable for kids, while still showing how trauma can affect them at a young age.

2. **Middle School** – A preteen sits alone in a busy school hallway, head down, lost in thought. Above them, a tangled mess of scribbles and shadowy memories takes over, showing how PTSD can be overwhelming and ever-present. The contrast between their stillness and the movement of the students around them reflects how trauma can make someone feel frozen in time while life keeps moving forward. The muted colors and heavy atmosphere highlight how PTSD can make it hard to connect with others and feel safe.

3. **High School** – A teenager sits in a crowded classroom, yet they look completely alone. A dark storm cloud filled with fragmented memories and anxious thoughts looms over them, representing how PTSD makes it hard to focus, even in normal settings. The student's withdrawn posture and distant gaze show how trauma isolates people, making them feel separate from the world around them. The background is detailed and full of life, but the person feels trapped in their own mind, unable to fully engage.

4. **Adult** – A grown man sits hunched over in a dimly lit room, his thoughts swirling around him in the form of shadowy figures and painful memories. A dark figure stands in the background, symbolizing the lingering presence of past trauma. His posture, tense and withdrawn, captures the exhaustion of living with PTSD, the weight of constantly carrying memories that won't go away. The dark and muted colors reflect the emotional burden, while the swirling thoughts show how trauma never fully fades, no matter how much time has passed.

How These Images Can Benefit Society

PTSD is often misunderstood, and these images help people see what it really feels like. Trauma doesn't just stay in the past, it follows people into their daily lives, affecting their thoughts, emotions, and ability to feel safe. For those living with PTSD, these images can help put their experiences into a visual form, making them feel seen and understood. For those who don't experience PTSD, these images offer a powerful look into what trauma survivors go through every day. PTSD isn't just about bad memories, it's about flashbacks, fear, emotional numbness, and feeling trapped in the past. By making these struggles easier to see and understand, these images help break the stigma, encouraging more empathy and support. For kids and teens, the age-appropriate images help them understand their own feelings or recognize when someone else might be struggling. For adults, these images highlight how PTSD can come from many different experiences, whether it's war, abuse, bullying, or accidents, showing that trauma affects everyone differently. By turning PTSD into something visual and relatable, these images help spark important conversations about trauma and healing. They remind people that PTSD is real, that no one should have to face it alone, and that understanding is the first step toward offering support.

Attention-Deficit/Hyperactivity Disorder | ADHD

What is ADHD? ADHD (Attention-Deficit/Hyperactivity Disorder) is often misunderstood as just being easily distracted or overly energetic, but it's so much more than that. ADHD affects how a person focuses, processes information, and manages impulses. It's not about being lazy or careless, people with ADHD have brains that work differently, making things like staying organized, following routines, or even just sitting still harder than they should be. It's a daily challenge, not just a bad habit or a lack of effort.

Common Symptoms

- Having trouble focusing, especially on things that aren't exciting
- Zoning out or daydreaming even when trying to pay attention
- Forgetting things constantly, like deadlines, appointments, or where you left your keys
- Struggling to stay organized or follow through on plans
- Acting on impulse, blurting things out, interrupting, or making quick decisions without thinking
- Feeling restless, fidgety, or needing to move, especially in quiet or structured settings
- Losing track of time and procrastinating, even when you really don't want to
- Feeling emotions intensely, whether it's excitement, frustration, or impatience
- Getting completely absorbed in something interesting (hyperfocus) while ignoring everything else

What Triggers ADHD Symptoms?

- Stress and pressure, such as deadlines, exams, or overwhelming responsibilities
- Boring or repetitive tasks, which can make staying focused nearly impossible
- Chaotic environments, where too much noise or activity makes it hard to concentrate
- Lack of structure, since organization and time management don't come naturally with ADHD
- Emotional situations, because ADHD can make emotions feel more intense and harder to control

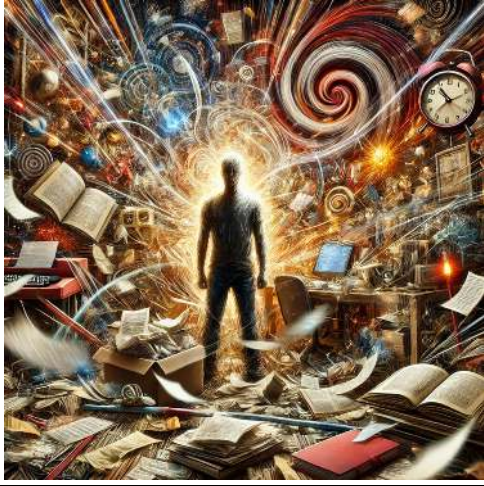
ADHD vs. Everyday Distractions?

Everyone gets distracted, forgets things, or procrastinates sometimes. But for people with ADHD, these challenges don't just come and go, they're constant and can affect every part of life. It's not just struggling to focus on a boring lecture or losing track of time once in a while; ADHD makes even simple daily tasks feel like a battle. And no matter how hard someone tries, pushing through ADHD symptoms isn't just about "trying harder." It's about finding the right tools, strategies, and support to work with the brain, not against it. Living with ADHD can be frustrating, but it's also manageable. With the right understanding, structure, and sometimes medication or therapy, people with ADHD can thrive. No one should feel like they have to struggle alone, there are ways to navigate ADHD, embrace its strengths, and make life a little easier.

ADHD Image Results

ADHD Visualization		
<p>General ADHD</p>		
<p>ADHD Dealing with Procrastination</p>		
<p>ADHD Dealing with Hyper Fixation</p>		

ADHD Dealing with Chaotic Environment

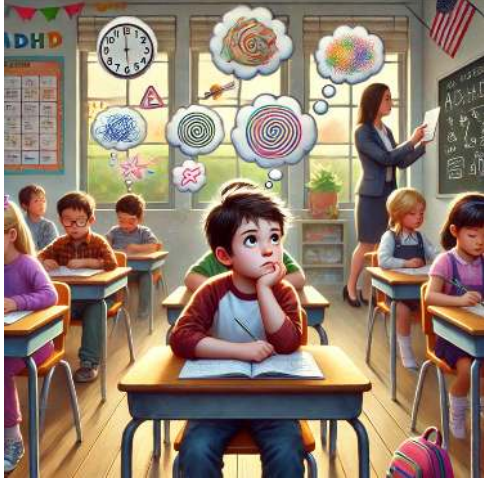


ADHD Dealing with Emotional Control



Age-Appropriate ADHD Awareness Image

Elementary School



Middle School



High School



Adult



ADHD Image Discussion

ADHD Visualization Image Descriptions

1. **General ADHD** – This image captures what it feels like to live with ADHD, constant motion, endless distractions, and a mind that never seems to slow down. A person sits at a desk, overwhelmed, as clocks, papers, and ideas swirl around them. It represents the struggle to focus when everything feels urgent all at once. The cluttered, chaotic background reflects racing thoughts and how difficult it can be to stay on task. Their posture, head down, gripping their temples, shows frustration, exhaustion, and the effort it takes just to function in a world that expects focus and order.

2. **ADHD and Procrastination** – A person sits at a cluttered desk, staring at all the unfinished tasks surrounding them, papers, assignments, and reminders, while clocks loom overhead, ticking away time. They look frozen, stuck in a cycle of knowing what needs to be done but not being able to start. The distractions, phones, books, scattered to-do lists, represent how even the smallest things can pull focus away. The image perfectly captures the frustration of procrastination with ADHD, not laziness, but feeling mentally paralyzed by too many things demanding attention at once.

3. **ADHD and Hyper-Fixation** – A person is completely absorbed in a screen, unaware of the world around them as a swirling cosmic vortex engulfs their surroundings. This image shows the flip side of ADHD, deep, intense focus on one thing while everything else fades away. The floating clocks and cluttered room symbolize lost time and forgotten responsibilities, showing how hyper-fixation can be both a gift and a struggle. It's the feeling of spending hours on one task without realizing it, then suddenly snapping out of it to realize everything else has fallen behind.

4. **ADHD and a Chaotic Environment** – A person stands in the middle of a messy, cluttered room, overwhelmed by books, papers, and scattered objects flying in all directions. The background is a whirlwind of distractions, making it nearly impossible to focus. This image represents how people with ADHD often struggle to stay organized, not because they don't try, but because their mind jumps from one thing to another so quickly that keeping track of everything feels impossible. The person standing in the middle, lost in the chaos, captures the feeling of wanting to get things under control but not knowing where to start.

5. **ADHD and Emotional Control** – A person clutches their head as fiery, electric bursts of energy explode from them, symbolizing the intense emotional ups and downs that can come with ADHD. The swirling colors and movement around them represent frustration, excitement, sadness, and impulsivity, all happening at once. Many people don't realize that ADHD affects emotional regulation just as much as focus. This image captures how overwhelming it can feel when emotions hit all at once, making it hard to pause, process, and respond in a calm way.

Age-Appropriate ADHD Awareness Image Descriptions

1. **Elementary School** – A young child sits in a classroom, staring off into space while colorful doodles, numbers, and distractions float around them. While their classmates focus on their work, the child's mind

is elsewhere, lost in thought. This image reflects how ADHD can make it hard to stay engaged in school, not because kids aren't trying, but because their brains are naturally wired to jump between ideas. The playful, cartoon-like elements keep the image light and relatable while still showing how tough it can be for young kids to focus.

2. **Middle School** – A preteen sits on the ground, arms wrapped around their knees, as a storm of thoughts, ideas, and distractions swirls around them. The floating symbols, books, and objects flying in different directions reflect the overwhelming nature of ADHD at this stage. Middle school is when academic expectations increase, and ADHD can start to feel even more frustrating. The child sitting still in the middle of the chaos captures the feeling of being stuck, wanting to focus but not knowing how to quiet the noise inside their head.

3. **High School** – A teenager sits at a desk, head in their hands, while a chaotic explosion of thoughts, ideas, and distractions bursts from their mind. This image represents the high school ADHD experience, juggling responsibilities, deadlines, and social pressures, all while struggling to keep focus. The overwhelming visual noise surrounding them highlights how ADHD can make it hard to filter out distractions and complete tasks, even when they want to. The frustration on their face shows the effort it takes just to stay on top of everything.

4. **Adult** – A grown adult sits at their desk, surrounded by swirling ideas, unfinished notes, and thoughts pulling them in different directions. The background is filled with overlapping tasks, deadlines, and distractions, showing how ADHD continues into adulthood, affecting work, organization, and daily life. Their posture, hands gripping their head, overwhelmed, shows how exhausting it can be to manage responsibilities when your brain is constantly bouncing between a hundred different things. The swirling mix of colors and energy captures both the creativity and struggles that come with an ADHD mind.

How These Images Can Benefit Society

ADHD is so much more than just being “easily distracted”, and these images help show the full picture. They capture the mental chaos, emotional ups and downs, and daily challenges that often go unseen. ADHD isn't just about struggling to focus, it affects time management, organization, emotions, and daily life in ways that many people don't realize. For those with ADHD, these images are validating, a way to finally see what they feel inside represented visually. It reminds them that their experiences are real and that they aren't alone in their struggles. For those without ADHD, these visuals offer a glimpse into what it's like to live with an ADHD brain. They help create understanding and empathy, making it easier for teachers, parents, coworkers, and friends to support those who struggle with focus, procrastination, or emotional regulation. For kids and teens, the age-appropriate images help them recognize their own challenges and understand that they aren't “lazy” or “not trying hard enough.” For adults, these images show that ADHD doesn't just disappear with age, it continues to shape how they navigate work, relationships, and daily responsibilities. By turning ADHD into something visual and relatable, these images help break down stigma, spark important conversations, and remind those with ADHD that their struggles, and strengths, are real, valid, and worth understanding.

Schizophrenia

What is Schizophrenia?

Schizophrenia is a complex and often misunderstood mental health condition that affects the way a person thinks, feels, and understands reality. It's not about having multiple personalities, as some people mistakenly believe. Instead, it can cause hallucinations, delusions, and disorganized thinking, making it difficult to tell what's real and what isn't. Living with schizophrenia can feel overwhelming, not just for the person experiencing it, but also for their loved ones. It's not something someone chooses or can simply "snap out of", it's a medical condition that requires understanding, patience, and support.

Common Symptoms

- Hallucinations, hearing, seeing, or even feeling things that aren't really there (hearing voices is the most common)
- Delusions, strong beliefs that don't match reality, like thinking someone is out to harm them or believing they have special abilities
- Disorganized thinking and speech, jumping from one idea to another in a way that's hard to follow
- Trouble focusing, having difficulty concentrating or staying engaged in conversations
- Lack of motivation, losing interest in daily activities, school, work, or spending time with others
- Emotional withdrawal, showing little emotion or feeling disconnected from both their own feelings and the people around them
- Unusual behaviors or movements, repeating certain actions, staying very still for long periods, or reacting in ways that seem out of place

What Can Trigger Schizophrenia Symptoms?

- Stressful life events, like a breakup, job loss, or financial struggles
- Substance use, such as marijuana, alcohol, or hallucinogens, which can make symptoms worse
- Lack of sleep, which can make hallucinations and delusions feel even more real
- Social isolation, where withdrawing from others can make symptoms more intense
- Stopping treatment or medication, which can cause symptoms to come back more severely

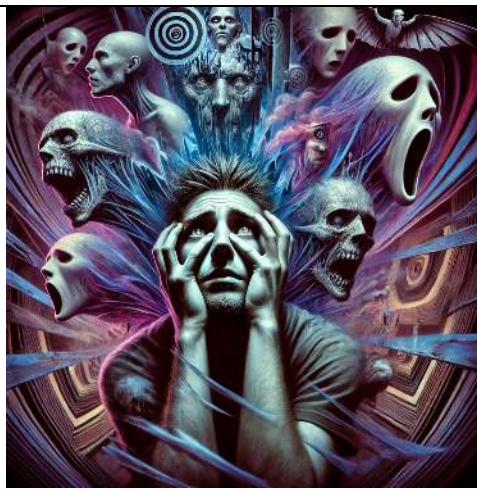
Living with Schizophrenia

Schizophrenia can make a person feel alone, but they don't have to go through it by themselves. With the right treatment, such as therapy, medication, and a strong support system, many people with schizophrenia can lead meaningful, stable lives. What helps the most is patience, understanding, and compassion. No one chooses to have this condition, but with the right care, they can learn to manage it and find moments of connection and peace.

**Schizophrenia
Dealing with
Disorganized
Thinking**



**Schizophrenia
Dealing with
Hallucinations**



Age-Appropriate Awareness Image

Elementary School



Middle School



High School



Adult



Schizophrenia Image Discussion

Schizophrenia Visualization Image Descriptions

1. **Schizophrenia** – This image captures the overwhelming, fragmented reality of living with schizophrenia. A person’s face appears cracked, as if their mind is splitting apart, while eerie figures and chaotic patterns swirl around them. Their blank expression contrasts with the storm of emotions and voices in the background, representing how schizophrenia can make it hard to separate reality from intrusive thoughts. The running figure symbolizes the urge to escape from a mind that never feels quiet, while the screaming faces show the intensity of hallucinations and paranoia.

2. **Schizophrenia and Delusions** – A person stares forward, their expression serious, while multiple sets of eyes, shadowy figures, and distorted imagery surround them. The repeated eyes symbolize paranoia, the unsettling feeling of constantly being watched or followed. The jagged lines and warped background represent how schizophrenia can alter perception, making the world feel unfamiliar and threatening. This image captures how delusions feel entirely real to the person experiencing them, even when they don’t align with reality.

3. **Schizophrenia and Anhedonia** – A person sits alone on a bench, surrounded by warmth, laughter, and life, but they remain disconnected. Others around them are smiling, laughing, and interacting, but the person looks emotionally distant, unable to engage. This image represents anhedonia, the inability to feel joy or excitement, even in moments that should bring happiness. The contrast between the vibrant world around them and their muted expression reflects how schizophrenia can create a sense of detachment, making it difficult to connect with others or experience pleasure.

4. **Schizophrenia and Disorganized Thinking** – A person clutches their head as a chaotic explosion of thoughts, symbols, and images bursts from their mind. The overwhelming swirl of scattered information represents how schizophrenia affects thinking, making it hard to organize thoughts, communicate clearly, or follow a logical train of thought. Floating numbers, letters, and abstract shapes highlight the confusion and frustration that come with disorganized thinking, showing what it feels like when the mind jumps from one idea to another without a clear path forward.

5. **Schizophrenia and Hallucinations** – A person grips their face in distress as ghostly figures and distorted faces surround them, whispering, watching, and invading their space. The swirling, intense background represents the overwhelming nature of hallucinations, hearing voices, seeing things that aren’t there, and struggling to separate reality from illusion. Their wide-eyed, fearful expression shows the emotional toll of constantly questioning what’s real and what’s not. This image captures how hallucinations can be frightening, disorienting, and exhausting.

Age-Appropriate Schizophrenia Awareness Image Descriptions

1. **Elementary School** – A young child sits cross-legged in a colorful classroom, looking lost in thought while soft, playful hallucinations, floating shapes, shifting patterns, surround them. While other children are focused on their activities, this child seems disconnected, unsure of what is real and what isn’t. The

gentle, cartoon-like style keeps the image approachable while showing how schizophrenia can start early, making a child feel different from their peers.

2. **Middle School** – A preteen sits on the floor of a crowded school hallway, holding their head as shadowy figures and blurred outlines of people swirl around them. They look overwhelmed, lost in their own mind, while the world around them keeps moving. The background is distorted, showing how schizophrenia can make it difficult to process reality, especially in social settings. This image highlights how symptoms can make it hard for middle schoolers to connect with others, leading to feelings of isolation and confusion.

3. **High School** – A teenager sits alone at a cafeteria table, head down, as the world around them shifts and distorts. Other students talk and laugh, but ghostly figures and swirling patterns fill the background, representing hallucinations, paranoia, and a disconnection from reality. The teen’s posture, withdrawn, anxious, shows how schizophrenia can make social situations feel overwhelming, even when surrounded by people. This image captures how high schoolers with schizophrenia may struggle to balance school, friendships, and their mental health.

4. **Adult** – A grown adult sits in a dimly lit room, their head resting in their hands, surrounded by blurred figures, some real, some hallucinations. The background appears fractured, representing a mind struggling to separate reality from intrusive thoughts. Their exhausted posture captures the emotional and mental toll of schizophrenia, showing how it can impact relationships, work, and daily life. The muted colors and swirling visuals reflect both confusion and loneliness, common experiences for many adults living with this condition.

How These Images Can Benefit Society

Schizophrenia is one of the most misunderstood mental illnesses, and these images help show what it actually feels like. Many people assume schizophrenia is just about hallucinations, but it also affects thinking, emotions, relationships, and the ability to function in daily life. These images provide a way to see beyond the stigma and into the real struggles people face every day. For those living with schizophrenia, these images can feel validating, showing that they are not alone in their experience. For those who don’t have schizophrenia, they offer a glimpse into a world that many don’t understand, encouraging more compassion and awareness. For younger audiences, the age-appropriate images help introduce schizophrenia in a way that is relatable and not scary, helping children and teens recognize symptoms in themselves or others. For adults, these images highlight how schizophrenia affects more than just perception, it impacts every aspect of life, making simple things like school, work, and socializing more difficult. By turning schizophrenia into something visual and understandable, these images help break down fear and stigma, encourage open conversations, and remind people that those with schizophrenia deserve support, understanding, and dignity.

Conclusion

One of the biggest struggles in today's world is that people often forget to be empathetic. Life moves fast, and in the rush of our own daily stress, we don't always stop to think about what someone else might be going through. We focus on our own challenges without realizing that, for someone else, our "bad day" might be a dream compared to what they're facing. Whether it's mental health struggles, personal hardships, or just the weight of everyday life, one thing is certain and that is that life is hard for everyone in different ways. But those challenges, as tough as they are, also shape us. They remind us to take a breath, appreciate the little things, and support each other along the way. Unfortunately, for some people, even stepping back to catch their breath feels impossible.

As humans, we tend to judge quickly. It's an unfortunate habit. We see someone's imperfections and criticize them, often without stopping to consider the full story. Maybe we get annoyed at someone who talks too much, without realizing they're lonely and just looking for connection. Maybe we roll our eyes at a waiter who messes up our order, not knowing it's his first day and he's under pressure to learn quickly. Maybe we get frustrated with the slow driver ahead of us, not realizing she's a new mom with her baby in the backseat, driving carefully out of fear. Maybe we mock the quiet kid in class, not understanding that every social interaction is a battle for them. Maybe we laugh at the student who wears the same clothes every day, never considering that their family is barely making ends meet.

The truth is, we don't always *need* to understand what someone else is going through to be kind. We just need to recognize that everyone is carrying something, sometimes something we can't see. The goal of this project is to help people take a brief pause before they are so quick to judge. To encourage even just one person to say, "Hey, you don't know what that person is dealing with," instead of making an unfair assumption about another human being. It doesn't take much, just a small shift in perspective, a little bit of patience, and a willingness to be more compassionate. Life is already difficult enough and there is no need to make it harder for each other.

For now, this project comes to an end, but the hope is that these AI-generated images will continue to reach people and spark conversations. Up to this point the only resource used on this project was ChatGPT and one of their more specific GPT's named DALL-E, tailored for generating images based off text descriptions. The more people who see these visuals and begin to understand what different mental health conditions feel like, the more awareness we can spread. One of the long-term goals is to create age-appropriate posters, using the images generated for schools, giving kids a way to relate, ask for help, or simply understand their classmates a little better. If I were to continue on with this specific aspect of the project I would look to continue on and develop a GPT chatbot that would be capable of acting as someone's therapist almost. Being that it is a computer or robot, it may allow someone to open up easier and really attack their inner issues. I also would be interested as how well other GPT's similar to ChatGPT, perform given similar prompts.

This is just the beginning. AI-generated art is still in its early stages, but as technology grows, so will our ability to communicate emotions in a way that words sometimes can't. Revisiting this project in the future could open even more doors for fostering empathy and connection. At the end of the day, we all have our struggles, some visible, some hidden. The least we can do is try to meet each other with understanding. Sometimes, the smallest act of kindness can mean more than we realize. *It is always about the Golden Rule, which is to treat others how you would like to be treated.*

Where to Find Help?

If you're struggling with your mental health, please know you're not alone, and help is out there. It can feel overwhelming to reach out but taking that first step can make a huge difference. Here are some ways to find support:

- Talk to a Doctor or Therapist – A mental health professional can help you understand what you're going through and find the right treatment, whether that's therapy, medication, or both.
- Join a Support Group – Sometimes, talking to others who truly understand what you're experiencing can be life-changing. Organizations like NAMI (National Alliance on Mental Illness), Mental Health America, and CHADD offer support groups where you can connect with others who get it.
- Call or Text a Helpline – If you're in crisis or just need someone to talk to, there are free, confidential hotlines available 24/7. In the U.S., you can call or text 988 for immediate support. If you're in another country, check for local crisis helplines.
- Look for Online Resources – Websites like NAMI.org, ADAA.org, PTSD.va.gov, CHADD.org, and Schizophrenia.com have helpful information and tools to guide you in finding the right support.
- Lean on Someone You Trust – Whether it's a friend, family member, teacher, or coworker, opening up to someone can help you feel less alone. You don't have to go through this by yourself.

Resources at Widener University

- Confidential individual counseling and psychotherapy services
- Flexible and personalized treatment plans designed to meet your individual needs within a determined framework throughout the academic year
- Psycho-education
- Collaboration, consultation, and programming with our partners within academic, residential, and service programs
- Referrals to other sources for help, both on and off campus, are also available when needed

Visit, <https://www.widener.edu/student-experience/health-wellbeing/counseling-psychological-services>, for more information or call 610-499-126.

Reference and Appendix

The entirety of the project’s research, information, and data is taken from *OpenAI*’s product *ChatGPT* and supplemental GPT system *DALL-E*. For the *where to find help* section, Widener University’s Counseling and Psychological Services page was used in order to help point students towards getting help if they are ever feeling off!

Full Chat for Generating Depression Images

DALL-E >

can we switch gears to depression now, I want you to develop a very good understanding for the internal feelings of someone who may be struggling with depression

Absolutely. Depression is a deeply complex and personal experience, but there are some common internal struggles that many people face. Let’s break it down to really capture what it *feels* like inside for someone struggling with depression.

The Internal Experience of Depression

1. **Emptiness & Numbness** – Many describe depression as a void, a feeling of being emotionally drained or detached. It’s not just sadness—it’s often a lack of feeling, like existing in a gray space where nothing seems to matter.
2. **Overwhelming Weight** – Depression can feel physically heavy, like carrying an invisible weight on the chest or shoulders. Simple tasks feel exhausting, as if the body is moving through thick mud.
3. **Isolation & Loneliness** – Even in a room full of people, someone with depression might feel completely alone, like they’re trapped in an invisible glass box. They may feel disconnected from others, as if the world is happening at a distance.
4. **Self-Doubt & Worthlessness** – There’s often a cruel inner voice constantly criticizing, saying things like “You’re not good enough” or “You don’t matter.” This can make even small decisions feel overwhelming.
5. **Lack of Motivation & Interest** – Things that used to bring joy now feel empty or pointless. Even favorite hobbies or beloved people might not spark any emotion, leading to deep frustration or guilt.
6. **Physical Exhaustion & Foggy Mind** – Depression doesn’t just affect emotions—it slows down thinking, makes focusing difficult, and can cause constant fatigue, even after rest.
7. **Desperation & Hopelessness** – The feeling that nothing will ever get better, like being stuck in a tunnel with no light ahead. It can be incredibly hard to believe that things *can* improve.

Would You Like a Visual Representation?

DALL-E >

I would you like you to now create an image for Depression Disorder
Please make the image have a color tone matching with ones that help convey a depressing vibe
Please try your best to make the image evoke feelings in the viewer, that are similar to the one suffering from the illness
Try to create this image to represent how someone battling with depression may feel internally

it is difficult but please try to visualize the thoughts, emotions and feelings of someone suffering from depression

DALL-E >



Here are two more intense and emotionally charged visual representations of depression, designed to make the viewer truly *feel* the internal struggle. The imagery of fading, chains, and creeping darkness conveys the weight, isolation, and detachment that often come with depression. Let me know if this captures what you're looking for, or if you'd like another perspective. ❤️



DALL-E >



now create a different image to visualize how someone suffering from depression from losing a loved one may be feeling



Here are two powerful visual representations of grief and depression after losing a loved one. The imagery captures sorrow, emptiness, and the lingering presence of someone who is deeply missed. Let me know if you'd like any refinements or a different approach. ❤️

DALL-E >



now create a different image to visualize how someone suffering from depression from substance abuse



Here are two deeply emotional images representing depression caused by substance abuse. The visuals capture the isolation, exhaustion, and inescapable grip of addiction. Let me know if you'd like any adjustments or a different perspective. ❤️

DALL-E >



now create a different image to visualize how someone suffering from depression because of chronic stress



Here are two visual representations of depression caused by chronic stress. The imagery captures the exhaustion, overwhelming pressure, and mental fatigue that come with relentless stress. Let me know if you'd like any refinements or a different approach. ❤️

DALL-E >



now create a different image to visualize how someone suffering from depression because of recent breakup from a long term relationship



Here are two emotional visual representations of depression following a recent breakup from a long-term relationship. The imagery captures the deep sorrow, emptiness, and lingering memories of lost love. Let me know if you'd like any refinements or a different approach. 💙

DALL-E >



great job can we switch gears now to creating images that generate overall awareness of depression for someone to relate too themselves or even to just help them understand the condition better

please make this one for young kids around elementary school age

DALL-E >



Here are two images designed to help young children understand and relate to depression in an age-appropriate way. The visuals use gentle symbolism, like a small rain cloud and isolation in a bright environment, to make the concept accessible without being overwhelming. Let me know if you'd like any adjustments or a different approach! 💙

DALL-E >



those are perfect!!

can we up it to middle school age group now



Here are two images designed to help middle school students understand and relate to depression. The visuals use subtle symbolism like a storm cloud and overwhelming thoughts to make the concept engaging and relatable. Let me know if you'd like any refinements or a different approach! 💙

DALL-E >



still great images!!

can you move on to High school/ University age group now?



Here are two images representing depression for high school and university students. The visuals capture feelings of isolation, emotional distress, and disconnection, even in social settings. Let me know if you'd like any adjustments or a different approach! 💙

DALL-E >



and finally can you create one for fully grown adults



Here are two visual representations of depression in fully grown adults, capturing feelings of exhaustion, emotional burden, and isolation. Let me know if you'd like any adjustments or a different perspective. 💙

A similar process was repeated for all five conditions mentioned in the project.