



WisdomAI: the first port of call for anyone with a wellbeing question

WisdomAI combines our counsellor's knowledge with the latest artificial intelligence into a search engine you can trust.

Our in-house professionals have answered thousands of questions across the helpline and we have compiled them all on this revolutionary platform that you can access anytime-anywhere!

30% of our most searched questions relate to depression

Depression is defined as a mood disorder that involves an ongoing feeling of sadness, loss of interest, a feeling of hopelessness and unhappiness. It is a condition that impacts multiples aspects of your daily life as well as potentially affecting your relationships, employment, social life, and lifestyle.

Depression has many different symptoms and it can manifest itself differently for different people. Some symptoms include: losing interest or joy in life, feeling unhappy or sad most of the time, avoiding other people, struggling with self-confidence, and an inability to concentrate.

If you're experiencing any of these symptoms, it's a good idea to talk to a medical doctor or mental health professional.