

Preface

This book, *Digital Mental Health and AI in Campus Wellness Programs*, explores how artificial intelligence is transforming mental health care within educational institutions. As universities confront rising stress, anxiety, and emotional challenges among students, AI-driven digital platforms offer new possibilities for early detection, personalized support, and continuous wellness monitoring. Through case studies, frameworks, and practical insights, this book highlights the integration of technology, psychology, and ethics in fostering healthier academic environments. It aims to guide educators, policymakers, and mental health professionals in harnessing AI responsibly to build inclusive, proactive, and data-informed campus wellness ecosystems.