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FOR IMMEDIATE RELEASE

Child and Family Services Examines AI's Growing Impact on Mental Health During Awareness Month

Buffalo, NY – As we approach the end of Mental Health Awareness Month, Child and Family Services (C+FS) is calling on Western New York to prioritize mental wellbeing beyond this month while taking a closer look at the growing influence of artificial intelligence in everyday life.

As AI rapidly becomes part of how people communicate, work and access information, experts say its impact on mental health is complex. From improving access to care and resources to increasing screen time and exposure to misinformation, technology is reshaping how people think, feel and connect.

"Artificial intelligence is transforming nearly every aspect of our lives, including how we experience mental healthcare," said Brittany Horan, Senior Clinical Supervisor at Child and Family Services. "While it offers opportunities to expand access and innovation, it also raises important questions about trust, human connection and emotional wellbeing."

C+FS clinicians note that increased reliance on digital tools can contribute to stress, anxiety and social disconnection, making it more important than ever to promote healthy technology use and open conversations about mental health.

C+FS team members are available throughout May for interviews related to mental health awareness stories and expert insight on the impact of technology and artificial intelligence on mental health.

In 2025, Child & Family Services' Counseling Program provided 35,846 client sessions, including counseling, psychiatric and health monitoring services. Individuals interested in scheduling a counseling appointment can visit cfsbny.org/counseling or call 716-842-2750.



About Child and Family Services

Founded in 1873, Child and Family Services relies on its generations of expertise and multi-faceted programs to provide the people of its region with essential resources. C+FS is a not-for-profit organization accredited by the Council on Accreditation and a member agency of the United Way. It serves children, adults, and families in the eight counties of Western New York without regard to race, creed, national origin or economic status.

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