

Virtual Mental Health

Chat. Relate. Talk.



**AI-POWERED
CHATBOT**

**PEER-TO-PEER
SUPPORT**

**VIRTUAL
THERAPY**

Get support with
depression & anxiety

Connect based on
shared experiences

Speak with licensed
professionals

100% anonymous

97% of members
report feeling better
following a call with
peer-to-peer support

Via appointment

Available **24/7**

70% of members have
more than one visit,
continuing their mental
wellness journey

Anytime, anywhere. Your mind has met it's *Champion!*

TOP 4

reasons to reach out:

#1

Anxiety

#2

Depression

#3

Stress

#4

Relationship
Problems

Plus: • Feeling isolated • Life planning • Being a minority • Making difficult decisions • Grief • Addiction • Eating disorders • & More

If you are in a crisis situation, please [call or text the 988 Suicide & Crisis Lifeline](#) for help.