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# Mental Wellness

Habit Tracker

AI Therapist

Challenges

Wellness Score



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## AI Therapist

You can start the chat by saying hello! 🙋

Hey!  
How are you mate?

Fellow Stranger



What brought you to this app?  
Do you like it so far?

Hey mate,  
I am not doing so well!

You know mental health affects  
badly after a relationship ends!

It's kind of sad that it ended.

Yes I got you buddy! I just  
recently overcame depression.

Fellow Stranger



Therapy was really effective!  
this app is super useful for  
getting mental health needs  
quickly.

**End Conversation**

Continue your conversation here



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# Habit Tracker

## Daily objectives

- ☐ Talk with someone today
- ☐ 5 minutes of meditation
- ☐ Go for a 10 minute walk outside
- ☐ Give yourself a sweet treat

## How are you feeling right now?



## Your Weekly Trend

