

# **Psymeon Company Overview**

## **Company Profile**

- **Founded: 2022**
- **Location: Wismar, Germany (St.-Marien-Kirchhof 16, 23966 Wismar)**
- **Size: 2-10 employees**
- **Type: MedTech company**
- **Focus: E-health solutions for mental health**
- **Mission: Provide low-threshold access to psychiatric care and improve patient outcomes regardless of location**
- **Vision: Lead in preventive mental health medicine through constant innovation**

## **Company Achievements**

- **Won first place in the 2023 Landesfinale Female StartAperitivo**
- **Successfully developed ALVIE MVP in 2022**
- **Established POCKET-Therapist product line**

## **Leadership Team**

- **CEO: Dr. med. Doris Krüger**
  - **Background: Psychiatrist from Charite Berlin**
  - **Expertise: Medical and psychiatric care**
- **Additional Leadership:**
  - **Anna Runge (CEO)**
  - **Peter Krüger**

## **ALVIE Product Details**

## **Product Overview**

**ALVIE is Psymeon's flagship product, designed as a preventive care digital therapeutic application for individuals with depressive symptoms. It combines digital innovation with psychiatric and psychological expertise.**

## **Key Features**

### **1. Resource Activation**

- Identifies personal resources**
- Develops coping strategies**
- Builds support networks**

### **2. Depression Management**

- Cognitive restructuring for negative thoughts**
- Pattern recognition and modification**
- Behavioral activation techniques**

### **3. Motivation Enhancement**

- Personalized goal setting**
- Progress tracking**
- Achievement recognition**

### **4. Self-Efficacy Building**

- Skill development**
- Confidence building exercises**
- Success tracking**

### **5. Relaxation Techniques**

- Sleep improvement methods**
- Stress reduction exercises**
- Tension management**

## **Usage Guidelines**

### **Intended Use**

- Preventive care tool**
- Support during therapy**
- Skill development platform**
- Daily mental health management**

## **Limitations**

- Not a replacement for professional therapy
- Not suitable for acute crises
- Not appropriate for suicidal thoughts
- Requires consistent engagement

## **Assessment Tools**

- 21-question depression assessment
- Symptom severity scoring (0-3 scale)
- Progress tracking mechanisms

## **Development Timeline**

### **2020**

- Business concept developed during COVID-19 pandemic
- Initial market research
- Preliminary product planning

### **2021**

- Hired Frontend Developer
- Created POCKET Therapist series plan
- Began initial product development

### **2022**

- Company officially founded
- Developed ALVIE MVP
- Hired Backend Developer
- Formulated business strategy
- Initial capital: 1,500 EUR

## **Future Development Plans**

### **Planned Extensions**

- Anxiety disorder application
- Substance use disorder support
- PTSD management tools
- Psychological tele-counseling integration

## **Strategic Goals**

- 1. Expand POCKET-Therapist product line**
- 2. Bridge mental health care gaps**
- 3. Enhance digital therapeutic capabilities**
- 4. Improve accessibility to mental health support**

## **Technical Implementation**

### **Core Components**

- Digital therapeutic interface**
- Assessment tools**
- Progress tracking system**
- User engagement mechanisms**
- Data security protocols**

### **Integration Features**

- Behavioral therapy principles**
- Scientific methodology**
- Digital health best practices**
- User feedback systems**