

What is Squeak to Speak

Founded in 2024, Squeak to Speak aims to make mental health resources more available for everyone.

Our mission is to make mental health resources more accessible, providing users with personalized support and connecting them to suitable emotional resources, avoiding stressful, uncomfortable or complex experiences when seeking out help and creating a safe environment for every user's specific needs.

Squeak to Speak aims to become a widely adopted platform integrated into clinics, hospitals, schools, and universities to provide personalized mental health paths and options. By offering this support, Squeak to Speak aims to enable faster and easier access to emotional support and allocate more efficiently the resources available in these places for individuals in need. Our ultimate goal is to reduce the stigma around mental health and to make emotional well-being a top priority for everyone.

The story of Squeak to Speak began with a simple but powerful observation: asking for help is hard. Whether it's due to fear, shame, or simply not knowing where to turn, countless individuals struggle in silence. Inspired by this gap, a team of passionate developers, psychologists, and community advocates came together to create an empathetic digital ally.

The platform's name, "Squeak to Speak," symbolizes its purpose: even the smallest step forward—a "squeak"—can lead to meaningful conversations, emotional breakthroughs, and healing connections. With this philosophy in mind, Squeak to Speak combines advanced AI, accessible design, and a deep understanding of mental health to empower users to take that first step toward well-being.

Squeak to Speak revolutionizes access to mental health resources through a conversational AI that provides personalized and context-based recommendations.

By including LLM technology, the AI assistant continuously adapts to the user's needs and preferences, creating a personalized and adaptable support path that encourages emotional growth and helps users connect with the most suitable mental health resources. By including a database of various healthcare professionals, the AI can recommend a human professional based on personality compatibility, specific needs, and financial limitations..This approach ensures a comfortable journey toward emotional well-being, providing alternative routines, strategies and ultimately guiding each user to the most adequate practitioner for their needs.

Squeak and Speaks values

Squeak to Speak has ground values that shape our beliefs and goals and how we act and base our decisions on. The company values are the following:

Integrity: We act with honesty and stay true to our beliefs, fostering trust with our users through transparency and consistency in all that we do.

Innovation: We embrace creativity and fresh ideas to drive progress. By integrating different features and updates, both technological and structural, we deliver meaningful improvements that enhance efficiency and outcomes.

User-Centricity and Focus on Privacy:Our priority is each user's unique needs and experience. We consider every interaction to understand their personality and preferences, creating a personalized, welcoming environment that makes every individual feel valued, while making sure that the safe spaces we create remain safe and private. A user's data will never be made public or shared beyond the user's own private chat.

Quality:We ensure high standards in every service we provide. Recognizing the importance of mental health, we try to ensure each interaction is accurate, respectable, compassionate, and capable of making a lasting positive impact.

Diversity and Inclusion:We foster an environment where everyone feels valued, respected, and understood. Our services reflect a commitment to inclusivity and diversity, accommodating a broad range of needs, perspectives, recommendations and services.

Growth and Learning:We aim to promote personal development, prioritizing the well-being and happiness of each individual we serve.

Respect:We treat everyone with fairness, empathy, and respect, making sure our users feel safe and free of judgment. This approach allows users to trust our company and open up fully - essential for providing a personalized and supportive experience.

Impact-Driven and Adaptable:We focus on initiatives that make a real difference, staying flexible and responsive to our users' evolving needs. Through ongoing feedback collection, we refine and adjust our recommendations and adapt their experience into a more personalized, effective experience for each user.

Squeak and Speaks features

Therapist , association and hotline Recommendation

Our final intention is to recommend a human healthcare professional tailored to each user's needs and preferences.

In alternative, you can also ask for a recommendation on an emergency or non emergency hotline or group association that you can visit.

Alternative routine suggestion

As a temporary solution, we offer healthier alternatives to dangerous routines or habits

Mood tracker and Journal

To better understand each user, we include a built in mood tracker and daily journal feature that can be used for tracking, anonymously venting and optionally contribute to the personalization of your chatbot

(botão para parar de usar os dados como feedback loop)

Data review

Our users will always be able to review, delete or alter their data. This might mean reviewing the last week of entries in their journal, altering a certain mood board input or even altering personal information that Squeak to Speak is storing.

Gratitude Banner

At Squeak to Speak we believe that seeing gratitude and happiness can go a long way to help a person's mood. The main page in our website will feature a gratitude banner, with anonymous messages our users have sent expressing feelings of mundane or extraordinary gratitude, happiness and positivity, aiming to send a smile to our users faces.

What we can do for you

Using Squeak to Speak, you can talk to a chatbot tailored to you, that has learned from your inputs and that will always have the ultimate goal of making you feel heard and seen.

Squeak to Speak allows you to express your feelings in a private journal, to record your daily moods, and to make contributions to the community through our gratitude post banner.

You can also request a contact for a therapist, a hotline or an association so that you can make more human contact. If you are not ready for this and looking for a more temporary solution, our chatbot can recommend healthier alternatives to any habits you might hold.

Our chatbot will answer questions regarding Squeak to Speak, our mission, values, objectives and features. You are always allowed to look at your data.