



# App Store Listing for *Therappai*

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## App Title

**Therappai: AI Therapy & Support**

(Keep under 30 chars on Apple, under 50 on Google Play)

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## Subtitle (Apple) / Short Description (Google Play)

AI-powered therapy with live video, crisis buddy alerts, and 24/7 wellness tools.

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## Full Description

**Your personal AI therapist, available anytime.**

Therappai helps you manage stress, anxiety, and addiction through **AI-powered conversations, live video therapy sessions, and personalized wellness tools** — all in a safe, private, and affordable space.

### ✨ Key Features:

- **24/7 AI Therapy** – Chat anytime for support, coping strategies, and guided exercises.
- **Live Video AI Sessions** – Experience realistic, face-to-face therapy with advanced AI avatars.
- **Crisis Buddy Alerts** – Add trusted family or friends who will be notified if the AI detects signs of crisis, such as relapse or suicidal ideation.
- **Daily Mood Tracking & Journaling** – Stay mindful of your mental health journey.
- **Evidence-Based Tools** – Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and mindfulness practices.
- **Privacy First** – All conversations are encrypted and kept secure.
- **Affordable Plans** – Free trial included, with monthly and annual subscription options.

Therappai is designed to support your wellbeing and provide a safe companion on your journey.

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## Important Disclaimer

Therappai is a **wellness support app** and is **not a substitute for licensed therapy, medical advice, diagnosis, or treatment**.

If you are in crisis or thinking of suicide, please call your local emergency number immediately.

- U.S.: Dial **988** (Suicide & Crisis Lifeline)
  - U.K. & Ireland: Call **116 123** (Samaritans)
  - International: [findahelpline.com](http://findahelpline.com)
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## What's New (for updates)

- Added **live AI video therapy sessions**
  - Added **Crisis Buddy alerts** for family/friends
  - Improved conversation accuracy and personalization
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## ASO Keywords (metadata)

### Primary (High Intent)

- AI therapy app
- mental health AI
- AI video therapy
- crisis support app
- addiction recovery AI
- anxiety relief app
- depression support

### Secondary (Broader Reach)

- self-care app
- mood tracker
- mindfulness coach
- CBT therapy app
- emotional support AI
- virtual therapist
- journaling for mental health

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## App Privacy (for App Store Connect / Google Play)

- **Data Collected:** Name, email, mood tracking, conversation history (stored securely).
- **Sensitive Data:** Conversations may reference mental health but are anonymized and encrypted.
- **Not Shared:** We do not sell personal data. Data is only shared with service providers (cloud hosting, payment processing).
- **User Control:** Users can request deletion of their data (GDPR/CCPA compliance).