Welcome to Serenity!

"To connect the vulnerable parts of our society with the help they need"

In the absence of free time, it can be difficult to find time for mental health and clarity. During these difficult times, it is vital to have a clear mind, unperturbed by the toils of daily life.

Serenity is a mental health support and training app designed to fix this problem. From daily exercises to clinical learning, our app helps prevent mental crises before they strike.

Click here and download our app for FREE!

Features

Initial Survey

➜ Our surveys will ask you a list of personalized questions regarding mental health
➜ Based on those answers, we will recommend different mental health exercises

Daily Exercises

➜ Our app will encourage you to complete the exercise regularly
➜ Exercises can be as short as 5 minutes! Longer activities are optional
➜ Using machine learning, challenges are tailored to your needs

Additional Resources

➜ We provide resources for people of all ages!
➜ Resources range from books for children to scholarly papers on mental health
➜ You name it, we have it!

Earn Points

➜ Login daily and receive points
➜ Earn additional rewards by purchasing Premium
➜ Spend your points and customize your avatar!

Help us help you

Choose the right plan for your needs

Standard
$0/month

✓ Access to a library full of resources

✓ Daily physical and mental exercises chosen for you

✓ Daily quizzes supporting your wellbeing

✓ Rewarding prizes

Get Started

Serenity+
$2.50/month

✓

✓

✓

✓

Try FREE for 7 days

Create your profile

Start personalizing your app free today

Username

First Name*

Last Name*

Email*

Password*

Create Your Account

Have An Account? Log In

Sign In

Email Or Username

Password

Log In

Forgot Email

Forgot Password

Don't have an account? Sign Up

PFP

First Name Last Name

Total Minutes Listened:
6969

Total Articles Read:
6969

Total Exercises Performed
6969

Total Badges Earned:
6969

Friends

Top Songs Listened:

COVER			

Song name

See More

Top Exercises:

COVER			

Exercise name

See More

Badges Earned:

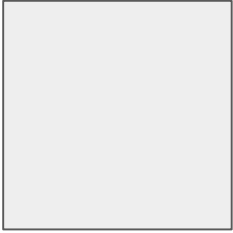| COVER			COVER			

See More

Daily Activity:

Meet our team

Arun Sabaratnam

Michael Haddad

Timothy Samoylov

Asad Ali

Hasan Jaber

Mayoor Aithal