

Welcome Back, alex

How would you like to focus on your wellness today?



SparkAI Therapist

Personalized cognitive exercises by Gemini.

Describe a situation to get a personalized session with a cognitive exercise, coping strategies, and more.

[Begin Session](#)

Whispers

Community & support.

Find professional support from licensed therapists or connect with a community of peers who understand.

[Get Connected](#)

Your Progress Journal

Visualize your emotional journey.

Review your reflection history, track your emotional patterns, and celebrate the milestones you've achieved.

[View Journal](#)

Echoes of Tomorrow

A message from your future self.

Share a current worry or aspiration and receive a supportive "memory" from a wiser, future version of yourself who has already navigated this moment.

[Get Perspective](#)

SparkAI Therapist ✨

 Home

Describe a situation and get a tailored cognitive exercise from Gemini.

What's on your mind?

Briefly describe the situation you're facing.

My situation is...

e.g., I'm feeling anxious about a big presentation...



 Generate Spark

Community & Support

Find professional therapists or connect with peers.



Connect with a Therapist

Connect with Friends

Available Therapists

Browse profiles and find the right therapist for you.



Dr. Evelyn Reed

Anxiety & Stress Management

With over 10 years of experience, Dr. Reed specializes in cognitive-behavioral therapy (CBT) to help you develop coping strategies.

Message

Book Session



Dr. Marcus Thorne

Depression & Relationship Issues

Dr. Thorne offers a compassionate, person-centered approach to help you navigate life's challenges and build stronger connections.

Message

Book Session



Dr. Lena Petrova

Trauma & PTSD

Dr. Petrova uses evidence-based techniques like EMDR to help clients process trauma in a safe and supportive environment.

Message

Book Session

Community & Support

Find professional therapists or connect with peers.



Connect with a Therapist

Connect with Friends

Friends List

Community Stream

ⓘ You are not alone.

This is an anonymous stream of thoughts from other users. It's a reminder that many people share similar feelings, and you're part of a community that understands.

"I'm feeling overwhelmed with work, but I'm afraid to tell anyone."

"Sometimes I feel incredibly lonely, even when I'm surrounded by people."

"I achieved a small goal today and I am secretly very proud of myself."

"I miss someone I can't talk to anymore, and it hurts."

"It feels like everyone else has their life figured out except for me."

Community Guidelines

Be Kind & Respectful: Treat everyone with kindness. No bullying or mean comments.

Share with Care: Be mindful of what you share. Avoid posting personal information.

Support Each Other: Offer encouragement and support to fellow community members.

Community & Support

Find professional therapists or connect with peers.



Connect with a Therapist

Connect with Friends

Friends List

Community Stream

Your Friends

Find and connect with others in the community.



Alex

Add Friend

Chat



Jordan

Add Friend

Chat



Taylor

Add Friend

Chat



Casey

Add Friend

Chat

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Echoes of Tomorrow

 Home

Share a current worry and a future dream, and receive a letter back from the version of you who has already achieved it.

A Message to the Future

Your future self is listening. What do you want them to know?

My future goal or dream is... (optional)

e.g., to become a doctor, to travel the world, or to feel truly happy.

What's on your mind today?

e.g., I'm feeling anxious about the future, or I hope I can achieve my goal of...

 Send to the Future

 Home

Your Progress Journal

Visualize your emotional journey and celebrate your milestones.

My Reflection History

Each entry represents a moment of reflection.



First Reflection
May 1



Positive Outlook
May 3



Big Achievement
May 5



Growth Mindset
May 8



New Perspective
May 10



Morning Gratitude
May 12



Evening Thoughts
May 14



Inner Peace
May 15

My Achievements

Collect badges for achieving personal milestones.



First Reflection

Completed your first reflection.



Weekly Check-in

Used the app every day for a week.



Community Contributor

Shared your first thought.



Positive Streak

Logged a positive emotion for 3 days.