



Mental health is a big part of who we are.

Because of misconceptions and stigma surrounding mental health issues, people often suffer in silence and don't seek treatment for their conditions. Mental health awareness is an important initiative to improve understanding of mental health conditions and increase access to healthcare for those who need it.



Meditation

Gaining a new perspective on stressful situations, Building skills to manage your stress, Increasing self-awareness, Focusing on the present, Reducing negative emotions.



Relations

Improved relationships and interactions with other people.



Healthy

Improved physical wellbeing, such as lower blood pressure or reduction in chronic pain.



Habits

Improved management of behavioral health challenges, such as reducing or quitting smoking or drinking alcohol

OUR MISSION

Making professional therapy accessible, affordable, and convenient — so anyone who struggles with life’s challenges can get help, anytime and anywhere.

for all people



No setup, monthly, or hidden fees



Pay only for what you use



Real-time fee reporting

OUR GOALS

Maintain a work-life balance and create enjoyable moments at home

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Easy access to the benefit leading to higher engagement levels

Most comprehensive mental health support for organizations

Dedicated support