Pitch

So many problems, so much stress, so much planning, so many apps this makes me anxious. But no worries, our GuideMeThrough app tells you exactly how to tackle them. You get a personalized routine, task manager and a mental health coach combined. Our algorithm will help you make better choices for your everyday life.

GuideMeThrough is based on sound psychological understanding of managing mental health issues and life challenges. The pillars of wellbeing and mental health are relatively simple: meaningful social relationships, adequate sleep and rest, healthy eating habits, physical activity and having meaningful and gratifying things to do. Management of these necessities is strongly built upon daily routines and that is why we provide a highly modifiable

schedule, which is crafted to your needs, modified through feedback and adjusts to changing demands. Complementing the pillars we recommend specific exercises for you.

For example, if you have trouble getting things done and focus, we’ll map the possible source of your problem, give you a template with scheduling and behavioral suggestions and help get it done.

This is the long due revolution in mobile mental health.