



Welcome to **SALUS**

For living Happier and Healthier,
everyday.

start →



Disclaimer:

Our therapist matching app connects users with licensed professionals, aiming for accurate matches.

Users should assess therapists based on their needs; we don't endorse specific professionals. This isn't for emergencies; users must verify credentials and are responsible for interactions.

We prioritize user privacy per our policy. Feedback is subjective; it shouldn't solely guide decisions.

By clicking "Start," users agree to our terms and conditions.

start →



Choose your language

English



Frensh

Arabic

next →



Choose a Nickname

Don't use your real name

Rosé

next →



Choose the options
that apply to you

depression

anxiety

OCD



ADHD

enter your own

next →



Choose the options that apply to you

depression

anxiety



OCD



ADHD

enter your own |

next →

Afternoon, Rosé



How are you feeling today?



Quote of the Day

“The meaning of life is to give life meaning.”

Upcoming

28 March, 2021

Therapy Session

Dr. Ahmad S.

31 March, 2021

LUMS: Health &

Webinar

Curated Articles for You

Dealing with stage fright.

An honest guide to...

COVID-19 and its impact.

The pandemic ope...



Afternoon, Rosé

How are you feeling today?

great! wanna talk
about it?



Quote of the Day

“The meaning of life is to give life meaning.”

Upcoming

28 March, 2021

Therapy Session

Dr. Ahmad S.

31 March, 2021

LUMS: Health &

Webinar

Curated Articles for You

Dealing with
stage fright.

An honest guide t...

COVID-19 and
its impact.

The pandemic ope...



Afternoon, Rosé

How are you feeling today?

Well, something's
better than nothing



Quote of the Day

“The meaning of life is to give life meaning.”

Upcoming

28 March, 2021

Therapy Session

Dr. Ahmad S.

31 March, 2021

LUMS: Health &

Webinar

Curated Articles for You

Dealing with
stage fright.

An honest guide t...

COVID-19 and
its impact.

The pandemic ope...



Afternoon, Rosé

How are you feeling today?

Oh :/ sharing the burden might help



Or talk to your therapist >

Quote of the Day

“The meaning of life is to give life meaning.”

Upcoming

28 March, 2021

Therapy Session

Dr. Ahmad S.

31 March, 2021

LUMS: Health &

Webinar

Curated Articles for You

Dealing with stage fright.

An honest guide to...

COVID-19 and its impact.

The pandemic ope...



My Profile



Nickname
Rosé

Go to My
Journal



Delete your account



My Profile



Nickname
Rosé

Go to My

Are you sure you
want to delete your
account?

This action is irreversible

Yes

No

Delete your account



color options not available in demo



You slept 7
hours today
Maybe a little
more next time?

Mood to Sleep Fluctuations



Mood pie



Time spent on social media



My Journal



You slept 7
hours today
Maybe a little
more next time?

Mood to Sleep
Fluctuations



Mood pie



Time spent on social media

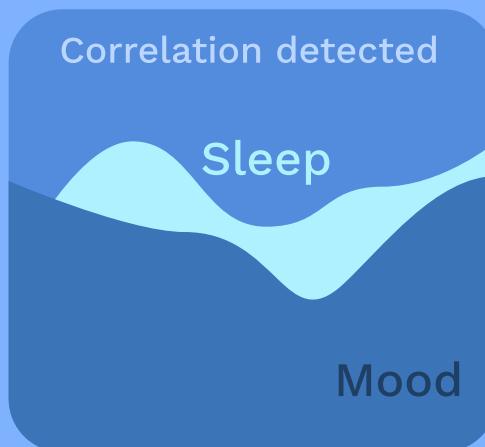


My Journal

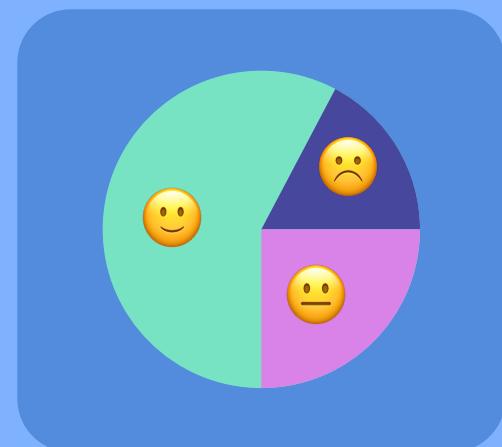


You slept 7 hours today
Maybe a little more next time?

Mood to Sleep Fluctuations



Mood pie



Time spent on social media



Search

*"Why are there quizzes
on sundays?"*



My Journal

Community

Therapist

Profile



Community

LUMS 

Share Something >

type type type|

I participated in class for the first time!



8



...

:)

3. View results

View the following status report for enrollment confirmations and errors

Spring Semester 2019-20 | Undergrad Semester | LUMS

Success: enrolled

Error: unable to add class

Class

Message

Status

BIO 101

Error: This class requires permission to enroll. This class is scheduled in a session where permission is now required to enroll.

[My Class Schedule](#)

[Add Another Class](#)



6



...



Community

LUMS 

Share Something 

Got an quick tips for dealing with large amounts of anxiety? got an exam in an hour

 2

 ...

I participated in class for the first time!

 8

 ...

:)

3. View results

View the following status report for enrollment confirmations and errors

Spring Semester 2019-20 | Undergrad Semester | LUMS

 Success: enrolled

 Error: unable to add class

Class

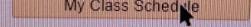
Message

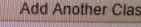
Status

BIO 101

Error: This class requires permission to enroll. This class is scheduled in a session where permission is now required to enroll.



 My Class Schedule

 Add Another Class

 6

 ...



Community

LUMS 

Share Something 

Got an quick tips for dealing with large amounts of anxiety? got an exam in an hour

 2

 ...

I participated in class for the first time!

 8

 ...

:)

3. View results

View the following status report for enrollment confirmations and errors

Spring Semester 2019-20 | Undergrad Semester | LUMS

 Success: enrolled

 Error: unable to add class

Class

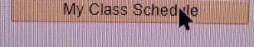
Message

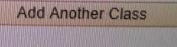
Status

BIO 101

Error: This class requires permission to enroll. This class is scheduled in a session where permission is now required to enroll.



 My Class Schedule

 Add Another Class

 6

 ...



Community

LUMS 

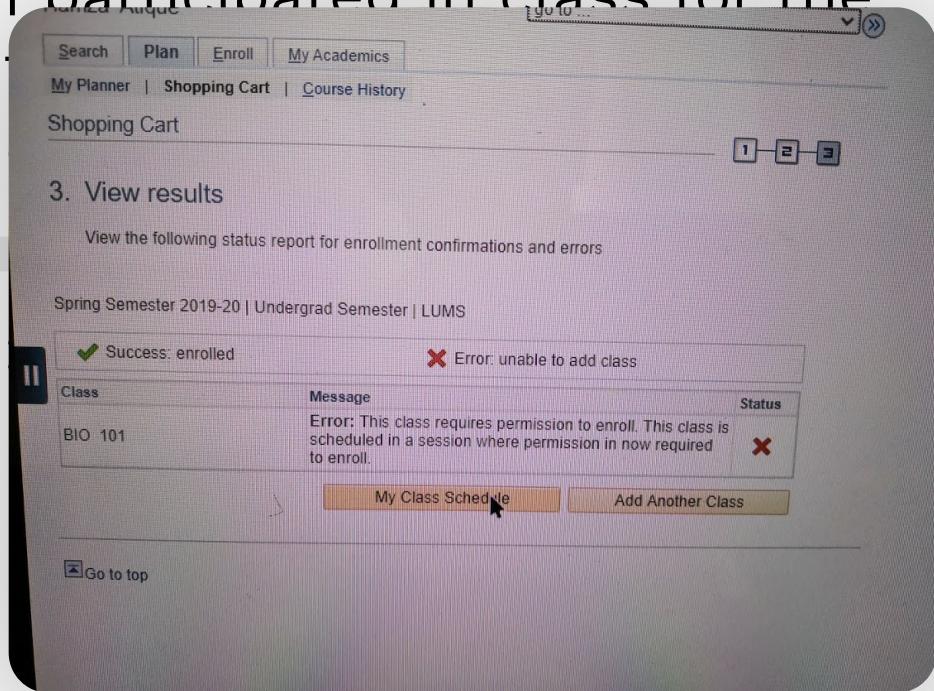
Share Something 

Got an quick tips for dealing with large amounts of anxiety? got an exam in an hour

  2

 ...

I participated in class for the



  6

 ...





SALUS

Mental Health Support