

Feeling anxious?

Looking for someone to talk to? Need help with finding what stresses you out the most?

I present to you:



AI Doc Bot

[Sign Up](#)

Are you in danger?

Help

No, Let's Continue



**Welcome to Doc Bot
where you can releave your
Anxiety stress.**

Sign In With Google

Sign In With Apple

Sign In With Facebook

Sign Up

Email:

Password:

Sign Up

Resources



911



Hot Line



Therapy



Psychiatrist



Contacts

Go Back

Profile



Name:

Age:

Address:

Emergency Contact:

Next

Hello I'm Doc and I want to be your pal



Doc is an AI
Bot that will answer
any question you
may have and will be a great friend.

[Ask me something](#)

[Explore](#)

Explore

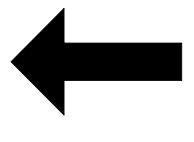
Meditate

Chat

Journal

Triggers

Edit Profile



Meditate

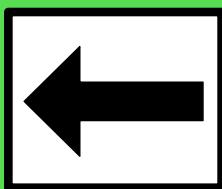
Find your calm

Breathing

Music

Movement

Relaxation



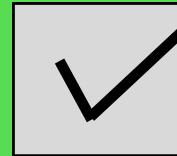
Journal

NOV

13

Pick your mood

Happy



Sad

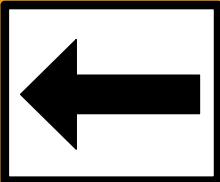


Upset



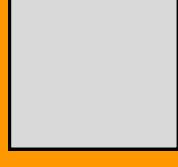
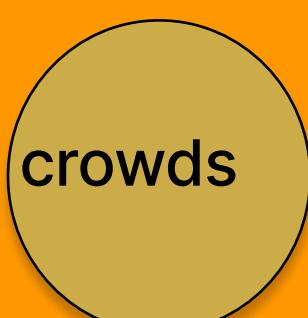
Angry

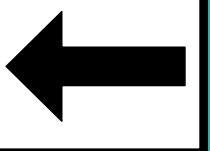




Triggers

Whats been a Trigger to you Anxiety?





Chat



How are you today

Very Anxious



Let's do some breathing exercises

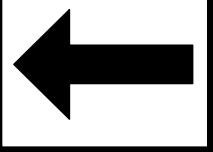
Go to Meditation

Ok What do I do



let's start by taking some long deep breaths In your nose out your mouth

Type



Breathing

Lets try some breathing techniques together.



Take some deep breaths in your nose out your mouth



Hope that helped want more breathing solutions just hit next.



Next