

Sanjeeveni

How it worksFeaturesPricingFAQ

Find a therapist

Login

Therapy History

Mar 15, 2025, 10:30 AM

Initial assessment session

View DetailsDownload Report

Session #1

Mar 19, 2025, 11:00 AM

Discussed work-related stress

View DetailsDownload Report

Session #2

Mar 22, 2025, 10:00 AM

Session in progress...

Current Session

Upcoming Sessions

No upcoming sessions scheduled

Schedule a Session

Progress Overview

Sessions completed

2

Progress

35%

Hello! I'm your therapy assistant. How are you feeling today?

Mar 16, 2025, 11:38 PM

I am not feeling good. I don't feel like doing anything. Everything feels like a burden.

Mar 16, 2025, 11:39 PM

Thank you for sharing that with me. What do you think triggered these feelings?

Mar 16, 2025, 11:39 PM

I am not being able to deliver my best, and the more I do try to deliver something, it just doesn't go the way I want it to be. Now, I just stopped trying.

Mar 16, 2025, 11:40 PM

That sounds challenging. How long have you been feeling this way?

Mar 16, 2025, 11:40 PM

A week.

Mar 16, 2025, 11:40 PM

I understand how you're feeling. Can you tell me more about that?

Mar 16, 2025, 11:40 PM

Type your message here...

Mental Health Analysis

Depression

20%

Anxiety

30%

Happiness

70%

Suicidal Tendencies

5%

Stress

40%

Summary

Based on your conversation, you appear to be experiencing moderate levels of stress and anxiety, with some signs of depression. Your happiness indicators are relatively positive, which is a good sign. Continue to monitor your mental health and consider the recommendations below.

Recommendations:

Continue practicing self-care and maintaining your mental well-being.

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Welcome to Sanjeeveni

A safe space to heal, grow, and be heard anytime. Our AI-powered therapy companion is here to support your mental wellbeing journey.

Get StartedLearn More



Why Choose Sanjeeveni

Our AI therapy companion offers unique benefits to support your mental health journey



Why Choose Sanjeeveni

Our AI therapy companion offers unique benefits to support your mental health journey

Complete Privacy

Your conversations are 100% private and secure. We prioritize your confidentiality above all else.

24/7 Availability

Get support whenever you need it, day or night. Sanjeeveni is always there to listen.

Affordable Support

Access quality mental health support at a fraction of the cost of traditional therapy.

AI-Powered Insights

Our advanced AI understands your patterns and provides personalized guidance.

Growth Tracking

Monitor your progress and celebrate milestones on your mental health journey.

Human Backup

Connect with real therapists when needed, combining AI efficiency with human expertise.

How Sanjeeveni Works

Getting started with our AI therapy companion is simple and straightforward

1

Sign Up

Create your account in minutes and tell us a bit about yourself so we can personalize your experience.

2

Connect & Share

Start chatting with Sanjeeveni and share your thoughts, concerns, or feelings in a safe space.

3

Grow & Heal

Receive personalized insights, coping strategies, and support as you progress on your journey.

Start Your Healing Journey Today

Join thousands of users who have found support, guidance, and growth with Sanjeeveni's AI therapy companion.

Our platform combines cutting-edge AI technology with evidence-based therapeutic approaches to provide you with personalized support whenever you need it.

Get Started!

First Name

Last Name

Phone Number

Age

Email

Sign Up