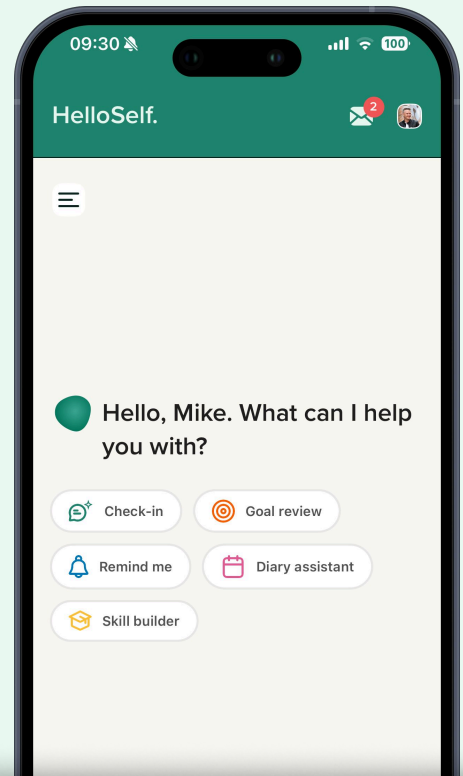


Feel better faster with between session support

People who use HelloSelf improve 40% faster*.

Therapy isn't just what happens in sessions – it's also what you do in between. The HelloSelf app gives you tools designed by clinicians to help you build progress into your everyday life, so you can feel better sooner and stay well for longer.



Daily support

Do interactive Check-ins with your digital Companion.



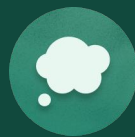
Never lose insights

Revisit learnings with your Session Summaries.



See your growth

Track your goals and milestones along the way.



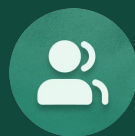
Private reflection

Jot down thoughts in your secure Notebook.



Gentle reminders

Get nudges to complete activities set by your therapist.

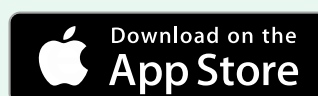


Stay connected

Send and receive messages with your therapist or coach.

Every tool is designed by clinicians, to help you progress between sessions. Build habits that last beyond therapy.

**Download the HelloSelf
app for free today**



*people who engage with HelloSelf notice improvement 40% faster. Read paper [here](#).