

A counseling session? Nope. A therapy app? Not quite.

What makes us different?



Privacy

- Sign up in seconds with no names, diagnoses, demographic data, or PHI collected
- No personal or device info shared with advertisers, employers, or insurance providers
- No downloads, passwords, or software updates required
- Anonymity guarantees uniformity of care and prevents implicit bias



Accessibility

- Available to people without smartphones, broadband internet, wifi, or data plans
- Built for everyone, not just people struggling with severe symptoms
- 97% of Americans prefer texting to apps or any other communication method
- No technical integration required, launch within 24 hours of payment



Scalability

- No appointments, scheduling issues, or long wait lists
- Unlimited interaction, not capped by a number of sessions, hours, or messages
- Available 24/7, not restricted to "office hours" or subject to holiday closures
- Only requires 15 seconds per day of passive interaction



Engagement

- 13X the average EAP participation (we're not making this up)
- While 50% of people quit therapy after just 3 weeks, our subscribers stay for nearly 2 years
- Text messages are 50X more likely to be read on a daily basis than app notifications
- Proactive outreach instead of waiting to hear a cry for help



Empowerment

- Preventative peer-based interventions written by real humans, not AI or a chatbot
- Psychology facts, exercises, prompts, and health education content reviewed and approved by clinicians
- Although therapy takes 10 weeks to produce results, 86% of our users report improved mental health within 30 days

For more info (and proof that it actually works), visit copenotes.com