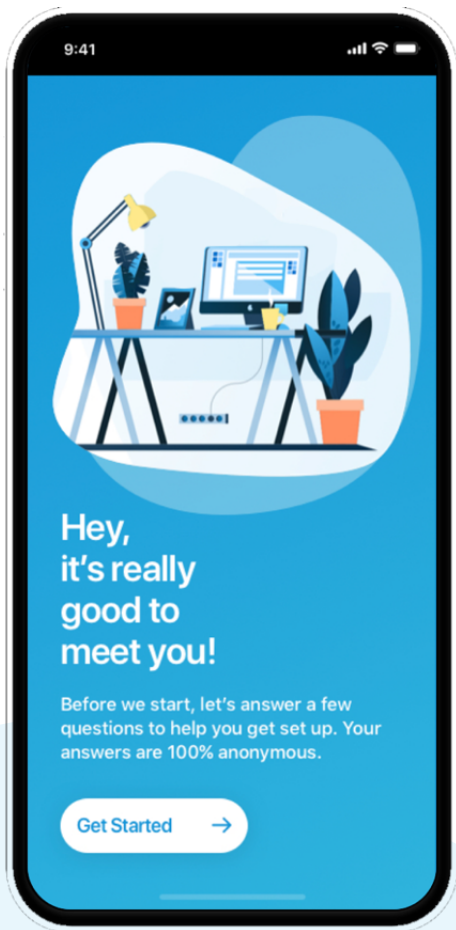


What are the benefits of the Everymind app?



Accessible support, 24/7

It's there in your pocket, whenever you need it. We update weekly with new tools and content to allow you to get the support you need within a few clicks.

Tailored content and advice

There's no one size fits all approach to wellbeing. Using the app, you can track your mental health through a series of clinically-backed questionnaires, and then receive recommended content to better manage your mental health.

Support with:

- Stress
- Low Mood
- Anxiety
- Sleep
- Physical Exercise
- Breathing
- Meditation
- Trauma
- Body Image
- Work-Life Balance
- Supporting Others
- Plus Much More



100% Anonymous

With employees fearful of judgement, we guarantee 100% anonymity for the user.



Personal Support

Stepping away from a one size fits all approach, we use AI to offer personalised help for the user.



Urgent Support

Alongside proactive support, we also provide 24/7 crisis support through SMS and phone.