



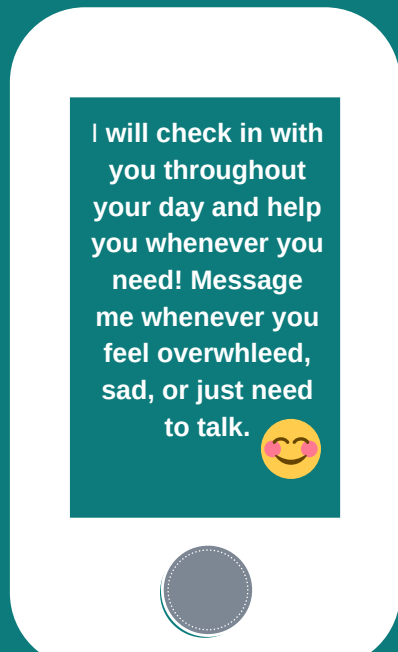
HI! I'M WOEBOT

Your friendly self-care expert.

We're on a mission to make mental health care accessible to everyone

The Science

A team of psychologists worked to build programs and tools in the clinic. They worked at Stanford for over 10 years. They moved from the clinic to an app to reach more people! There's 20+ years of research to show that DIY CBT (Cognitive Behavioral Therapy) works. CBT delivered via the Internet can be as effective as therapist-delivered CBT for both anxiety and depression.



I will check in with you throughout your day and help you whenever you need! Message me whenever you feel overwhelmed, sad, or just need to talk. 😊

What does WoeBot help with?

- Think through situations with step-by-step guidance from Woebot using methods from Cognitive Behavioral Therapy (CBT)
- Learn about yourself with intelligent mood tracking
- Get over 150+ evidence-based lessons, exercises, and stories from our clinical team
- And more!



How to Talk with WoeBot

Download the App and Text to Talk!

Available as an app on IOS devices through the apple store

Available on Google Play as an app

Available to log in via WoeBot's website <https://woeobot.io>

