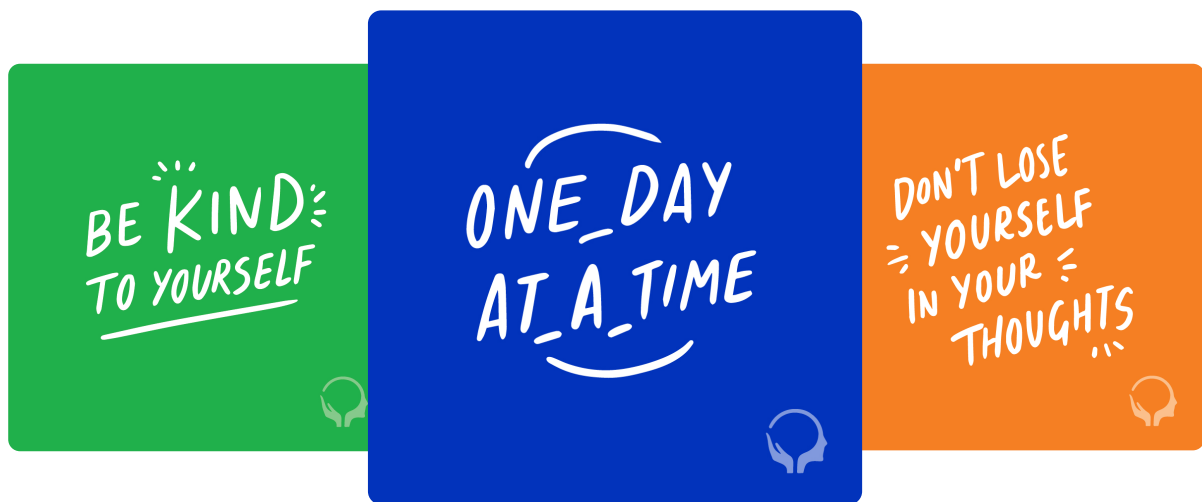


Wellbeing support in your pocket

Clearhead is an online mental health and wellbeing platform (website and mobile app) that is free to use.



Chat to the digital wellbeing assistant to better understand your challenge

Our digital wellbeing assistant is powered by smart AI technology and mimics a consultation with your GP. This online conversation is a non-judgmental space where you can discuss what you are going through and receive mental health support.

A personalised digital wellbeing plan is then created for you

Clearhead will create and guide you through your own personalised wellbeing plan, based off your unique situation and what you shared with the chatbot. This wellbeing plan can be worked through at your own pace and will offer you mental health tools and lessons.

Work through the wellbeing plan with interactive tools and mini lessons

Your personalised wellbeing plan will contain four types of lessons which will teach you how to; understand what affects your mental wellbeing, learn skills to cope with the problems you are facing, learn how to navigate through the unhelpful thoughts in your head and also support you in making healthy lifestyle changes.

Develop lifelong skills to master those negative thoughts and emotions

The skills which you will learn from your wellbeing plan will help you to better understand your own mental struggles both now and in the future. You will also be able to access mindfulness guides, and mood trackers, to provide you with valuable insights and ways to develop sustained positive wellbeing for yourself and others.