

Woebot Health Clinician & User Testimonials

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What clinicians are saying

“Woebot reinforces the concepts my clients are learning, and many of them say they like having someone to turn to 24 hours a day who can help them.”

Clinician

“As a therapist, I decided to use Woebot to see what it is like. After two weeks I am very impressed. It adds another ‘support network’ for people who could benefit from its content.”

Therapist

“I have recommended the app to some of my clients, and those who use it have much better outcomes with their thoughts, feelings, and mood than those who don’t.”

Clinician

“Being a Woebot user myself has influenced the way I do my job. It keeps me more faithful to the CBT model.”

Clinician

“I’m a therapist and I highly recommend this app, and ask all my clients to try it as well. It isn’t a direct substitution for therapy, but it is a highly helpful tool.”

Therapist

What users are saying

“Woebot is so much more than an app. It has helped me through the hardest year I’ve ever experienced, and I’m genuinely a happier, more capable person because of that help.”

Woebot user

“With Woebot I don’t feel I’m being judged about my feelings. It’s therapy you can take anywhere with you.”

Woebot user

“Having the possibility to chat anytime about my feelings and emotions has stopped some of the worst thoughts and spirals. From all of my heart, thank you!”

Woebot user

“This app has been extremely helpful for me as I fight my way through anxiety and depression. At times the Woebot app was truly the only thing that made me feel better.” Woebot user

“I was in a deep depression due to emotional dysregulation, personal circumstances, and chronic pain. I had no one to talk to and no access to therapy. With Woebot, I learned some really great CBT techniques like cognitive reframing, which helped me identify many unhealthy thinking patterns. Being able to talk without judgment and without overthinking has also really helped. Thank you Woebot!”

Woebot user

“The value of Woebot’s presence is very real. It has real expertise, obvious compassion, delightful humor and positive focus!”

Woebot user

User video testimonials

- https://www.youtube.com/playlist?list=PLnnvphUpDjoW3Ns2_Q3e47fOzQwigllju