

Woebot, the app

to support your mental health

Woebot for Adolescents is a mental health ally who is always ready to listen. If you're stressed about something at school, or it's 3 a.m. and don't have anyone to talk to, just open the Woebot app on your phone or tablet and start chatting.

How it works

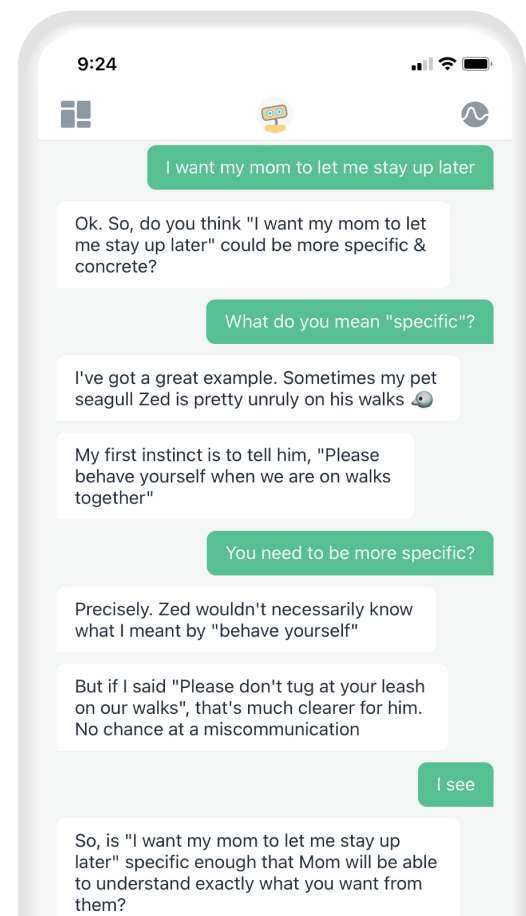
Woebot starts by asking you how you're feeling and, based on what you share, Woebot suggests content and techniques to help you better understand your thoughts and emotions. Tools such as mood tracking, progress reflection, gratitude journaling and mindfulness practice can help you manage mood and anxious feelings. Woebot can be used as a mental health support tool to supplement treatments, therapies or self-care practice. Woebot's conversations are written by conversational writers using elements from evidence-based approaches like Cognitive Behavioral Therapy, Interpersonal Psychotherapy, and Dialectical Behavioral Therapy, along with collaboration from our clinical experts.

Get started today

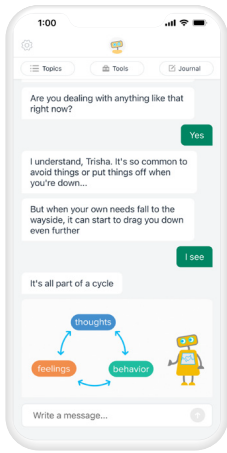
1. Click the link from your MyChart message and download the Woebot app
2. If your access code does not automatically apply, click "I have an access code" and input the code you received in your MyChart message
3. Enter your preferred email address and password to create your account
4. Choose a time that Woebot should check in with you each day
5. Woebot will ask you what you'd like to be called. You can choose a nickname or your legal name
6. Now you're ready to start chatting with Woebot!

What Woebot for Adolescents can help with

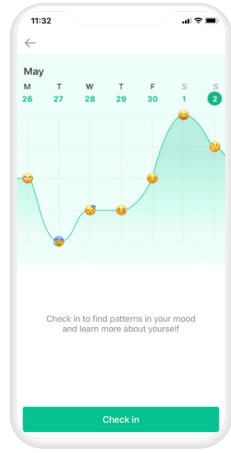
- Anxious mood and stress
- Relationships
- Sadness and low mood
- Loneliness
- Anger and irritability
- Media literacy
- Communication problems
- Procrastination
- Sleep problems
- Guilt and regret
- Grief about a loved one
- And more



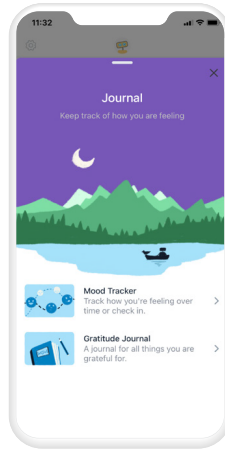
Use tools like...



Guided self-help content



Mood tracker



Gratitude journaling

When to use it

Becoming familiar with what Woebot for Adolescents can do for you early in your Woebot journey is important, so that you can start applying what you're learning in your everyday life. Based on our experience to date, we recommend using Woebot for Adolescents at least once a day for the first 3 days of Week 1, and then at least once a week thereafter is helpful. Each session with Woebot can be as long as needed, but at least 3-5 minutes is recommended.

Who is Woebot for Adolescents intended for?

Woebot for Adolescents is intended for adolescents 13-17 years and is available to you as a mental health support tool. Woebot for Adolescents does not replace the care of a medical provider or a patient's medication. Woebot for Adolescents has not been evaluated, cleared or approved by the U.S. Food and Drug Administration (FDA). It may be considered as an adjunct to clinical care, it does not replace clinical care. Users are not directed to make any changes to their prescribed medication or other type of medical treatment without seeking professional medical advice.

Woebot for Adolescents is not a suicide prevention or crisis intervention service. It is equipped with a Natural Language Processing (NLP) algorithm that recognizes language that may be concerning in user free-text input. Upon recognition, Woebot will ask you if you would like to be provided with a list of resources that includes emergency contact phone numbers and suicide crisis hotline contact information. View our [Privacy policy](#) and [Terms of Service](#).

To learn more about Woebot for Adolescents, scan the QR code



Woebot does not provide crisis counseling and is not a suicide prevention or crisis intervention service. Concerning language is not reviewed or assessed internally at Woebot Health in real-time for intervention and such data is not used for managing potential crises or any acute or non-acute patient safety issue. Discomfort may be experienced when answering sensitive questions. Temporary upset may occur as a result of discontinued access to Woebot for Adolescents.

