

# Woebot, the app to support your mental health

Woebot for Adults is a mental health ally you can chat with through an app on your smartphone or tablet, anytime day or night. Woebot helps you work through challenging thoughts, feelings and behaviors and fits right into your life.

## How Woebot works

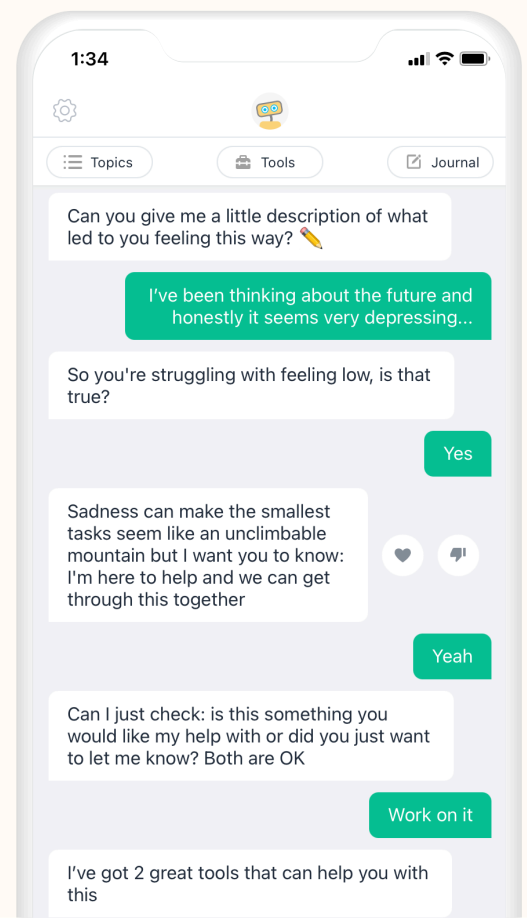
Woebot starts by asking you how you're feeling and, based on what you share, Woebot suggests tools and content to help you understand your thoughts and emotions, and offers techniques you can try to help you feel better. Woebot's conversations are evidence-based and built from concepts of Cognitive Behavioral Therapy, with elements of Interpersonal Psychotherapy, and Dialectical Behavioral Therapy concepts. All content is written by conversational writers in collaboration with clinical experts.

## What Woebot can help with

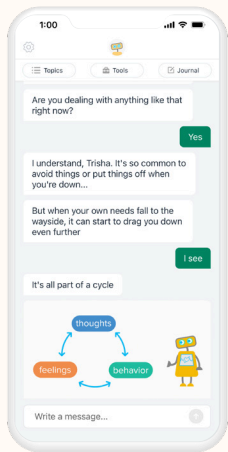
- Anxious feelings & stress
- Loneliness
- Worry about finances
- Sleep problems
- Guilt & regret
- Sadness & low mood
- Grief about a loved one
- Anger & irritability
- Relationships
- And more

## Why Woebot?

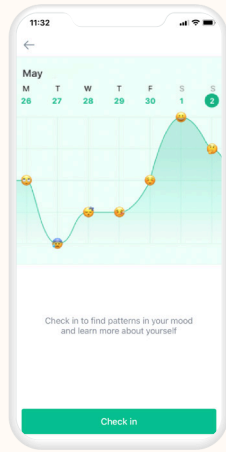
- Always there for you - even if it's in the middle of the night
- Supports quick check-ins
- Share what you're dealing with, and be met with empathy & understanding
- Discover patterns and learn more about yourself through mood tracking & the gratitude journal
- What you write to Woebot is private and secure. Transcripts of conversations are not shared outside of what is required legally and to provide the service



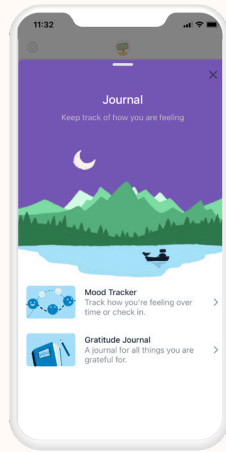
## Use tools like...



Guided self-help content



Mood tracker



Gratitude journaling



## When to use it

Becoming familiar with what Woebot can do for you early in your Woebot journey is important, so that you can start applying what you're learning with Woebot in your everyday life. Our preliminary research shows that using Woebot 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. You can use the app as often as you'd like - whether that's just in moments of need or as a part of your daily self-care mental health practice. Woebot is available to you day or night, 24/7. Just open the app and talk to Woebot when you need it most.

## Who is Woebot intended for?

Woebot for Adults is intended for adults 18 years and older and is available either as a mental health general wellness or support tool. Woebot for Adults does not replace the care of a medical provider or a patient's medication. Woebot for Adults has not been cleared by the U.S. Food and Drug Administration (FDA), and 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 Adults is not a crisis service. It is equipped with a Natural Language Processing (NLP) algorithm that flags language that may be concerning in user free-text input. Upon recognition, Woebot for Adults will ask if a user would like to be provided with a list of resources that includes emergency contact phone numbers and suicide crisis hotline contact information.

## What users are saying about Woebot

"This 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 for Adults User



"I spiral with 'You're not good enough.' Woebot had me rewrite the thought, and one day I rewrote it as 'I am human.' That has been such a freeing thought change. I'm allowed to be messy, and that's okay."

### Woebot for Adults User

