



# Sanvello

On-demand help for stress, anxiety and depression

Created by psychologists, Sanvello is a top-rated self-help app that uses clinically validated techniques such as cognitive behavioral therapy (CBT) — a type of psychotherapy that has been shown to be especially effective for individuals experiencing high levels of stress, or symptoms of anxiety and depression.

Sanvello empowers individuals to engage with activities to improve their mental health from the convenience of their mobile device anytime, anywhere — helping relieve symptoms and build life skills that can reduce potential high-cost interventions in the future.

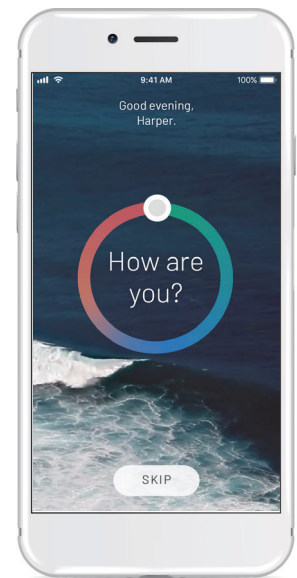
**Daily mood tracking.** Members answer simple questions each day to capture their current mood, identify patterns and self-assess progress.

**Personalized progress.** Through weekly check-ins, Sanvello creates a roadmap for improvement. Members can track where they are, set goals and make strides week by week.

**Guided Journeys.** Designed by experts for a range of needs, journeys use clinical techniques to help members feel more in control and build long-term life skills.

**Coping tools.** Members can find tools to help them relax, be in the moment or manage stressful situations, like test-taking, public speaking or morning dread.

**Community support.** With one of the largest peer communities in the field, members can connect with each other anonymously and share advice, stories and insights — anytime.



iOS



ANDROID



TABLET

## RESULTS<sup>1</sup>



Participants interact with Sanvello nearly **5X** more often than traditional therapy alone



**Lasting effects:** Sanvello decreases symptoms of depression and anxiety even after individuals stop using the app

1. Moberg C, Niles A, Beermann D. Guided self-help works: A randomized waitlist controlled trial of Pacifica, a mobile app integrating CBT and mindfulness for stress, anxiety, and depression. J Med Internet Res. 2019;21(6):e12556. [jmir.org/2019/6/e12556](https://www.jmir.org/2019/6/e12556).