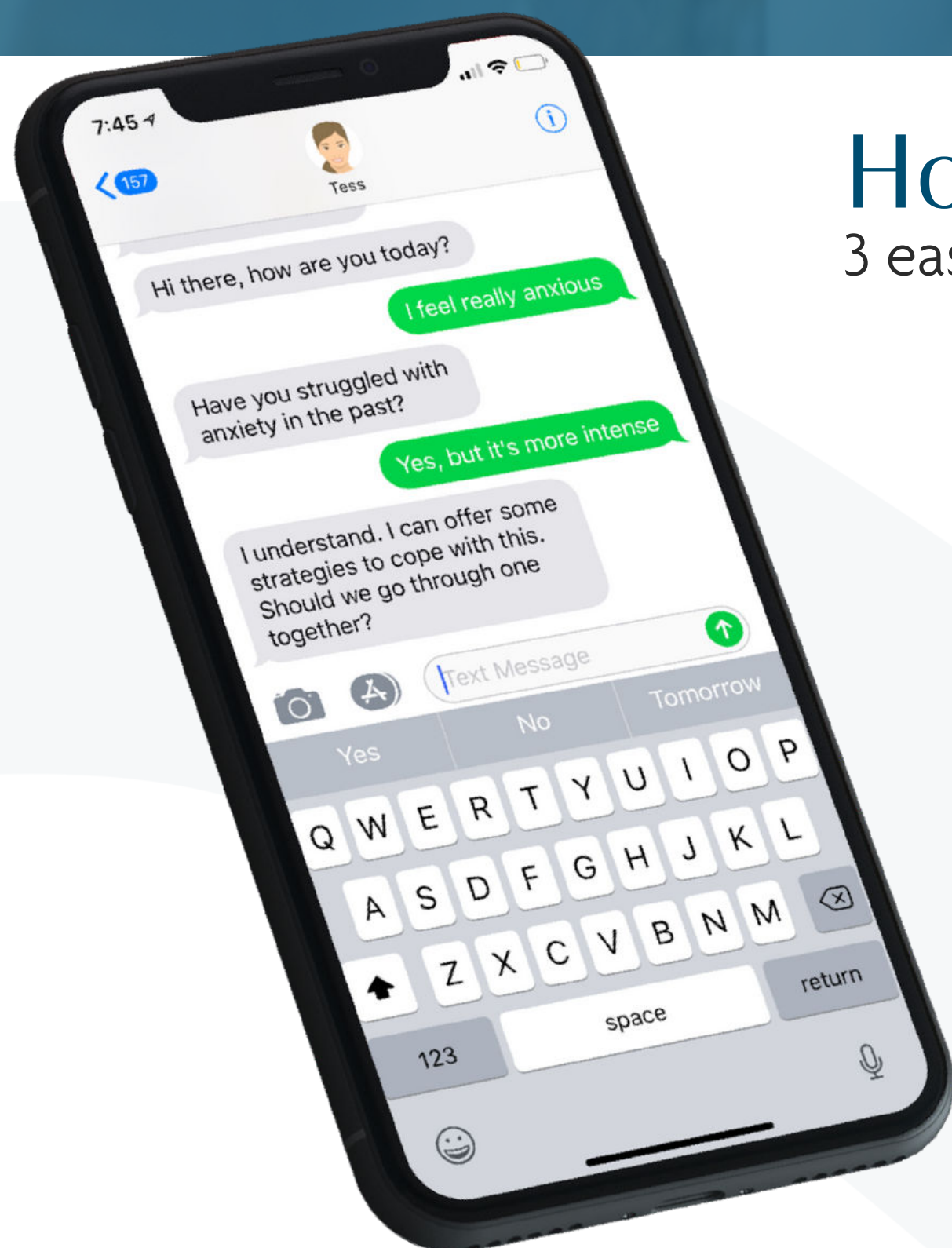


TEXT-BASED MENTAL HEALTH SUPPORT

Meet Tess

Tess is a supportive AI chatbot that's available 24/7, for unlimited conversations to help you manage stress, increase self-awareness, build resilience, and discover helpful resources. Tess is secure and confidential, just like conversations with a healthcare professional — no one but you will ever have access to your conversations.



How to Start Chatting With Tess

3 easy steps to start your on-demand mental health support

1

Say Hi

Start chatting with Tess by texting "hi" to (442) 245-8065

2

Tess asks

Like a coach, Tess works to understand your needs by asking, "How are you?"

3

Tess helps

Tess delivers coping strategies and resources based on what you say

Tess' Well-Being Impact.

Invest in yourself to reach your full potential



Stay
Balanced



Reduce
Stress



Be
Resilient

Tess is proven to reduce symptoms of depression and anxiety on average up to 18%!



For additional support, visit:
care.espyr.com
hello@espyr.com