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Integrating Artificial Intelligence into the Mental Health Landscape

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2-3 months is the average wait time to see a mental health professional

Too often, people don't feel supported—*because they aren't*. The snowballing demand for mental health support after COVID-19 is outpacing the clinician workforce. Our mental health care system is currently unequipped to support all who need it.

Struggling in any of these areas?

- Anxiety
- Depression
- Connectedness
- Emotional regulation
- Enjoyment and energy
- Navigating relationships
- Personal needs & role functioning
- Resilience/coping skills
- Self-efficacy
- Sleep

You are not alone!

Awards and Certifications



Pamphlet made by Luke Giangregorio

September 2023

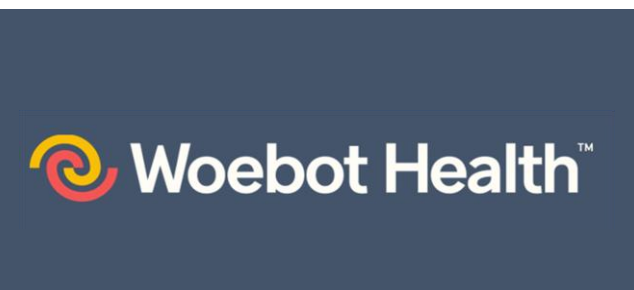
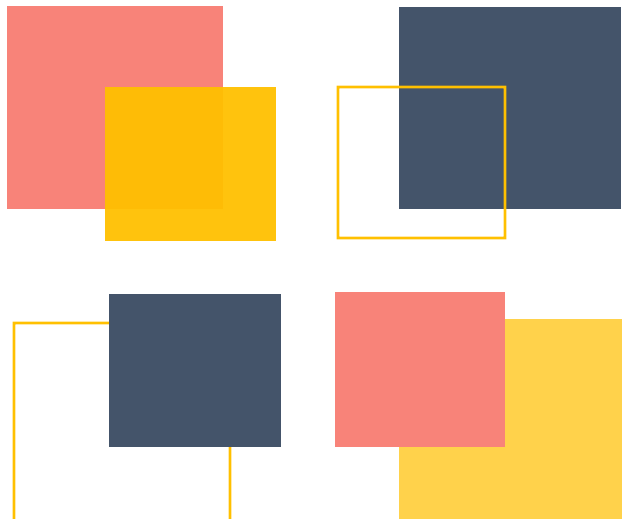
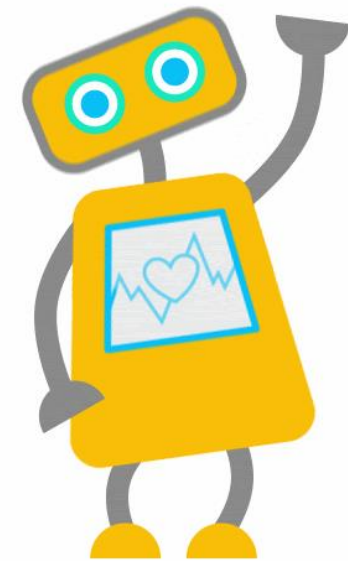
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The Evidence

In 2019, Woebot was originally available to a pilot group of just 12 clinicians who referred it to their patients as a mental health adjunct. Based its popularity and ease of use, it has since expanded:

-1300+ providers nationwide have referred patients to Woebot

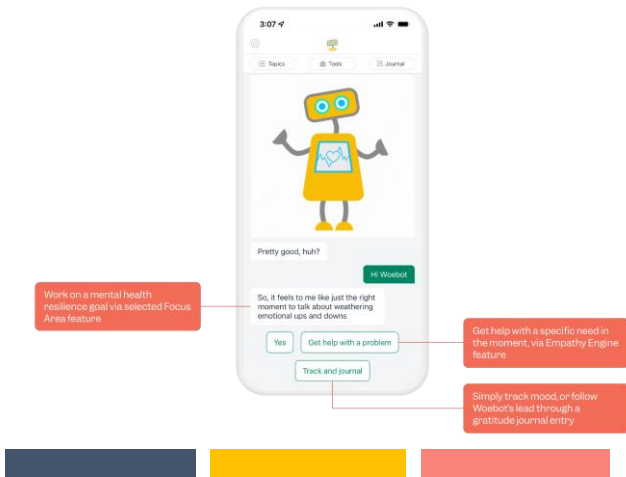
-65%+ of usage is outside of typical provider hours

-97% user satisfaction rating, (65% report feeling better after completing 1st module)

-7 peer-reviewed scientific publications with preliminary success in alleviating depression/anxiety, post-partum depression, and substance use disorders.

“Some of our darkest moments happen at 2 AM when there’s no one there. We designed Woebot to be your personal ally, always available to have a conversation that can help you understand yourself and ease your mind”

-Alison Darcy, Founder & President, PhD



Meet Woebot

The AI-driven mental health chatbot designed by Stanford psychologists that answers the skyrocketing need for mental healthcare.

Woebot provides evidence-based, empathetic behavioral health support that helps get people off the waitlist and onto a path to feeling better:

- Free, 24/7 virtual access
- Deep roots in evidence-based techniques such as Cognitive Behavioral Therapy (CBT)
- Stigma-free, secure environment
- Daily check-ins with mood tracking
- Actionable plans/focus areas for users to work on and re-assess later

Partnership for the Long Haul

Woebot is most effective as an adjunct to traditional mental healthcare, NOT as a replacement.

As its AI-engine continues to learn and improve, so too does Woebot hope that you keep each other company on this journey of growth, together.

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