



1. Download the App

Download the App from your mobile app store.
Search for "Woebot".



2. Register with a code

Use your email and enter the code below when prompted:

groceryaid1

Create your account

Email

Password (6+ characters)

Referral code (optional)

[Continue](#)

3. Start chatting

Woebot wants to hear how you're doing!

hey Mark, what are you up to?

hey woebot...studying for finals...freaking out

that's totally understandable, I think it shows how committed you are to doing well

I could help you dial it down a little, would that be of interest?

yes, please!!

ok, what are some negative thoughts you're having?

4. Check-in

Answer a couple of questions and Woebot will guide you through the rest of the conversation.

Which feeling do you identify most with today?

😊 Okay 😡 Angry 😰 Anxious

😞 Depressed 😄 Happy

🤒 Sick 😊 Content 😴 Tired

😓 Sad 😁 Really happy

5. Explore Woebot's offerings

Woebot will guide you to discover the Tools and Stories that help you the most.

Woebot is built on the foundations of

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Mindfulness
- Interpersonal Psychotherapy

Evidence-supported tools



Challenge
Stress



Gratitude
Journal



Challenge
Negativity



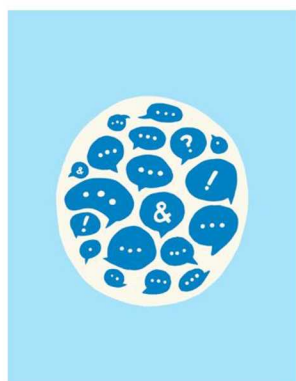
Decision
Maker

Conversations that educate & inspire



Will I Feel Better?

Can I expect my mood to improve?



The Power of Language

How the stories we tell ourselves affect our view of ourselves and the world.

Woebot can help you:

- Feel better
- Discover insights
- Practice mindfulness
- Manage loneliness
- Reduce stress
- Track your mood
- Measure progress
- Balance emotions
- Cope with grief
- Tolerate distress