

Support where it's needed

Wysa Mind coaching app

Your chat bot buddy, giving you a safe and anonymous space to vent and be heard. You can also chat with a professional human coach when you want a more personal touch.





https://www.allianzcare.com/en/support/health-and-wellness/hub/index.html

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It doesn't matter what the reasons are. You're on a great streak of tracking your mood.

I'd love to hear about what's making you happy.

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