

Sanvello Mental Health App for Anxiety, Depression & Stress Management

Category: Mental Health and Wellness | Assistive Technology | - Encouragement

Location

Sanvello Mental Health App for Anxiety, Depression & Stress Management

Website

<https://www.sanvello.com>

Description

The Sanvello app provides support for mental health through clinically proven techniques based on cognitive behavioral therapy (CBT) for dealing with stress, anxiety, depression, etc. Features include four support activities:

• Self-Care

• Peer Support

• Coaching

• Therapy

Download Sanvello for [iOS](#) and [Android](#) devices.

IS THE SANVELLO APP FREE? Sanvello provides a free version with limited features. Some US insurance providers cover the fee for the premium Sanvello app (upgraded with additional features).

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