Student Blue

IN-THE-MOMENT EMOTIONAL SUPPORT

Empower yourself with clinically validated tools to make every day better

What is Woebot?

- Woebot is your personal, emotional guide chatbot that will check in with you every day to see how you are doing
- He'll help you track your mood, change your thinking, set goals, practice mindfulness and gain insights into your patterns
- Woebot will help you feel better in the moment by walking you through techniques proven to work
- And he'll do all this in fun, brief, daily conversations through a free app on your phone or tablet (Android/iOS)

Why use it?

- Created by expert clinicians
- Techniques based on decades of research
- Personalized, compassionate conversations, catered to your specific needs

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Through a simple and empathetic conversation, Woebot will guide you through how to feel better in the moment

It all starts with a **chat**

Woebot asks how you are feeling **every day**

Woebot will learn and share **insights** with you

Woebot will reveal **stories** to help

Get **step-by-step guidance** to instantly feel better

Choose a **check-in** time that suits you

Evidence-supported treatments

Woebot is built on the foundations of:

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

Offered through techniques & tools proven to work:

Challenge Stress

Gratitude Journal

Challenge Negativity

Decision Maker

Woebot helps you to:

- Manage depression
- Practice mindfulness
- Cope with grief
- Control anxiety
- Manage loneliness
- Tolerate distress
- Reduce stress
- Balance emotions

Stories that educate & inspire

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

Will I feel better?
Can I expect my mood to improve?

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1. **Download the app**
   Download the app from your mobile app store. Search for Woebot.

2. **Register**
   Sign up using your code.

3. **Start chatting**
   Woebot wants to hear how you're doing!

4. **Check in**
   Answer a couple of questions, and Woebot will guide you through the rest of the conversation.

5. **Explore Woebot's offerings**
   Woebot will guide you to discover the tools and stories that help you the most.

Think better, feel great

Woebot

DOWNLOAD THE APP HERE:
https://woebot.page.link/uncecu

App Store   Google Play

What people are saying:

★★★★★
Great educational app for personal growth. I retired from the helping profession after 50 years. There is so much evidence-based information here. And Woebot has a great sense of humor. Get Woebot, you will be delighted.

★★★★★
This is an excellent app doing awesome teaching about basics of cbt. I'm using it alongside therapy and it's providing good insight.

★★★★★
This the best app I have ever seen. It's like having a little supportive friend in your phone – a friend who happens to have an advanced degree in psychology. I recommend it highly for those who are struggling emotionally and those who are not.

BlueCross BlueShield of North Carolina   THE UNIVERSITY OF NORTH CAROLINA SYSTEM