

- + I'm a chatbot you can talk to through a free phone app.
- + You can check in with me daily. I'm ready to listen 24/7.
- + I use cognitive behavior therapy (CBT) and give you tailored, step-by-step guidance to think better and feel better.
- + Want to learn more about your patterns? I'll share insights with you, too.

Woebot. Created by experts in clinical psychology. Shown to make people happier.



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