

Mental health care made AAA (Affordable, Accessible, Available).

LONDON, UNITED KINGDOM, July 28, 2020 /EINPresswire.com/ -- In times of uncertainty, fear, anxiety, and stress are natural responses to real or perceived threats. Faced with the new realities, of today's current environment, an idea was born. SARAH the [AI](#) Therapist, where users can engage 24/7 to seek comfort, advice and inspire confidence by positively influencing their lives, particularly when suffering from psychological and [mental health](#) issues. Unlike chat bots, SARAH's artificial intelligence allows it to become personal with its users, improving its responsiveness as time progresses. Unique features include the ability to recall previous conversations, detect emotions by sound vibration and calm users down by providing solutions. By listening and understanding SARAH can provide counseling therapy and optimize user's schedules through a reminder and track feature.



sarah on hand

SARAH

THE WORLD'S FIRST AI THERAPIST



SARAH CAN DETECT EMOTIONS™

SARAH will feel personal as she can detect user's emotions by sensing sound vibrations. Through listening and sensing SARAH's tone will react accordingly with the ability to play white noises or calming music to make users feel relaxed and calm.

SARAH can detect 12 human emotions

SARAH can help individuals, couples, and families within multiple fields of Therapy, from depression to PTSD and from couples counseling to children's psychology. Moreover, SARAH can advise its users on the ways they can improve their relationship with themselves as well as pointers on how they can finally rid themselves of their negative habits and replace them with positive ones.

Mental health is a serious issue and with ever-increasing pressure on our daily lives symptoms and signs of depression, anxiety, and fear are not going away. Since the beginning of the [COVID-](#)

19 pandemic and isolation efforts in March, people everywhere have been reporting increasing pressure on their mental health. Whether it is because they are now out of employment or fear losing their job, people are struggling to piece together money to pay bills. The continuous onslaught of worry and insecurity is leading to greater psychological issues than ever before.

There is so much SARAH can contribute and Founder, Alireza Dehghan is very excited about this. "This is an opportunity for all of us to make a difference by joining a cause and contributing back to society."

SARAH has started a crowdfunding campaign on Indiegogo and funds will be used to advance Dehghan's dream of providing affordable on-demand therapy to all those in need. "In an ideal world, everyone should have easy, affordable access to mental health care professionals and be able to properly treat their maladies" states Dehghan.

Subscriptions are available at a 65% discount whereby sponsors can help by donating a subscription to a mentally ill person or families struggling with the repercussions of COVID-19.

Alireza Dehghan

SARAH AI

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A graphic with a purple background. On the left, the text "SARAH WILL REMEMBER™" is written in white. Below it, a white box contains the text: "SARAH can recall all previous conversations enhancing the continuity of the users experience as she builds upon previous sessions. Therapy session will be personalized as SARAH is able to understand and appreciate the users current state of mind." On the right, a smartphone displays a portrait of a smiling woman with blonde hair, wearing a white turtleneck.

SARAH WILL REMEMBER™

SARAH can recall all previous conversations enhancing the continuity of the users experience as she builds upon previous sessions. Therapy session will be personalized as SARAH is able to understand and appreciate the users current state of mind.

SARAH can remember your previous conversations and personalize her therapy sessions with you

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