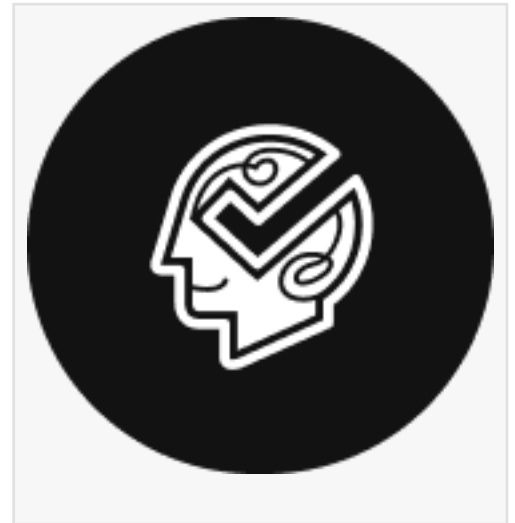


AI-Powered Cognitive Behavioural Therapy Support at Ones' Fingertips

The Thoughtful app provides you with continuous and discreet support so that you can live a fulfilled life on your own terms

VANCOUVER, BC, CANADA, October 16, 2024

/EINPresswire.com/ -- As mental health challenges reach unprecedented levels, Thoughtful, a groundbreaking AI-powered app, launches today to offer discreet, consistent support for individuals navigating anxiety, negativity, and other mental health challenges. With mental health issues impacting nearly half of Canadians under 40 and affecting 20% of the population annually, Thoughtful provides an accessible, innovative solution that empowers users to lead fulfilling lives on their own terms, providing support before and during real life therapy.



Thoughtful combines state-of-the-art AI analysis with psychotherapy tools and an intuitive interface to create a seamless experience that complements traditional therapy. Thoughtful's mission is clear: to make mental health support accessible, personalized, and stigma-free.



Many people struggle with anxiety and negativity. We provide an AI-powered app combined with psychotherapy tools to offer continuous support, helping you live a more fulfilling life on your own terms."

Atahan Yuceer, Founder & CEO of Thoughtful

Today's Mental Health Landscape

Despite the growing demand for mental health resources, Canadians face significant barriers to care, including long wait times, limited resources, high costs, and social stigma. Millennials and Gen Z increasingly turn to social media for advice, often encountering unvetted or superficial information. Thoughtful bridges this gap by offering accessible, high-quality mental health support tailored to personal needs, bringing effective, confidential care into the hands of those who need it most.

Thoughtful: A Companion, Not a Replacement

Designed to enhance, not replace, formal therapy, Thoughtful acts as a supportive companion, empowering users with tools and insights that help them build self-awareness and emotional

resilience. The app integrates Cognitive Behavioural Therapy (CBT)-inspired techniques with AI-driven insights to reinforce users' progress between or before formal therapy sessions. Thoughtful provides users with a safe, private space to explore their mental health journey at their own pace.

A Holistic Toolbox for Self-Growth

Thoughtful is packed with features that help users navigate their mental health journey effectively:

- Guided Journaling: Thoughtful's structured journaling format allows users to log thoughts and emotions, encouraging deep self-reflection. Entries are analyzed by AI to offer insights into thought patterns, identify cognitive distortions, and suggest practical, evidence-based techniques for improvement.
- Thoughtful AI Chat: The app's conversational AI is trained to understand and respond to emotional concerns, offering a friendly space to process thoughts with actionable support tailored to each user's needs.
- Knowledge Base: A growing library of articles provides best practices, research-backed strategies, and practical tips for managing anxiety, enhancing interpersonal skills, and building resilience.
- Insights & Analytics: Thoughtful captures patterns over time, providing users with data-driven insights into their mental health journey. Users can celebrate progress, track personal growth, and share these insights with clinicians, adding value to professional therapy.

Affordable Pricing and Accessibility

Recognizing the financial barriers many face, Thoughtful operates on a freemium model, offering essential mental health tools for free, with affordable premium options for users who wish to access advanced features. This ensures everyone can find support that fits their budget and needs.

Your Mental Health, Reimagined

Thoughtful's approach harnesses the power of AI, yet its mission remains deeply human: to empower individuals to reclaim control over their mental health journey. Whether navigating personal challenges or enhancing resilience, Thoughtful is the discreet, always-available companion that meets users where they are.

To start your journey with Thoughtful, visit www.thoughtfulapp.ca and download the free app today.

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