

HappierMe partners with BenefitHub to support the wellbeing of their 7 million members

To empower teenagers and adults to have happier relationships and be mentally healthy

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[HappierMe](#) is pleased to announce that its wellbeing app for teens and adults, which addresses the root cause of problems for lasting change, is now available on the BenefitHub platform in the US, and can be accessed by their 7 million members.

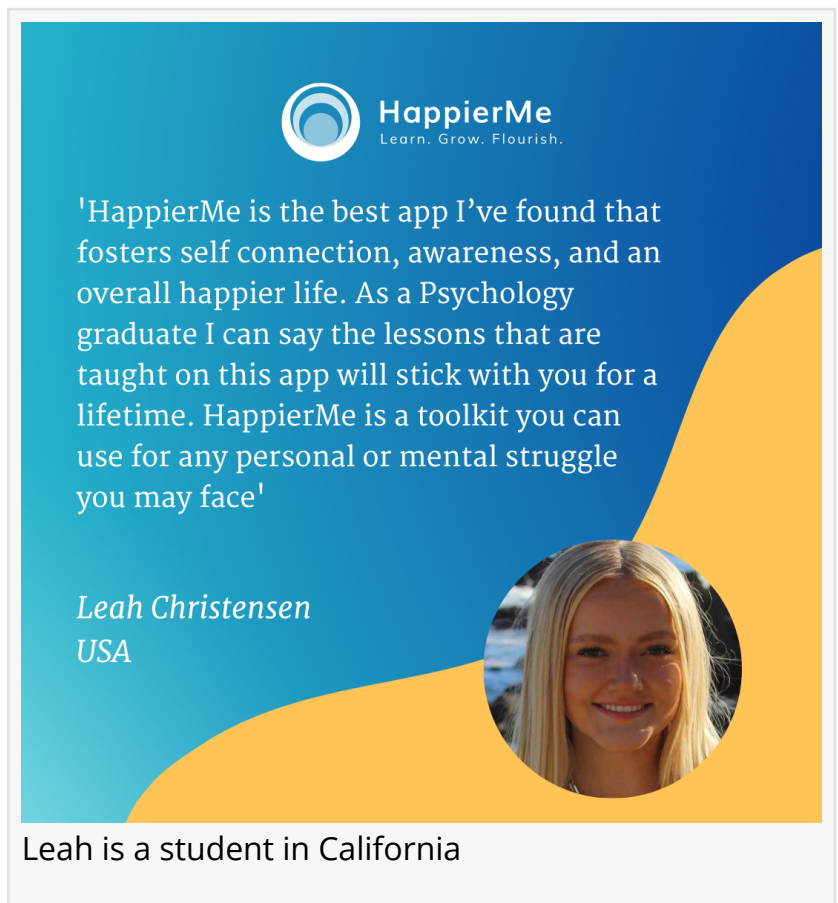
The [HappierMe app](#) empowers users to manage their emotions and improve their mental health, build stronger relationships, overcome unhelpful habits, manage stress and anxiety, make better decisions and develop essential communication and

leadership skills. By fostering self-awareness and emotional resilience, HappierMe is poised to bring families closer together and help them thrive.


It has an online journal with guided questions, a forum for peer support, and hundreds of videos, podcasts, stories, articles and in depth modules to help teens and adults to lead a happier life.

It could help support the 29% of high school students who currently report poor mental health (CDC) and the 23.1% of adults in the US who have a mental health problem (NIMH).

BenefitHub is a platform that is used by 23% of the Fortune 500 companies in the US to support their employees.



The graphic features a blue and yellow background with the HappierMe logo and tagline 'Learn. Grow. Flourish.' at the top. A quote from Leah Christensen is displayed in white text. Below the quote is a circular portrait of Leah, a young woman with blonde hair, smiling. At the bottom of the graphic, it states 'Leah is a student in California'.

 **HappierMe**
Learn. Grow. Flourish.

'HappierMe is the best app I've found that fosters self connection, awareness, and an overall happier life. As a Psychology graduate I can say the lessons that are taught on this app will stick with you for a lifetime. HappierMe is a toolkit you can use for any personal or mental struggle you may face'

Leah Christensen
USA

Leah is a student in California

According to Dr. [Manoj Krishna](#), founder of HappierMe, the partnership with BenefitHub represents a significant opportunity to create widespread, positive change.

“Our mission is to alleviate suffering and empower people to lead happier, more successful lives, in peace with themselves and others” said Dr. Krishna. “Through this partnership with BenefitHub, we hope to provide vital support to families across the country. HappierMe helps teenagers and adults manage life's challenges and emotions more effectively, enabling them to take control of their mental health and happiness. It also teaches important soft skills like communication and leadership to succeed in life. We plant a tree for each person who subscribes.”

Support kids to manage their own mental health

Help kids manage their own mental health

To find out more about HappierMe visit <https://happierme.app>. To find out more about BenefitHub visit <https://benefithub.com>

“

By helping you understand your own mind, HappierMe empowers you to be in charge of your own mental health and happiness”

Dr Manoj Krishna

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HappierMe

16:30

Stress

70-80% of us report being stressed in most surveys, and long-term stress has been shown to damage our health in many ways. We would not put up with a toothache, so why do we accept stress as a part of life? In this module we explore the root causes of stress, so we can avoid it and more easily overcome it, and discover a way of living without it.

Continue where you left

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Overcome your stress with HappierMe

Overcome Stress with HappierMe

This press release can be viewed online at: <https://www.einpresswire.com/article/784076302>

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