

Berlin Psychologists Launch Mindflex, a 'Psychological AI' for the 73 Percent of Young Adults Who Overthink

BERLIN, GERMANY, September 7, 2026 /EINPresswire.com/ -- Mindflex, a Berlin-based company founded by psychologists, today announced the expanded launch of its psychological AI companion app for people who overthink. The app is available on iOS and Android with a free trial for new users.

According to the American Psychiatric Association's 2026 annual poll, about 1 in 6 U.S. adults have already used an AI chatbot to discuss their mental health, and 35 percent would be willing to talk to one instead of a professional. At the same time, survey research by University of Michigan psychologist Susan Nolen Hoeksema found that 73 percent of adults aged 25 to 35 identify as overthinkers.



Mindflex positions itself in a new category the team calls psychological AI: an AI companion built by clinicians for everyday reflection rather than entertainment. Users chat or talk with one of four AI companions, sort out what is on their mind, and build mental flexibility with guided reflection. Each user starts with an ACT-inspired, personalized plan for their overthinking brain.

The plans are ACT-inspired for a reason: Acceptance and Commitment Therapy is one of the most widely researched approaches for building psychological flexibility, the skill of making room for difficult thoughts instead of fighting them and still acting on what matters. Mindflex measures psychological flexibility directly in the app with a validated questionnaire, so users can watch that skill develop month over month.

Unlike typical chatbots that wait to be messaged, Mindflex reaches out on its own. The companion checks in proactively, follows up on what the user shared days earlier, and remembers what matters between conversations.

"Support today has a timing problem. By the time most people get help, they have been overthinking alone for months, and traditional help often arrives too late. Mindflex turns that around: the companion notices, remembers, and asks first," said Felix Mai, Licensed Psychotherapist and co-founder of Mindflex.

The same applies to voice: every user gets a weekly call from their companion for a regular session. Users can also schedule calls or have the AI call them whenever they need to talk something through.

Mindflex can also connect to Apple Watch data through Apple Health: when heart-rate patterns point to a stressful day, the companion can reach out and check in. The team sees this proactive contact as a new kind of AI relationship that goes beyond the classic chatbot.

The need rarely starts with a diagnosis. According to Gallup's Global Emotions Report, 37 percent of adults worldwide experienced significant stress during much of the previous day. And in one of the most cited bodies of work in psychology, Susan Nolen-Hoeksema and colleagues showed that rumination, the habit of overthinking, worsens mood, impairs problem-solving, and predicts later anxiety and depression. Early, low-threshold support, before a habit becomes a problem, is exactly the space Mindflex is built for.

"There has to be a bridge long before someone needs therapy, and that is the bridge we are building. When the spiral starts at 2am, help should reach you in seconds, not in weeks," said Moritz Tiedemann, Psychologist, M.Sc., co-founder of Mindflex.

The company emphasizes what the product is and what it is not: Mindflex is a mental wellness product, not therapy, not a medical device, and not a crisis service, and the app communicates this to users directly. The team publishes its research sources openly, including a curated statistics page at mindflex.world/overthinking-statistics where every number links to the underlying study.

Mindflex is developed by Mindflex UG (haftungsbeschränkt) in Berlin, Germany. The app supports English, German, Spanish, French, Arabic, Ukrainian, Vietnamese, Tagalog, Korean, and Chinese.

Learn more at <https://mindflex.world> or read about the psychological AI category at <https://mindflex.world/psychological-ai>.

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