



Textcoach®

Coaching that puts happiness at your fingertips

Textcoach®, is like having a mental health ‘Coach’ in your pocket! Designed to help address issues such as anxiety, depression, burnout and more while on the go –Textcoach® allows you to begin texting with a licensed clinician on your mobile or desktop devices. Start exchanging texts, voicenotes, videos and other resources to help boost your emotional wellbeing by downloading the app or visiting the website.

Features

Textcoach® conveniently provides:

- 100% confidentiality
- A stigma-free access point
- Connection via mobile and desktop devices
- Texting whenever and wherever
- Independently-licensed clinicians
- Voicenotes, tip sheets, articles, videos and more
- Referrals to local mental health professionals

