

What is Mindgram?



Mindgram is a comprehensive mental health and well-being platform that offers self-development possibilities, early intervention, and advanced psychological help in one place. The platform is available at app.mindgram.com

What are the features of Mindgram?

- Interactive group workshops.
- Psychological care via built-in chat:
 - Psychologists
 - Child and adolescent psychologists
 - Nutritionist
 - Business mentors
 - Lawyers
 - Financial experts
- Well-being Vibe - a survey to measure your well-being.*
- Podcasts on sleep hygiene, stress management, communication as well as relaxation practices and meditations.
- Proper online psychotherapy&coaching.**

** your company will let you know when is the launch date*

*** only for those companies that purchased premium subscription*

Mindgram is an advanced solution provided to you by your employer. You can access the platform 24/7 and share its benefits with your coworkers and a selected close one.

Why is it worth taking care of your mental well-being?

That's a great question. According to Mindgram, mental well-being is a prevailing state of joy, happiness, and fulfilment. Well-being is achieved through building healthy habits, acquiring essential personal development skills, establishing valuable relationships at work and outside of it, strengthening the attitudes instrumental in coping with everyday challenges and building a sturdy mental health shield.

Remember! Your employer doesn't know if or how you are using the platform.



At Mindgram we take care of 5 vital areas of mental well-being:



Physical well-being

That builds up your health and physical fitness. We promote a healthy lifestyle, avoiding drugs, taking care of sleep quality, and physical activity.



Psychological well-being

That combines a good mood and effective daily functioning, which perfectly balances employing your potential to the fullest and overcoming challenges.



Professional well-being

That directly impacts your feeling of joy, fulfillment, and work engagement. It makes you feel enkindled and passionate, not burnt out.



Social well-being

That consists of close and distant relationships based on human nature and the need to belong to diverse communities of varied sizes that improve satisfaction and reinforce bonds.



Financial well-being

or, in other words, the resources you have and how you save or spend them and the peace of mind or uneasiness that this generates. This well-being is greatly influenced by the financial knowledge we have.



Our mission in short

We have a very clear mission: **to talk about the importance of psychological well-being**. We want everyone to have equal access to comprehensive, fast and quality psychological care, so that we can develop our resilience, inner strength and psychological balance, based on proven scientific methods and modern technology.

What are the benefits of using the platform?



Mindgram is a perfect place for improving your mental well-being. It will help you manage your thoughts and emotions, take care of your body, and develop your support system in the form of interhuman relations. We offer you comprehensive psychological care and assistance in self-development in one place.



We aid you in becoming better at stress management and building up your mental resilience and physical endurance. We inspire you to improve different areas of your life, including family relations and connections with your children, partner, and siblings. We encourage you to search for new passions. We show you the importance of a balanced diet, sleep, and physical activity.



We provide you with group sessions and self-care programs for self-development, promote taking care of your well-being, and offer meditations, relaxation practices, and trainings for leaders. To cater to your everyday needs, we provide qualified specialists with years of experience.

