Someone to talk to—whenever you need it. 24/7 mental health support

Always on. Always private. Always in your pocket.



Your benefits package now includes access to

Yuna

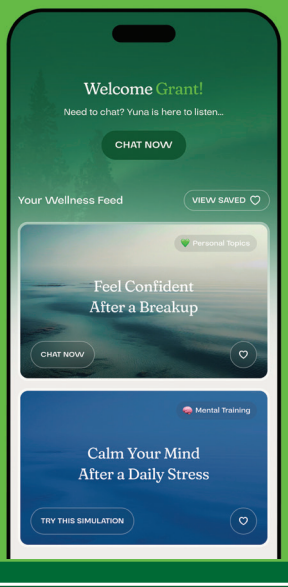
Download Yuna today to start your healing journey

Privacy-First Technology

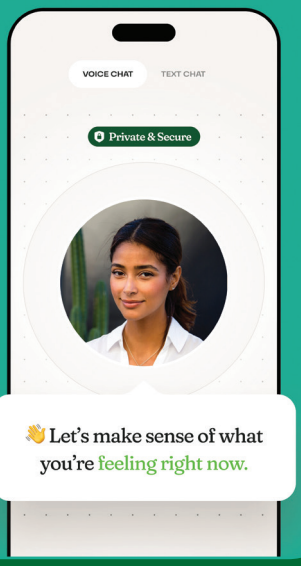
Yuna is here to support you—
any time, anywhere

Carefully curated mental health skills are available 24/7
in our beautiful mobile app

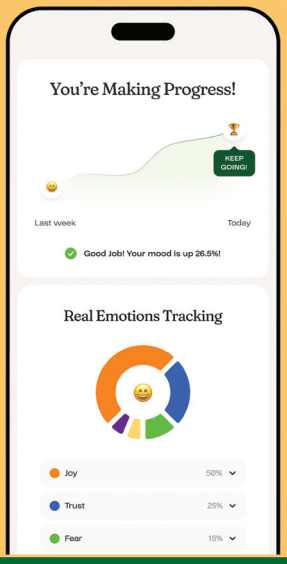
Your therapeutic companion is here



Voice-to-voice support ready day or night



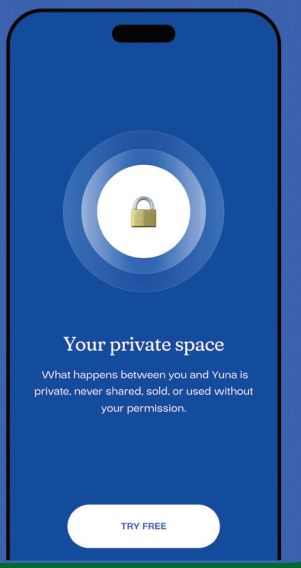
Instant support for stress and mood



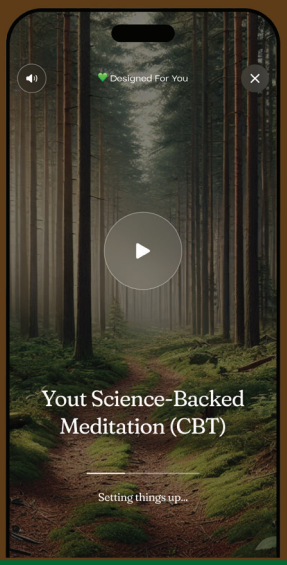
Research-backed tools for a healthier mind



Your new judgment -free, private space



Meditations, affirmations, and skills made for you

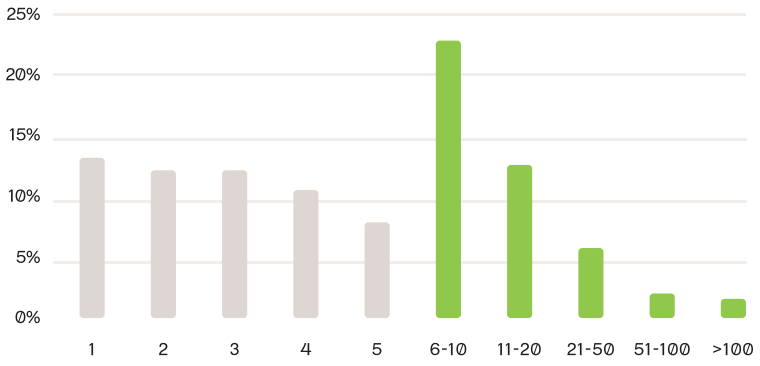


Built for real people. Proven by real results.

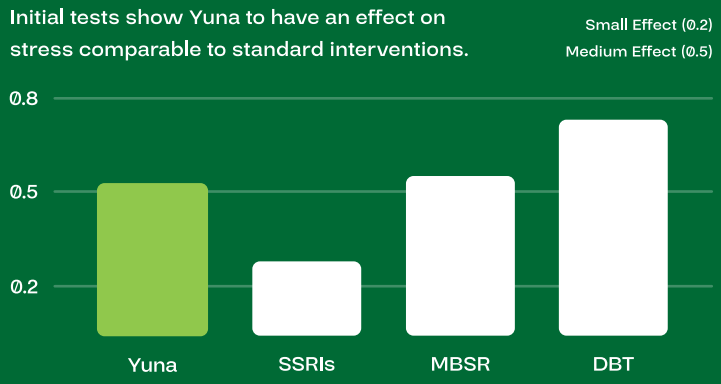
70% feel better after one session.

45%

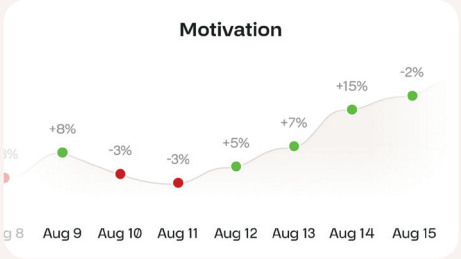
of our users log in 5+ times a month for user-driven, science-backed mental health sessions.

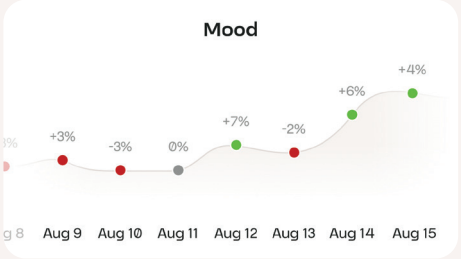


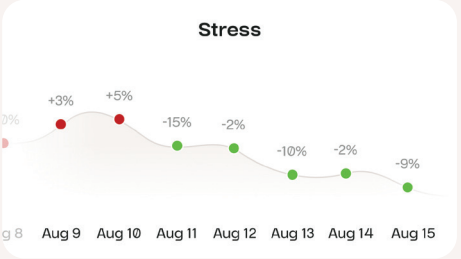
Research shows Yuna's effect on stress is comparable to traditional interventions, giving users the help they need on their terms.



Yuna tracks progress over time so users can see how much they've grown







*Date is taken from an internal study of n=263. Yuna's reduction in stress had a Cohen's d = .51

**Internal study of n=1,336 users across 60 days. Mood was self-reported within the app using a Visual Analog Scale.



Users are loving the support they get from Yuna

“

This is like having a professional therapist 24/7, it's unbelievable! I recently started using Yuna by Mindframes and, honestly, it’s been a transformative experience.

★★★★★

~Evan

“

Yuna is the mental health boost I didn't know I needed. It's like a thoughtful friend who actually listens and helps me process tough emotions.

★★★★★

~Jona

“

I swear this app is going to change access to mental health support as we know it. Not only is it set up for anyone to be able to afford to have access, it is the highest quality AI mental health app I’ve tried and the only one I’ve kept on my phone and continued to utilize more and more.

The app is incredibly intelligent - you will feel like you’re talking to a person who is truly listening and affirming. The response time can’t be beat! Instant reply! No having to schedule and wait and no time limit on how many times your can reach out.

As someone who struggled to afford mental health support, this app has given something invaluable with Yuna.

★★★★★

~Samantha

Yuna FAQ

Backed by science and built with **Privacy-First Technology**



? Where can I download the app?

Yuna is available on both iOS and Android devices. Your manager will provide links directly to your download site.

? How personalized are the sessions?

The more you engage with Yuna, the more personalized your experience will become.

? Will I be asked to pay?

No! You have free access to Yuna. If you do see a paywall at any time, please navigate to the "Subscription" tab within the app and use the access code provided by your employer.

? Can I pause sessions or revisit them later?

Yes, you can pause or revisit any session at any time. Yuna is designed to be flexible to fit your schedule and needs.

Yuna FAQ

Backed by science and built with **Privacy-First Technology**

Will my employer know if I use the app?

No, your employer will not know how you use the app. The only information they receive is how many employees have enrolled in the benefit each month. No data about specific users will ever be shared.

Are my conversations private? Do you share info with my employer?

Every conversation you have with Yuna is private. Data about your conversations will not be shared our used anywhere outside the app. Yuna was built to be your safe space, and you can rest assured that your information will remain that way.

What kind of support can I expect from Yuna?

Yuna offers both general and guided support sessions, providing emotional support, stress management, and more. The AI is designed to listen, advise, and help you through various challenges. Yuna uses advanced AI to tailor sessions based on your individual needs and responses.

What makes Yuna special? Can't I just talk to ChatGPT?

While ChatGPT is a general-purpose AI that pulls information from across the internet (and can sometimes make mistakes), Yuna was built specifically for mental health — with clinical safety in mind. Our co-founder, Dr. Tara, is a PhD therapist who's cited in over 2,000 clinical research papers, running labs at both Cornell and Harvard. She hand-curates the content Yuna uses, so it's evidence based, not random.

Yuna also has "guardrails" — Yuna monitors tone, context, and emotional state to guide conversations safely and effectively. It's not just text; it's voice-first, powered by a tonality engine developed by the former Head of Product at Speechify. That means Yuna actually hears and adapts to how someone is feeling in real time — something ChatGPT can't do.



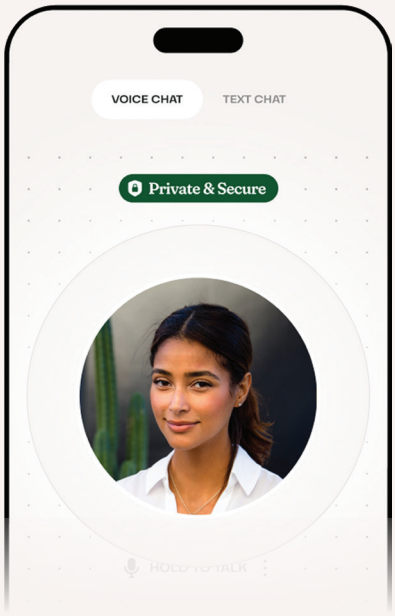
Tara Deliberto, PhD, is a co-founder and head of Psychology at Yuna.

Curated content to help you learn, heal, and grow

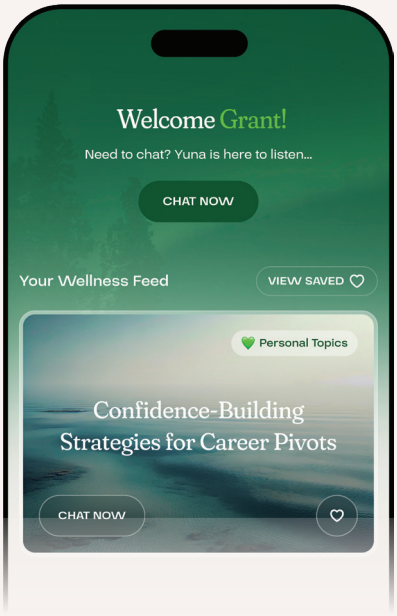
Based on your sessions, Yuna will create content just for you, including:

- 💡 **Skills lessons**
- ✅ **Affirmations**
- 💚 **Meditations**
- 🎯 **Goal setting**
- 📚 **Book recommendations**
- 🙌 **Motivational content**

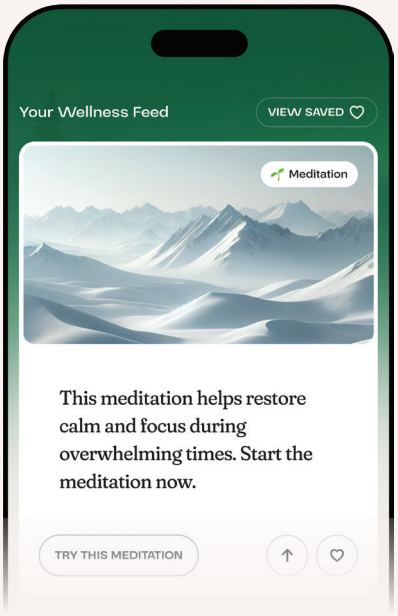
Support that gets smarter with every conversation. Yuna learns what works for you—so each session goes deeper.



Talk any time



Receive targeted skills coaching



Watch the feed adapt

Yuna—your emotional ally

Your benefits package now includes free access to Yuna
Secure, Supportive, and Completely Confidential

Yuna is here as your confidential, secure, and dedicated mental health support, brought to you at absolutely no cost.

Experience complete peace of mind knowing you have instant access to personalized emotional support, tailored content, and powerful insights to help you thrive both personally and professionally.



Yuna is here to support you when life gets hard:

⏰ 24/7 Support at Your Fingertips

Day or night, immediate support when you need it most. Yuna fits into your schedule when it works for you.

🔒 Guaranteed Privacy

All your interactions remain confidential—your data isn't shared.

🤦 Deep Personalization

Curated content to help you learn, heal and grow. The more you use Yuna, the more personalized the content.

👩 Expert Wellness Content

Expertly crafted wellness content helps you learn new coping strategies, build resilience, and thrive.

📈 Track Your Success

All your interactions remain confidential—your data isn't shared.

Experience the peace and empowerment of emotional wellness—**start today.**