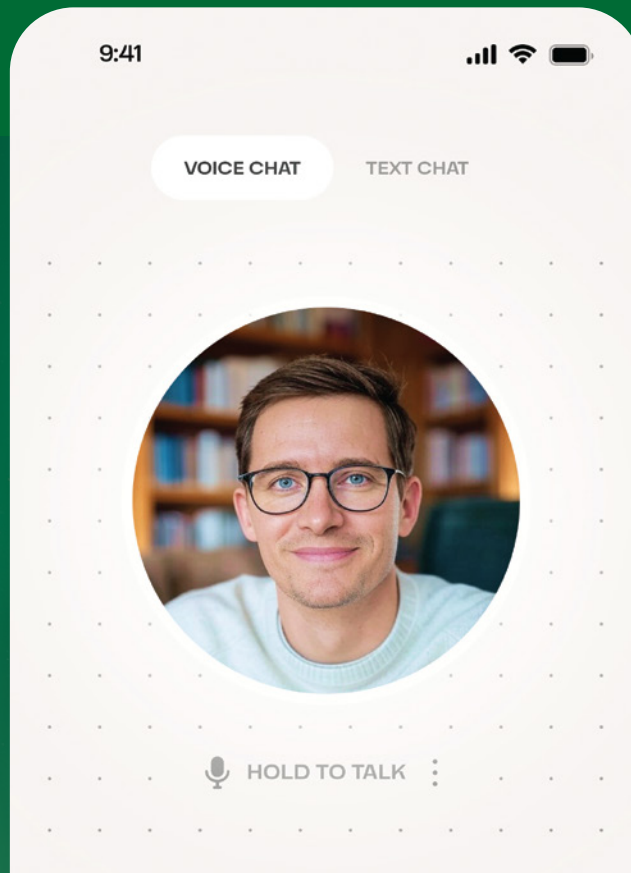


Yuna

Incredible employee mental health support, available 24/7 at a fraction of the cost.

 Privacy-First Technology



When your employees feel better, they work better

76%

of employers think their mental health solution doesn't support employee wellbeing effectively

What's the #1 problem with current offerings?

Cost and
Accessibility Make
Them Ineffective

Yuna solves these problems

Lack of in network providers

Yuna provides **personalized** care right from your device

Difficulty scheduling appointments

Yuna is available instantly **24/7** - it fits your life, not someone else's checklist

Long wait times

Feel better faster with no waiting rooms or insurance headaches

Cost

Yuna's monthly cost is less than **a cup of coffee!**

Yuna : incredible employee mental health support

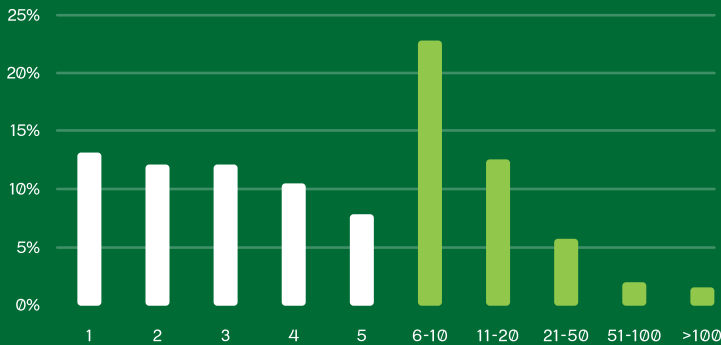
What happens when employees have mental health support available 24/7?

70%

of users report lower stress after only one session

40%

of users report a decrease in stress of at least 30%



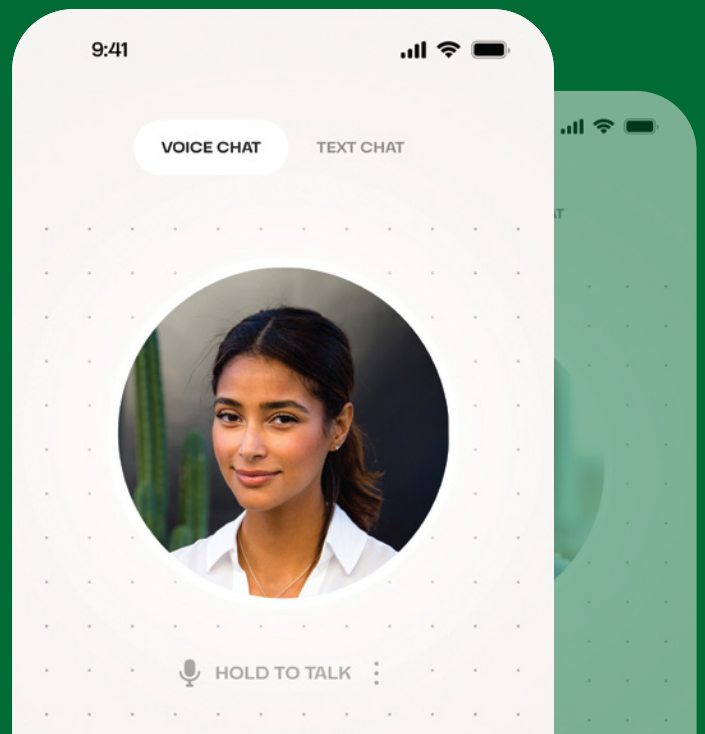
45%

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



This is like having a professional therapist 24/7, it's unbelievable!

Evan N.



The science behind Yuna



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

She is a clinical psychologist, eating disorder expert, speaker, author, and former faculty member of Cornell University's Medical College.

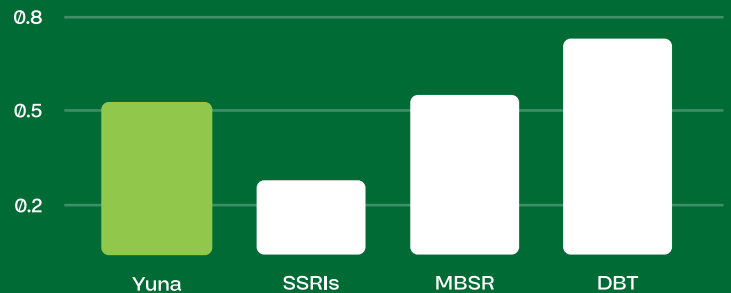
Dr. Deliberto created and published Integrative Modalities Therapy (IMT), a treatment for eating disorders, with New Harbinger in 2019, which was translated into Spanish last year.

Earlier in her career at Harvard University, Dr. Deliberto published research on suicide and self-injury that is now widely cited in the academic literature.

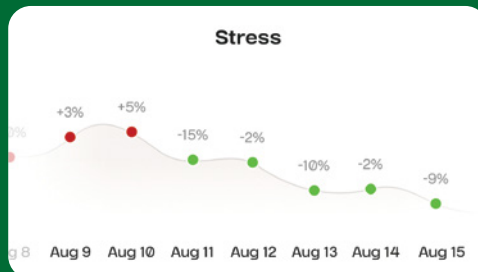
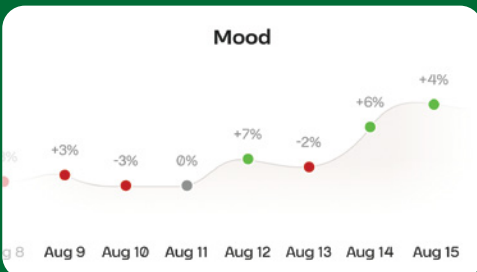
Research shows Yuna's effect on stress is comparable to traditional interventions, giving users the help they need on their terms.

Initial tests show Yuna to have an effect on stress comparable to standard interventions.

Small Effect (0.2)
Medium Effect (0.5)

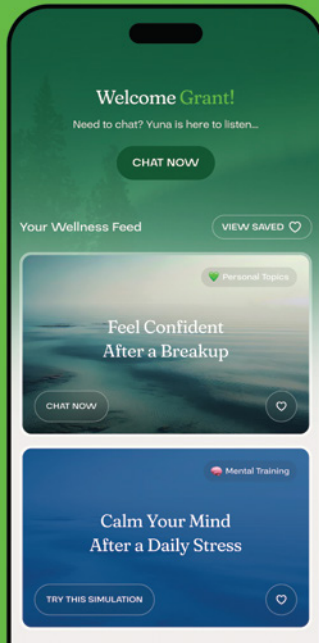


Yuna tracks progress over time so users can see how much they've grown

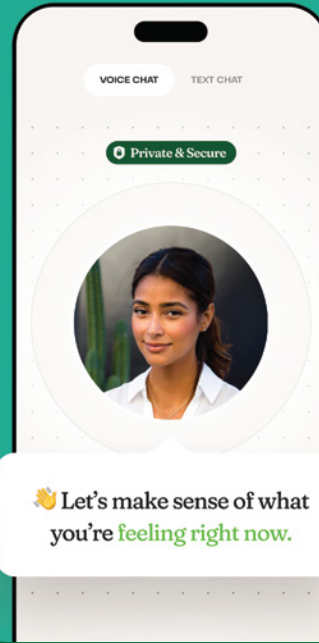


Top mental health skills are carefully curated into our beautiful mobile app.

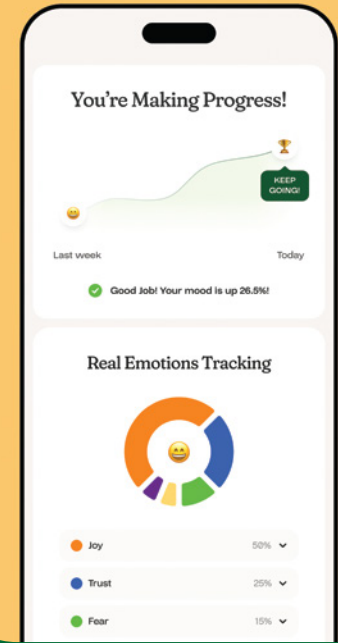
Emotional support for you



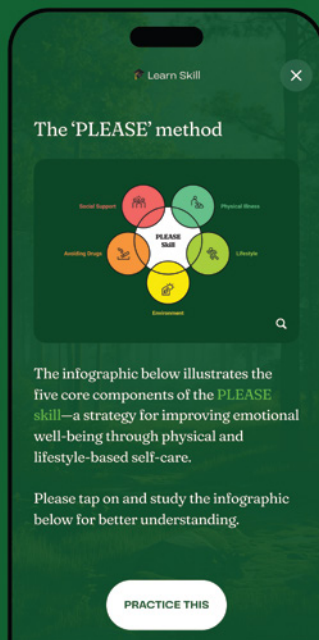
Voice-to-voice support ready day or night



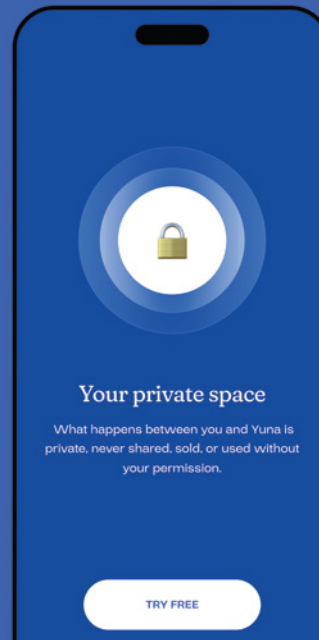
Instant support for stress and mood



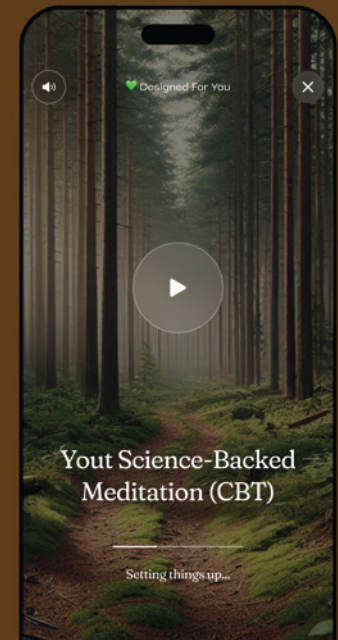
Research-backed tools for a healthier mind



Your new judgment-free, private space



Meditations, affirmations, and skills made for you



Life-changing results from real employees

Yuna

“

The advice is kind but very tactful, useful, and spot on. It schedules things for you to remember that you mentioned in your conversation and recaps points of work to be done.



~Kait1234455837485

“

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

“

As a military veteran, I have struggled on and off with my mental health. [The VA] isn't always convenient. I have found [Yuna] very beneficial thus far and it provides an easy barrier to entry



~Jason281

“

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

Mental health concerns affect **the workplace**

Employer Concerns

-  High turnover rate
-  Missed workdays due to mental health concerns
-  Loss of productivity
-  Lower employee retention

Employee Concerns

-  High cost of traditional care
-  Difficulty scheduling appointments
-  Long wait times for in network providers
-  Stigma around seeking help

Yuna can help your workforce stay balanced and productive

Easy enrollment

Custom website for employee downloads

Top mental health skills

Developed by top experts at Harvard, Stanford, and Cornell.

Privacy first

Use Yuna right from your phone when it works or you

Yuna is available instantly 24/7

No usage limits means support anytime

Track your progress over time

Empower employees to work through emotions in real time

Hyper personalized content

Cultivated for each user to target their individual needs

Yuna Employer Dashboard

Top 3 Topics

1. "Anxiety Management"

2. "Self-Esteem Building"

3. "Personal Growth"

After just one session with Yuna, your employees':

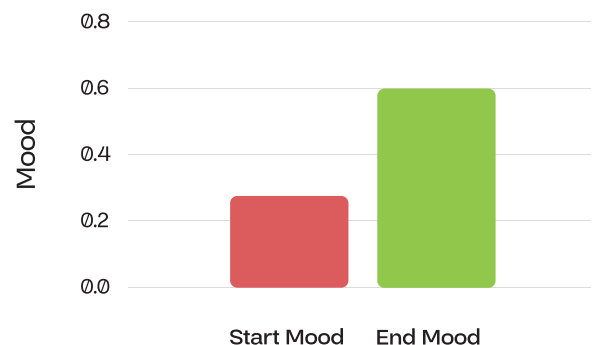
➔ Stress levels dropped by nearly **40%**

➔ Mood improved by **more than 2x**

How stressed are you?



How is your mood?



Key Insights

Roughly **28%** of enrolled users are already showing high-frequency engagement — with some logging in 10–16+ sessions per month. These are your wellness champions, and their activity signals value being delivered.

Also, **70%** of conversations focus on the top 3 topics of "anxiety management," "self-esteem," and "personal growth."

Yuna FAQ

? How does Yuna help my business?

Yuna has a proven impact on users' stress and mood. When your employees have targeted, consistent mental health support 24/7, productivity goes up, turnover & absenteeism go down, and your employees lower their risk of burnout, and fewer mental health claims are made.

How stressed are you?



How is your mood?



? What makes Yuna special? Can't people just use 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.

? Why is Yuna better than the other mental health apps on the market?

76% of employers feel that their current solutions aren't working - accessibility and cost make them ineffective. Yuna provides personalized care 24/7 for less than other offerings. Employers can elect to see anonymized, aggregated data showing Yuna's impact on their employees.

? Our current mental health offerings aren't used. Would our employees even use it?

We see that our partners' employees are using Yuna! On average, users are logging in 6+ times a month! We surveyed our B2C consumers and 75% of respondents said they wish their employer offered Yuna as a benefit.