



## Your Mental Health Coach

Chat to Wysa, your AI wellbeing coach to anonymously manage stress and feel better about yourself.

Access 150+ evidence-based exercises, including resources for anxiety, sleep, handling difficult conversations, improving productivity and more.

Whatever your problems, Wysa is here to listen.

Use Wysa,  
Feel Better.

Get Wysa for free!



Wysa Premium is **FREE** for 12-18 year olds. To access 24/7 mental health support with 150+ self-help tools and exercises:

1. Scan the QR code
2. Input code BCDU2023 (for IOS)
3. Complete the short form
4. Access Wysa Premium!

