

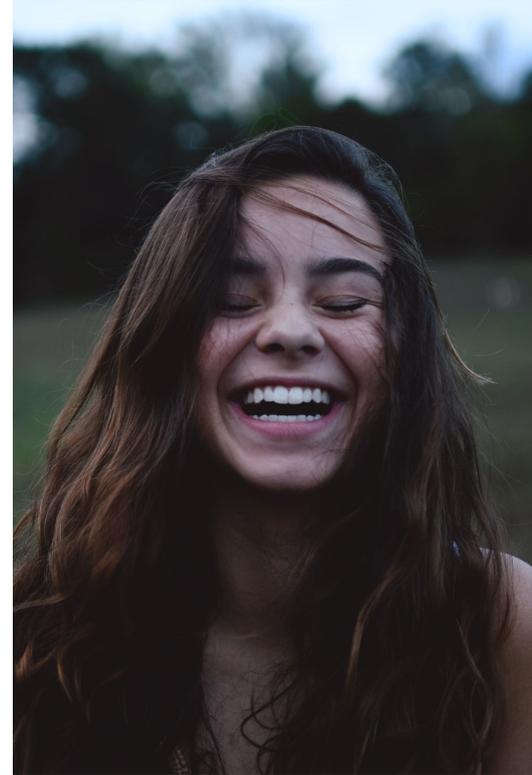
Welcome to  BlueCall



# Introduction

---

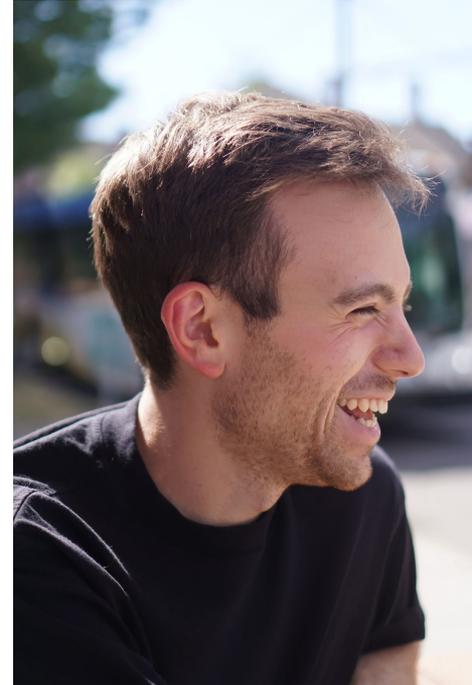
- Why is it important to take care of your mental health?
- Compare it to how you take care of your physical health!



# Benefits of working proactively with mental health

---

- Increase your wellbeing
- Reduce the risk of developing mental illness
- Strengthen your psychological resilience
- Self-development





# BlueCall

## Your mental personal trainer



**In-app Coaching Sessions**



**Digital tools in the app**



**Webinars & workshops**

# Anonymous coaching and supportive sessions



## For your goals

Get **matched** with a therapist to suit your needs and goals.  
100% anonymous.



## Whenever you want

We are available every day of the week between 07-23. You are guaranteed to get a contact within 24 hours.



## However you want

Chat or call your chosen therapist through the BlueCall app.

# Get ready for life's challenges



## Life puzzle

Create balance in your life puzzle



## Sleep

Get back good sleep routines & more energy



## Relationships

Improve relationships to increase joy of life



## Self-esteem

Improve intrinsic value to feel better in yourself



## Crisis

Get tools to manage the tough challenges of life



## Stress

Learn how to handle stress & recovery in everyday life



## Leadership & Career

Become a better leader & create a stronger team



## Motivation

Regain your motivation & get tools to perform better



## Anxiety & Uncertainty

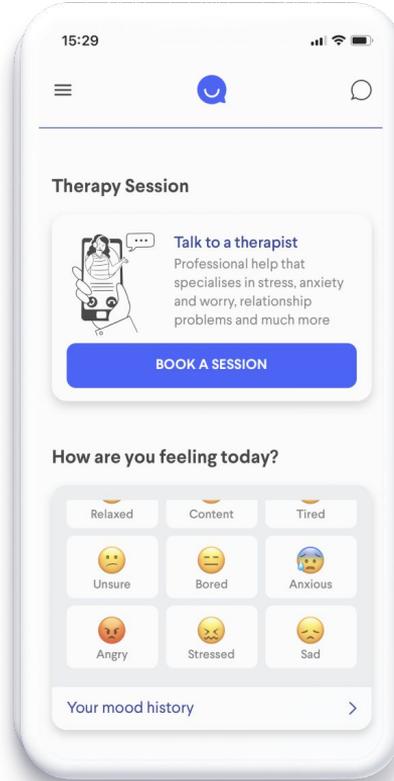
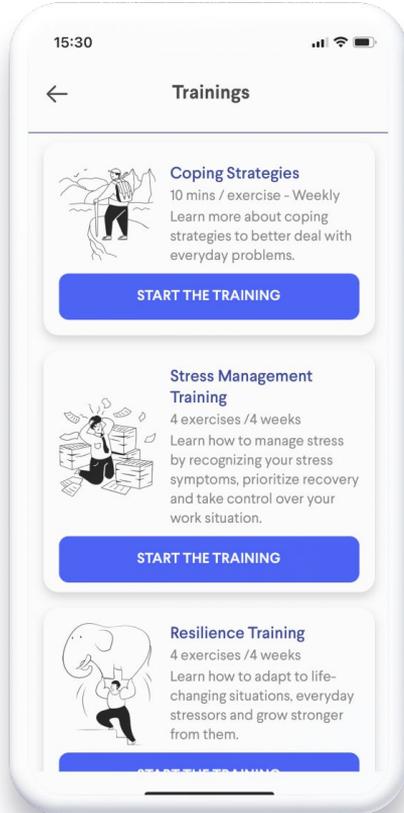
Get tools to manage reorganization & conflicts in the workplace



## Self-confidence

Increase self-confidence to regain faith in yourself

# Digital tools in the app



## Exercises & Practices

Gives you concrete tools to improve your mental health. Get better at managing stress and become more resilient.



## Articles

Improve well-being by increasing understanding and awareness of mental health.



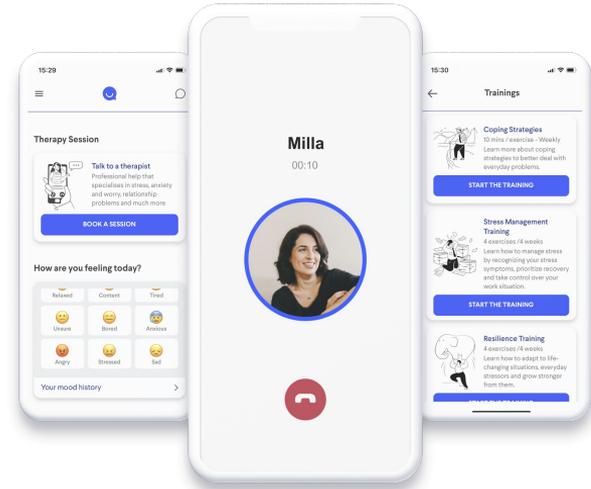
## Mood tracker

Register and follow patterns in your mood. You are offered help on days when you are not at your best.

# Get started today!



## Scan me!



***Get access to your 3 free sessions and the digital tools!***