WELCOME TO CIRCLE
WHERE AI MEETS MENTAL HEALTH

Our goal is to make sure no one feels alone. Support is always here.

**Trigger Warning**
“What mental health needs is more sunlight, more candor, and more unashamed conversation.”
—GLENN CLOSE
HOW DOES IT WORK

01 make a secure account
02 get connected to a community
03 get the support you deserve
The Circle

- Support
- Technology
- Growth
**Help Center**

**Account**

- Make a secure account (we value your privacy)
- Tell us about yourself (but only what you’re comfortable with, this is your journey)
- Take our mental health quiz (so we know how to best support you)
- Let our algorithms do the work (we can’t make any promises, but we’re pretty sure you’ll get matched with the right community.

**Community**

- Talk briefly with your community supervisor (5 mins max)
- Join your community (it really is that simple)
- Introduce yourself (don’t worry, everyone is here to support you) or don’t (again your journey)
- And that’s that. You’re connected to the circle
- Support from the circle comes in many forms

**Support**

1- Your community and supervisor are here for you. Lean on them.
2- Our AI monitors, get to know you through your interactions and will lindly alert you when there is concern
3- You are apart of a community of people improving their mental health! Everyone in The Circle (whether they are in your community or not) is here for you.
4- Your info is never shared