OM OW

our mind. our wealth.

Sharing our learning in the space of
YOUTH DIGITAL MENTAL HEALTH

We gathered and analyzed anonymized voice data from 4,800+ of our app users to understand the state of their inner worlds and wellbeing.

2022
APR

I feel like I'm **not struggling enough to get help** since there might be others feeling worse than me.

I'm supposed to be strong and **keep it together for my family** but I'm drowning in all the expectations people have for me.

I want to feel like I can be myself and **know my feelings are valid** without the pressure to be 'positive'.

I wish I could have a personal **safe space to just say what's important to me** without fearing I might offend someone.

IT DOESN'T MATTER IF YOU'RE AN EXTROVERT OR AN INTROVERT

when we speak up we rise up

through the integration of experience, thought, emotion & action

It's been bottled up

Majority of people preferred long-form *'stream of consciousness'* autobiographical voice journaling

Resilience is open-minded

A small portion of people self-identified as feeling sad & anxious at the beginning of a voice recording, but ALL OF THEM ended on an empowering note

more than **half**

An evolving storyline

When asked to think about what the future holds, more than half of all users spoke about the importance of their past
(in connections with goal-setting and future planning)

past ..... future

We want to know (ourselves)!

The most frequently used and reused features are the ones that prompted people to dig deeper about their personal values and goal-oriented beliefs

completion rate of features for self-knowledge development

- **100% Quests** — Interactive self-paced quizzes
- **98% Mind Map** — Voice-based narrative building features
- **93% Goal Tracking** — Activities & skills-building trackers

ATTENTIONAL ENGAGEMENT
DIVERSITY OF INTERESTS & EXPERIENCES
NARRATIVE IDENTITY
RESILIENCE
GRIT
MASTERY BEHAVIORS
POSSIBILITY DEVELOPMENT
SOCIAL RELATEDNESS

Our Theory of Change

a collective hero's journey for mental health parity

Equity of mental health access needs to be presented to everyone willing to open their **hearts**, expand their **minds**, and courageous enought to speak up with their emboldened and compassionate **voices** so we can all rise together.

evrmore

Interested in learning more about our psychosocial health platform for youth mental and behavioral health?

Let us know how we can help!
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