

ginger

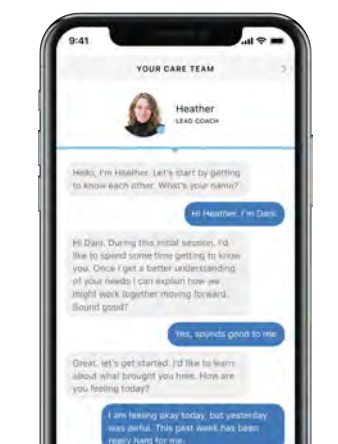
# Incredible mental healthcare *in seconds.*



Everyone can use mental health support at some point in their lives. At Ginger, we believe that everyone deserves access to incredible mental healthcare. So we've created the world's first integrated mental healthcare system where coaches, therapists, and psychiatrists work as a team to coordinate the best, personalized care for members right from their smartphone, whenever they need it, in seconds. It's like a virtual clinic without the waiting room.

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*All your care. All in one place.*



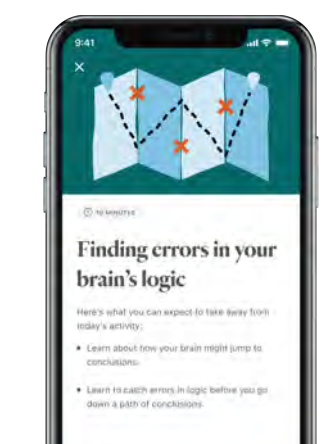
### **Behavioral health coaching**

Within seconds, members can chat live via text with trained behavioral health coaches, to receive 24/7 emotional support for day-to-day life challenges such as managing anxiety or improving sleep.



### **Therapy + psychiatry**

If needed, members can access virtual therapy or psychiatry within hours. Licensed therapists and psychiatrists work together with coaches, and can deliver sessions outside of business hours.



### **Skill-building activities**

Activities are clinically-validated to teach a wide range of life skills, like deep breathing to reduce stress. They are hand-picked for members by their coaches based on individual needs and goals.

*You and your dependents can receive unlimited behavioral health coaching support at no cost to you. Video-based therapy and psychiatry sessions are also available right through the app.*

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**Get started now.**

Download the Ginger Emotional Support App, tap "Get Started," and enter your work email address. Follow the instructions sent to your inbox and you're all set!



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Questions? Email [help@ginger.io](mailto:help@ginger.io) or visit us at [ginger.io](http://ginger.io).