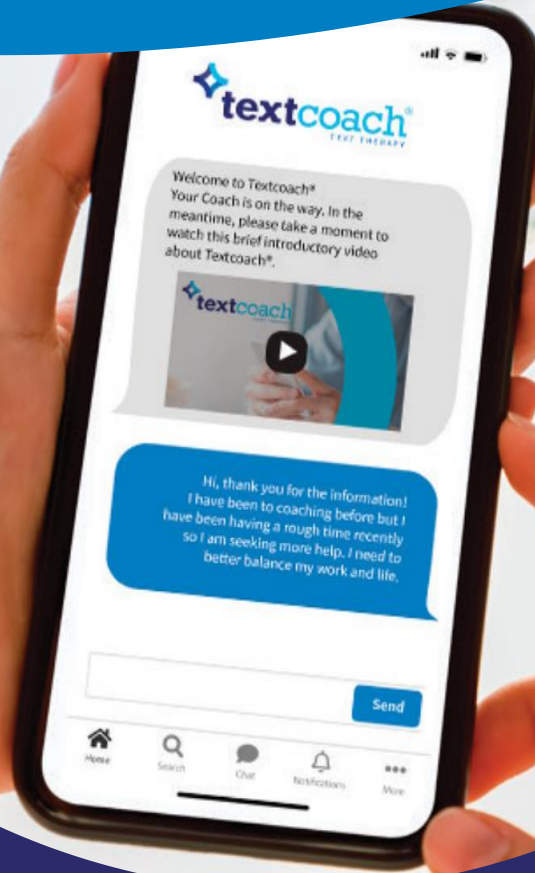


Textcoach®

Coaching that puts happiness at your fingertips



Textcoach® is like having a 'Coach' in your pocket to help you stay emotionally fit and healthy.

Designed to address issues such as stress, anxiety and depression – or to proactively build resiliency and enhance coping skills – Textcoach® allows you to work with a licensed counselor from your mobile or desktop device.

Start exchanging texts, voicenotes, videos and other resources today by downloading the mobile app or visiting the Textcoach® website.

Textcoach® features

- 100% Confidential
- Stigma-Free and Easy-to-Use
- Accessible via Mobile or Desktop
- Text Whenever and Wherever
- Staffed by Independently Licensed Counselors
- Exchange text-based messages, as well as voicenotes, tip sheets, videos and articles

Web

<https://text.coach>

Use your group code to create a personal profile.
Group code: **PIBOA**

Mobile

