

Sanvello is the #1 app for stress, anxiety, and depression with over 3 million users. Created by psychologists, Sanvello uses clinically validated techniques designed to work together to relieve symptoms and improve your mental well-being—anywhere, anytime.

Learn cognitive behavioral therapy (CBT) techniques, access on-demand coping and meditation tools, and find support in a vibrant peer community.

Sanvello is covered by insurance for more than 40 million people. See if you're one of them. Check your Sanvello Premium access coverage instantly by entering your medical ID card when you create your account.

Start here. Feel better.





QUESTIONS?

Please contact info@sanvello.com



On-demand help for stress, anxiety, and depression.



Find relief when you need it:



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