

Redefining Mental Health Care for the Indian Youth



India's Largest Mental Health Community

Express your thoughts anonymously

Connect with like-minded people

Completely Free

Kept safe by AI & humans 24x7

App Store Rating

App Downloads



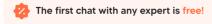
Therapy - Anytime, Anywhere!

Instantly Call/Text with Experts*



Affordable per min pricing





7,800+

Sessions Done

Minutes of Service Provided

*Experts Include Qualified And Experienced Psychologists, Psychiatrists, Life Coaches, Self Help Gurus, Personal Development Experts, Sexual Health & Relationship Experts.

From humble beginnings at Lady Shri Ram College for Women, Delhi University in 2019,



to being celebrated as Forbes 30 Under 30 Asia 2023!



Bani Singh & Drishti Gupta Now&Me Founders

% 100+

Team Of Experts & Employees 7.2 Crores

In Seed Funding Led By Saama And Whiteboard Capital



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