This is what a huge leap forward for mental healthcare looks like



Percentage of participants who get a clinical benefit:

Meru Health

85%

Traditional Talk Therapy

50%

Antidepressants

25%

And we're cheaper, faster, and far more accessible than talk therapy.

	Meru Health	Traditional Talk Therapy
Cost	\$1,420 (avg 18 sessions equivalent)	\$2,250 (BOB 18 sessions master level therapist)
Program length	12 weeks	Indefinite
Time to first appointment	Less than 7 days	Weeks to months

So how do we do it? Continuous in-app chat support with 12-week evidencetherapists, psychiatrists, based program and coaches delivered via the Meru Health mobile app Digital front door Intro video call Real-time biofeedback for quantifying the mind-body connection and seeing results Peer Holistic approach support and personalized analytics

Don't take our word for it!

We've conducted studies and published research with Harvard Medical School, Stanford Medicine, the National Institute of Mental Health, and several others.













Of course, our participants say it best.

"My life has changed dramatically. I recommend this program for anyone who's feeling depressed or anxious and just isn't sure where to turn for help."