

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



## We deliver the best outcomes

Percentage of participants who get a clinical benefit:

Meru Health

85%

Traditional Talk Therapy

50%

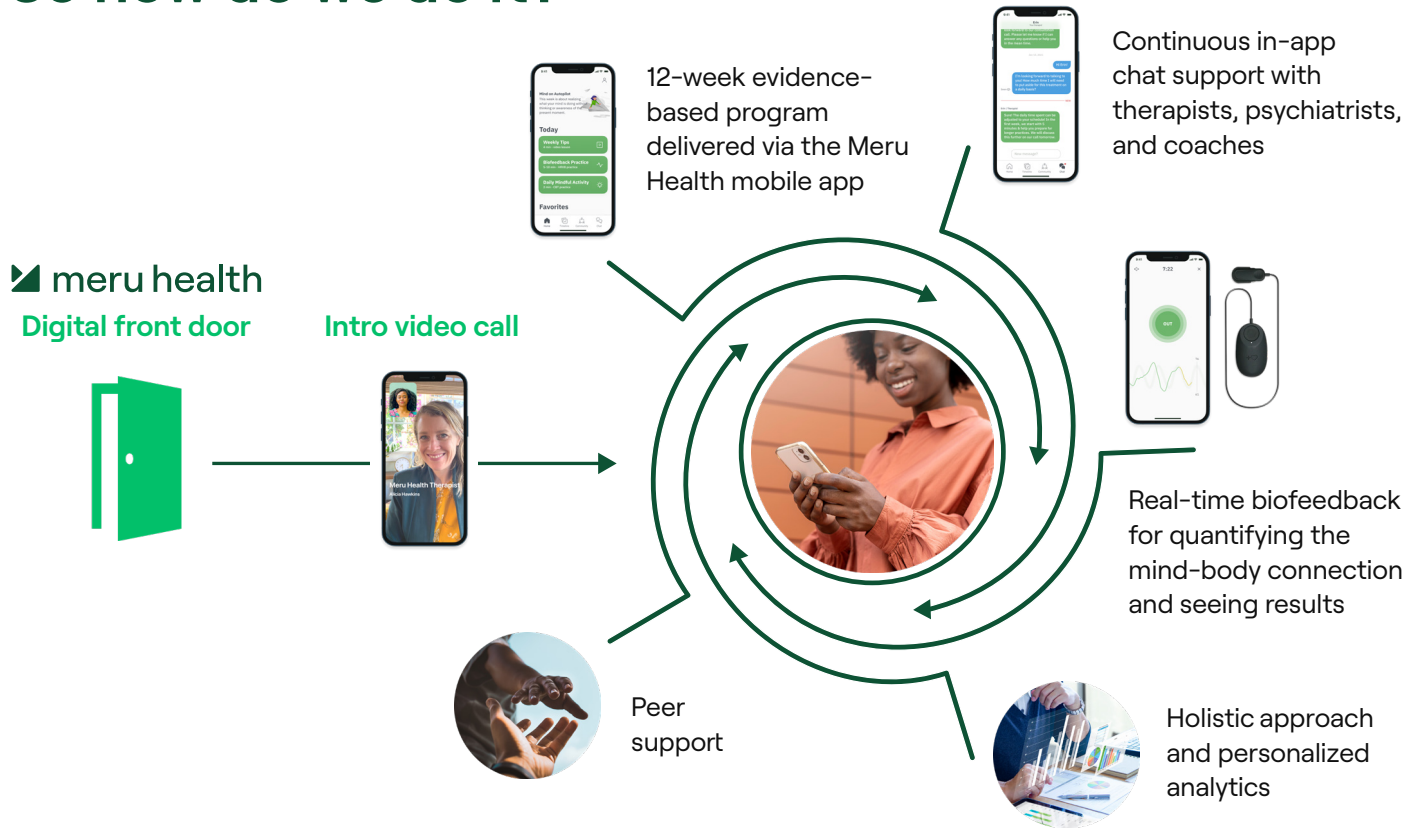
Antidepressants

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?



## 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.

Read more at [meruhealth.com/science](https://meruhealth.com/science).



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."*