

# Free Mental Health Access for You and Your Family.

Transform your well-being with Impact Suite. Experience the benefits of evidence-based mental health support designed to help you and your family thrive. Discover how our award-winning app can make a positive impact on your lives.



## Teletherapy & Lifestyle Coaching

Connecting with a specialist is easy! Choose from a nationwide network, set up appointments via our secure smartphone app for a personalized and safe experience.

## Proactive AI Coaching

Meet PaxAI®, your 24/7 wellness coach. Our advanced AI offers personalized insights and support, recognizing early signs of struggle and celebrating your victories. Get the guidance you need, exactly when you need it.

## Personalized Insights

Gain a deeper understanding of your mental health with personalized insights. Discover patterns and predictors unique to you, helping you make informed decisions and positive changes effortlessly.

## Something for Everyone

Each person's mental health journey is unique. That's why we offer resources for personal growth, depression, anxiety, and addiction. With our app, you can access teletherapy, lifestyle coaching, Proactive AI Coaching, Guided Trainings, Meditations, Assessments, and Personalized Insights—all *anonymously* and in *one place*.

## DOWNLOAD THE IMPACT SUITE APP



Scan this QR code or go to [impactsuite.com](https://impactsuite.com)

Enter your Access Code: **ImpactSuite**