



THE DIGITAL PLATFORM FOR MENTAL WELLBEING & ENGAGEMENT

instahelp.me/business



WE CARE

This is Instahelp

As a **pioneer** in the field of digital health promotion, we have been offering tailored solutions for individuals and companies since 2015 and creating a holistic offering for strengthening **mental health in the workplace and everyday life**.



Mercedes-Benz Consulting



I've supported Instahelp from the very beginning so that anyone who's struggling can immediately access professional psychological support – without having to rely on Dr. Google.

Toto Wolff
Team Principal & CEO of the Mercedes-AMG Petronas F1 Team

Bild: © Mercedes-Benz Grand Prix Ltd.

Our offer at a glance

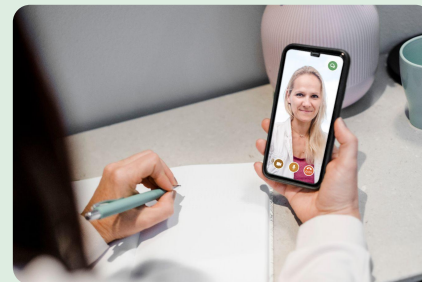


Self Care

Mental Health Gym

Retreats

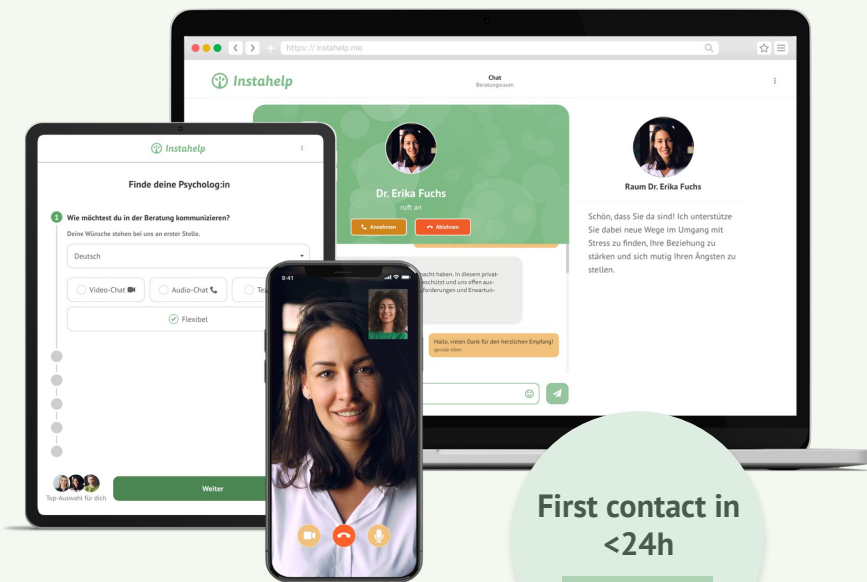
Mental Wellbeing Check



Guided Care

1:1 Consultation online

Psychological counseling online



First contact in
<24h



20+ languages



Anonymous & GDPR
compliant



400+ psychologists

Quality of advice

Our psychologists undergo a rigorous quality process

Qualifications of our psychologists

- Completed university degree in psychology
- Postgraduate training as a clinical and health psychologist
- At least 3 years of professional experience in on-site counseling
- Additional training in the field of online counseling

University partner

Sigmund Freud Private University

Group practice

Ongoing quality management measures:

- Individual Supervision
- Professional exchange in group intervention
- Power seminars on current topics
- Regular customer reviews

Scientific Advisory Board

Prof. Dr. Ernst Berger, Prof. Dr. Kenneth Thau, Kurt Langbein

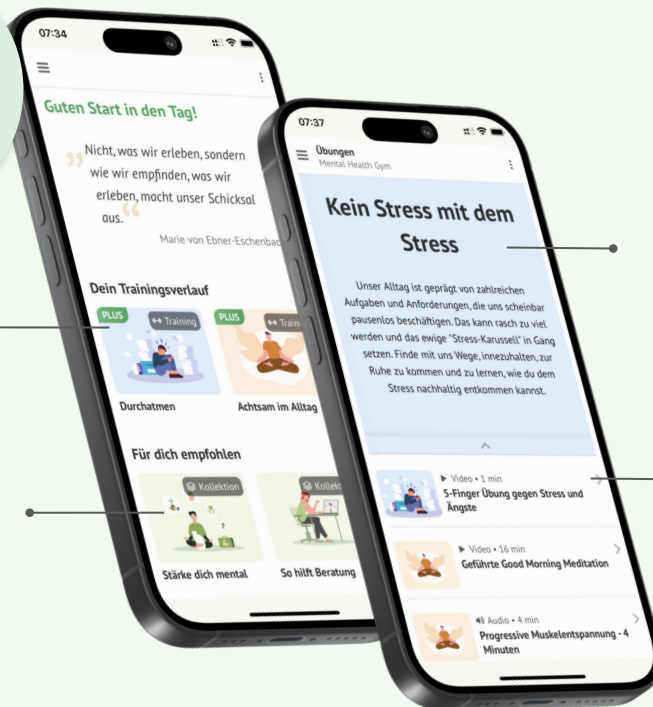
Mental Health Gym

175+

scientifically
based content

Exercises in
everyday live
Relaxation

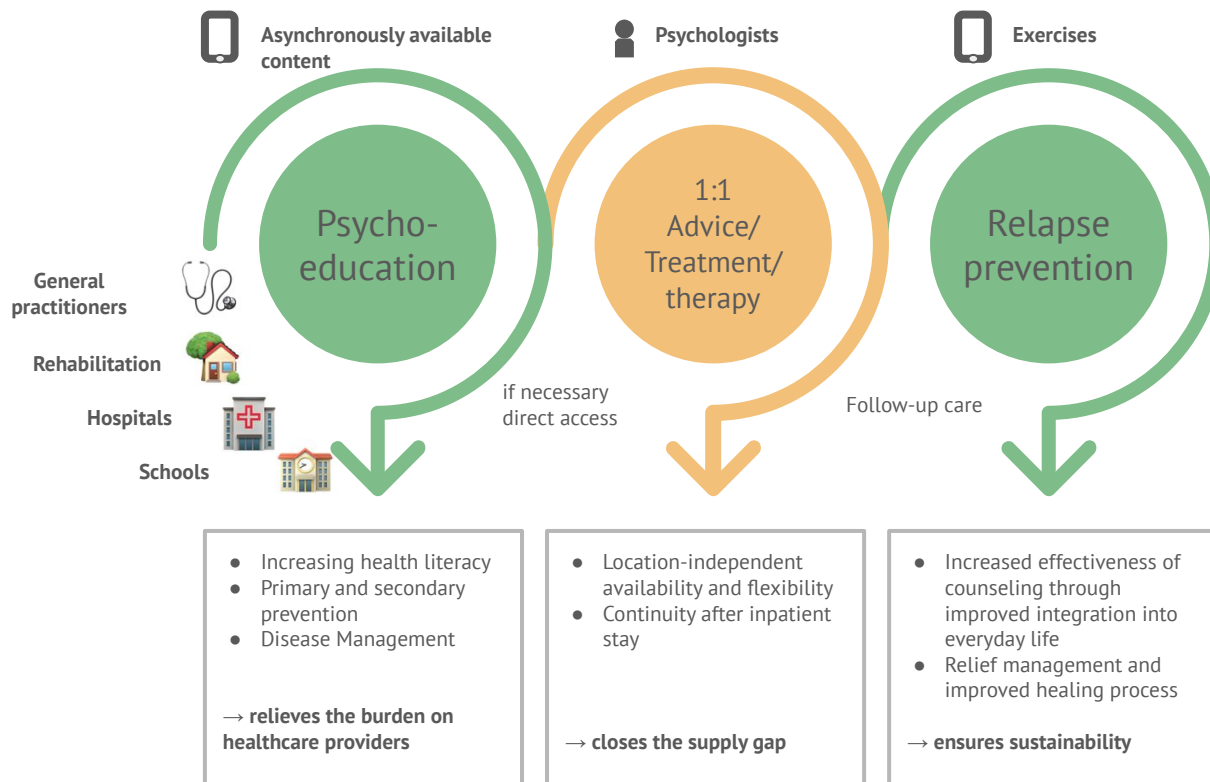
Regular
Online-Events



Self-guided
Learning & Training

Developed by
Psychologists

The benefits for healthcare





Time for Questions.

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