



SOLH WELLNESS

The answer to mental well-being

A comprehensive and preventive Tech-driven mental health platform working towards making mental health accepted, accessible, 24/7 available & affordable. Free for individuals with subscriptions for organizations with advance features, actionable insights and reports.

1 Trusted mental health platform with **100,000+ users**

2 Stellar team with a strong **psychological** background

3 Innovative solutions backed by **latest technology**



Available on the
App Store

Available on the
Google Play

WHY MENTAL HEALTH?

THE 16-HOUR THEORY



Everything we do in a day impacts our mental health



From the food we eat, the connections we make, to the places we tread, it all shapes our emotional well-being.



This accumulates to more than 16 hours a day!



Yet, despite its profound impact on our lives, mental health is often relegated to the shadows.



The stigma and lack of awareness around mental health make it even harder for people to seek help.

OUR MISSION

Make mental health support affordable, 24x7 accessible, personalized, and accepted across the world by providing a safe space for people to express themselves & seek support to prevent clinically diagnosed mental disorders.



OUR VISION

Increase the psychological capital of every individual and hence the society by removing stigma and empowering everyone with tools, solutions, and access to preventive mental health support.



OUR WELLNESS PROGRAMS

Solh Employee Wellness Program

Achieving work-life balance made easy

- Customizable access to the Solh App
- Data-driven actionable insights
- Tailor-made Workshops
- Individual counseling

Solh School Wellness Program

Give your school a holistic developmental curriculum

- Customizable access to the Solh App
- School Wellness Report
- Tailor-made Workshops for students and teachers
- Neuro Inclusivity training & counseling

Solh Educational Institute Wellness Program

Make mental well-being a crucial aspect of your Institution

- Customizable access to the Solh App
- Institution Wellness Report
- Tailor-made Workshops for students and professors
- Confidential counseling

Try our 30-day Free Pilot Program Today!



WHAT YOU GET!



Unlock Your **Organization's Wellness** Cloud with PsyCap points: Data-Driven Insights and Reports at Your Fingertips!



Choose Mental Well-Being, Choose Solh Wellness