The Problem

1 billion+ people (1 in 8) live with a mental health disorder

$1 trillion annual productivity loss from anxiety & depression

Addressing mental illness is essential to achieving the **Sustainable Development Goals**

More than **720,000 people** die due to **suicide** every year

73% people don't have access to effective care

In the next 10 years, depression will put more burden on nations than any other disease

Enough capacity for mental wellness in the current form is not feasible

COVID-19 has disrupted critical mental health services in **93% of countries worldwide**

Current Mental Wellness Scenario

India's mental health market thrives with 50+ startups, most of them are 'find a counselor' with some minor add-ons to get more counseling and therapy sessions, basically mental health marketplaces.

A transactional, point-based solution is neither valuable for the user, nor scalable as a business.

Other Competitors

Find a Counselor

AI Chatbot

Therapy

Content Solution

1. Tech & AI driven Ecosystem
2. Measurability
3. Deaddiction Support
4. Human Interaction
5. Best Practices
6. Personalised Interventions
7. Marketplace

Resilience for E.A.C.H.

Why does your Organization need R.E.A.C.H. Program

Reducing Cases of Suicide and Depression
Proactive Strategies to Reduce Suicide and Depression Rates with AI-Driven Mental Health Tools

Improving Efficiency and Productivity
Boosting Productivity and Streamlining Operations with Mental Wellness Initiatives Enabled by AI

Increasing Happiness and Peace of Mind
Creating a Workplace Culture that Prioritizes Happiness and Peace of Mind, Supported by AI-Powered Mental Health

Reduced Absenteeism
Enhancing Workplace Presence and Focus with AI-Driven Mental Health Tools to Reduce Stress and Improve Engagement

How we deliver?

- **User:** AI-enabled web & mobile app
- **Organization:** AI-driven wellness dashboard for SMART insights
- **Provider (Mental Health Experts):** Enterprise SaaS solution for Mental Health Providers
- **Stress Monitoring (Streffie):** AI Stress monitoring via user devices & kiosks
- **De-addiction (Prarambh-life):** AI-powered, self-served recovery with adaptive support layers
- **Human Interaction (Preventive & Curative):** Multi-tier engagement at individual & organizational levels
- **Integrations / Add-ons:** API-enabled for seamless ecosystem integration
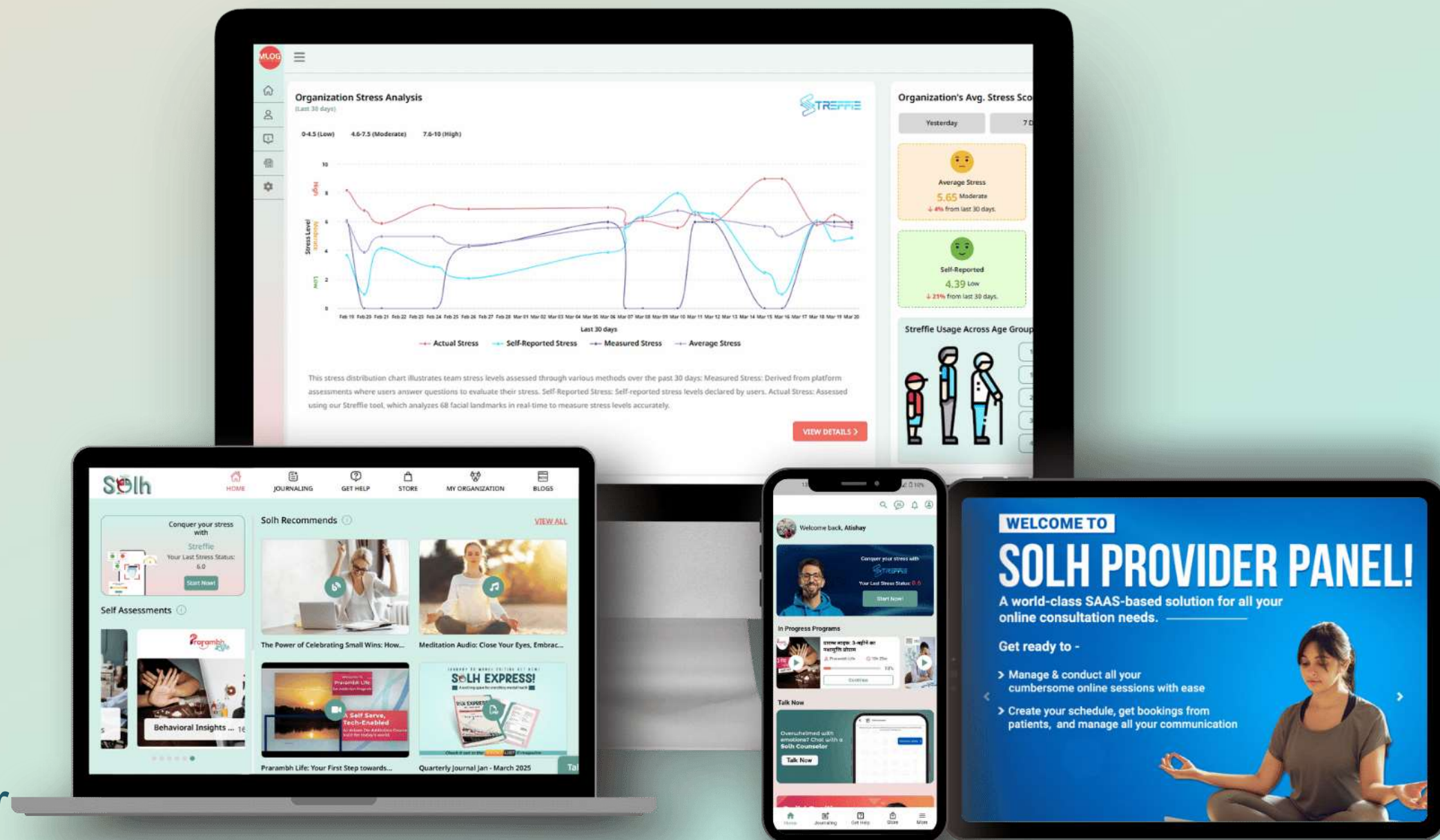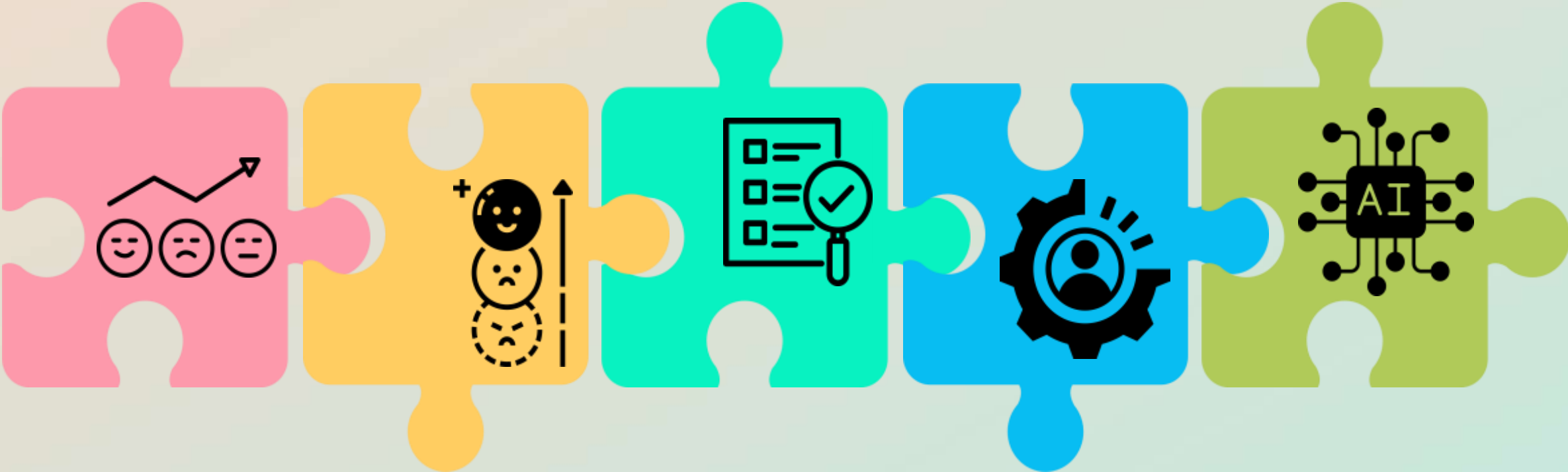
EVALUATE

Gain insights into mental well-being through assessments & streffie

STREFFIE (AI):
Objective/Actual
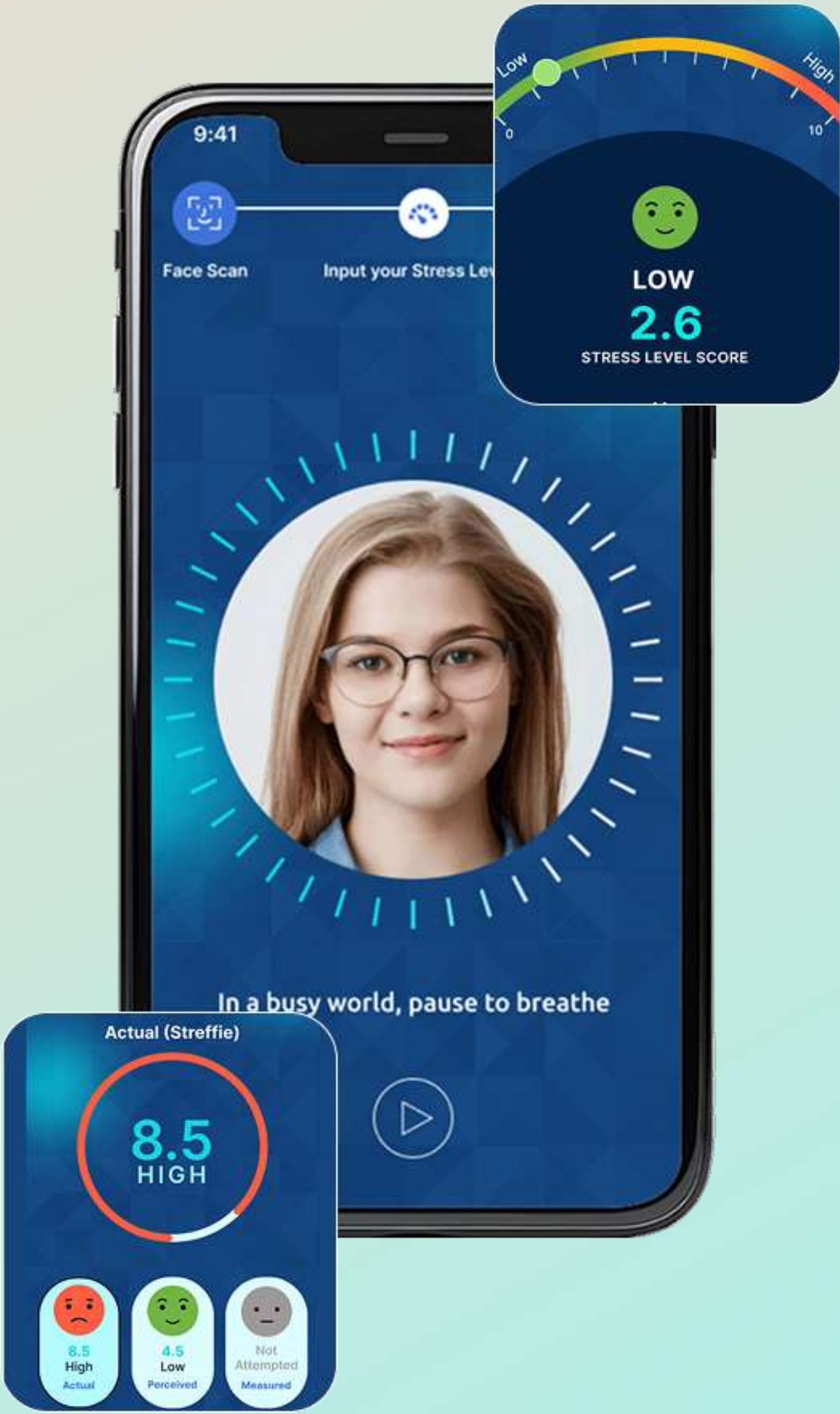
Self Assessment:
Subjective/Measured

AI-Driven Insights

Stress Tracker:
Perceived/User

PsyCap: Platform Usage Metrics

*Share openly, stay anonymous. Security & Privacy is ensured, the space to express without hesitation.

LOW
2.6
STRESS LEVEL SCORE

Face Scan   Input your Stress Level

In a busy world, pause to breathe

Actual (Streffie)
8.5
HIGH

8.5 High Actual   4.5 Low Perceived   Not Attempted Measured

ACT
Redefining Human Interaction in Mental Health
Transforming how **individuals** interact and seek support in mental health.

➢ **Talk Now (24/7 Accessible):** Anytime, Anywhere, Anonymously

➢ **Problem Discovery:** Helping users identify underlying issues through a 15-minute call with our expert psychologists

➢ **Access to Experts:** Connect with psychologists & psychiatrists on demand

➢ **Wellness Activities:** Engage through allied therapies, workshops, one-on-one sessions
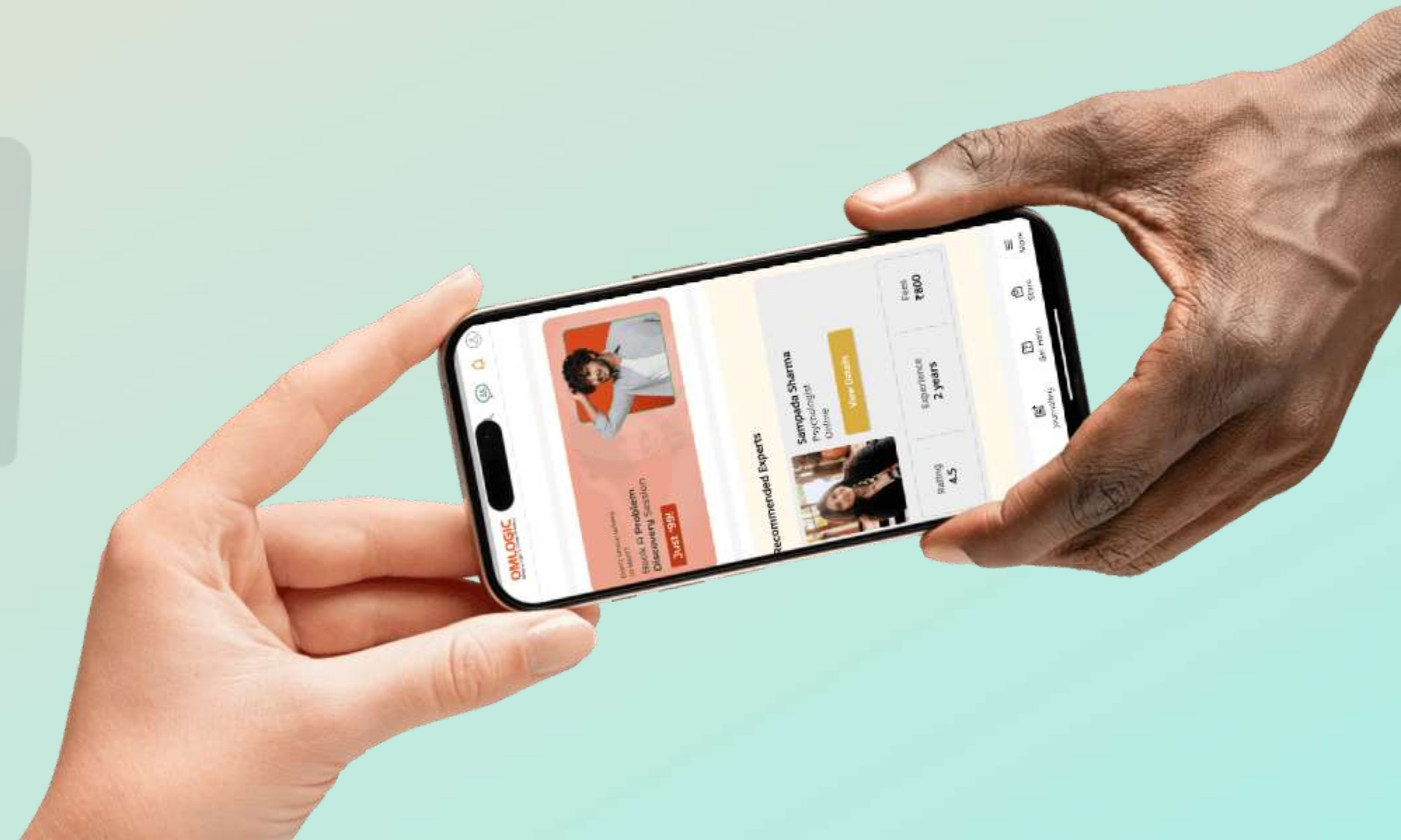
CONNECT
Build support systems within teams, peers, and expert networks

➤ **Support Groups:** Connect with like-minded individuals or those who've walked the same path through 35+ safe, interactive support groups tackling key mental health challenges.

➤ **Journaling:** Empower self-reflection and emotional tracking for personal growth.

➤ **Marketplaces:** Seamlessly connect with Experts to help you navigate your Healing Journey.

➤ **Anonymity & Data Security:** Your privacy is key in overcoming mental health challenges. Whether in support groups, journaling, or connecting with experts. **Your journey is yours—protected, private, and judgment-free**
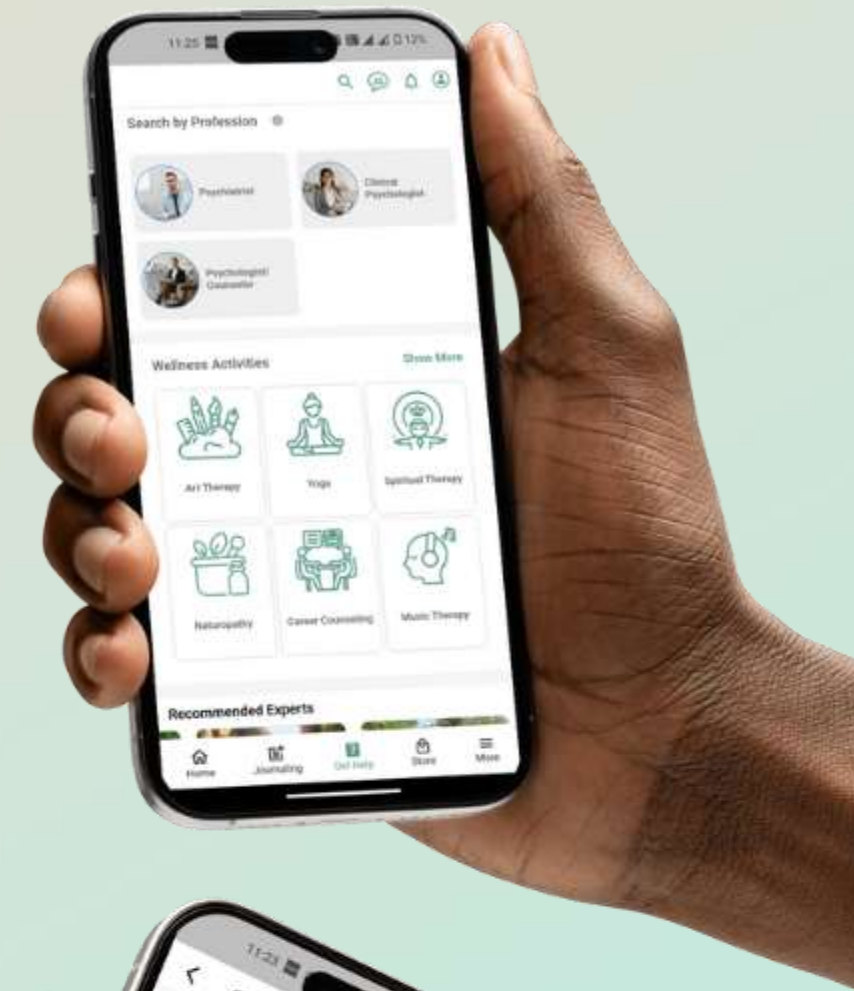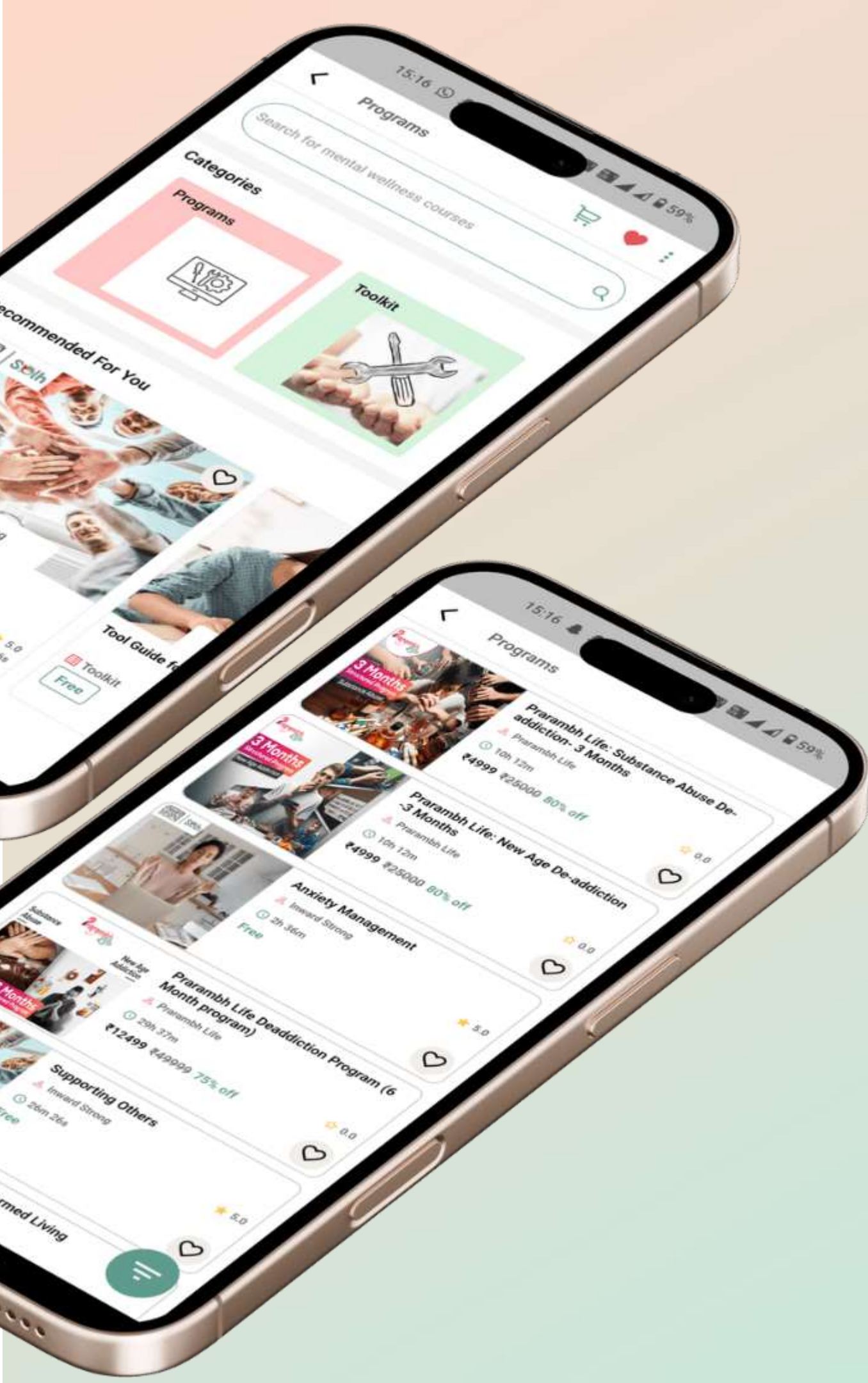
HEAL
Accept healing as an ongoing journey, not a one-time fix

➢ **Structured Programs:** Clear, step-by-step guidance for specific mental health concerns. Build resilience, manage stress, and overcome challenges effectively

➢ **Mental Wellness Toolkits:** Practical, evidence-based resources for common issues like stress, anxiety, and overthinking. Heal and grow

➢ **Mental Health Products:** Supplements, books, and Sensory toys to support your mental health journey. Promote healing, relaxation, and focus

➢ **Resources:** Access blogs, videos, audio guides, and more, tailored to your needs, anytime, anywhere

Our Innovations

Streffie

- AI-based stress tracking tool
- Provides predictive insights before issues escalate

Prarambh Life

- AI-enabled, evidence-based recovery for substance and behavioral addiction
- Available in multiple Indian languages

AI-Powered Dashboard

- Real-time mental wellness trends
- Actionable insights for HR and leadership

![Streffie logo - Powered By Solh]
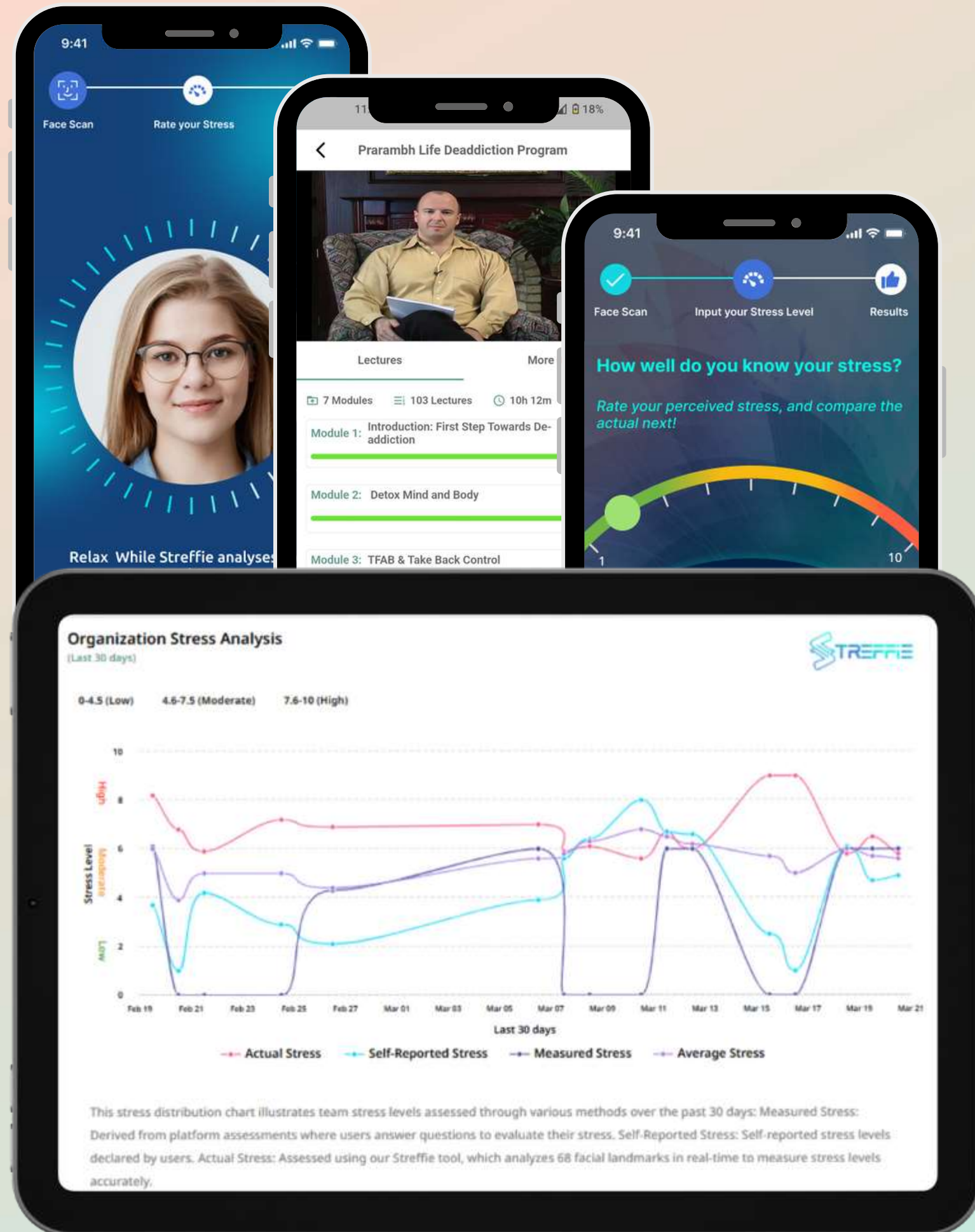
Monitor Stress,
Master Calm - Say Hello To Streffie!

➢ Streffie is an **AI-powered Stress Monitoring**

   solution designed to identify, understand,

   and manage stress effectively

➢ Measures **actual, perceived, and**

   measured stress to provide actionable

   insights

➢ Accessible via **mobile, web, and kiosks** for

   instant feedback

# Relapse Prevention through Innovative Technology

Tech-driven, self-served, AI-enabled De-addiction through 3 Month & 6 Month Program

Continuous Support: Real-time tracking and check-ins

Relapse Prevention Tools: Personalized reminders & notifications

Community Engagement: Interactive forums and group support

Tech Integration: Seamlessly integrates with daily life
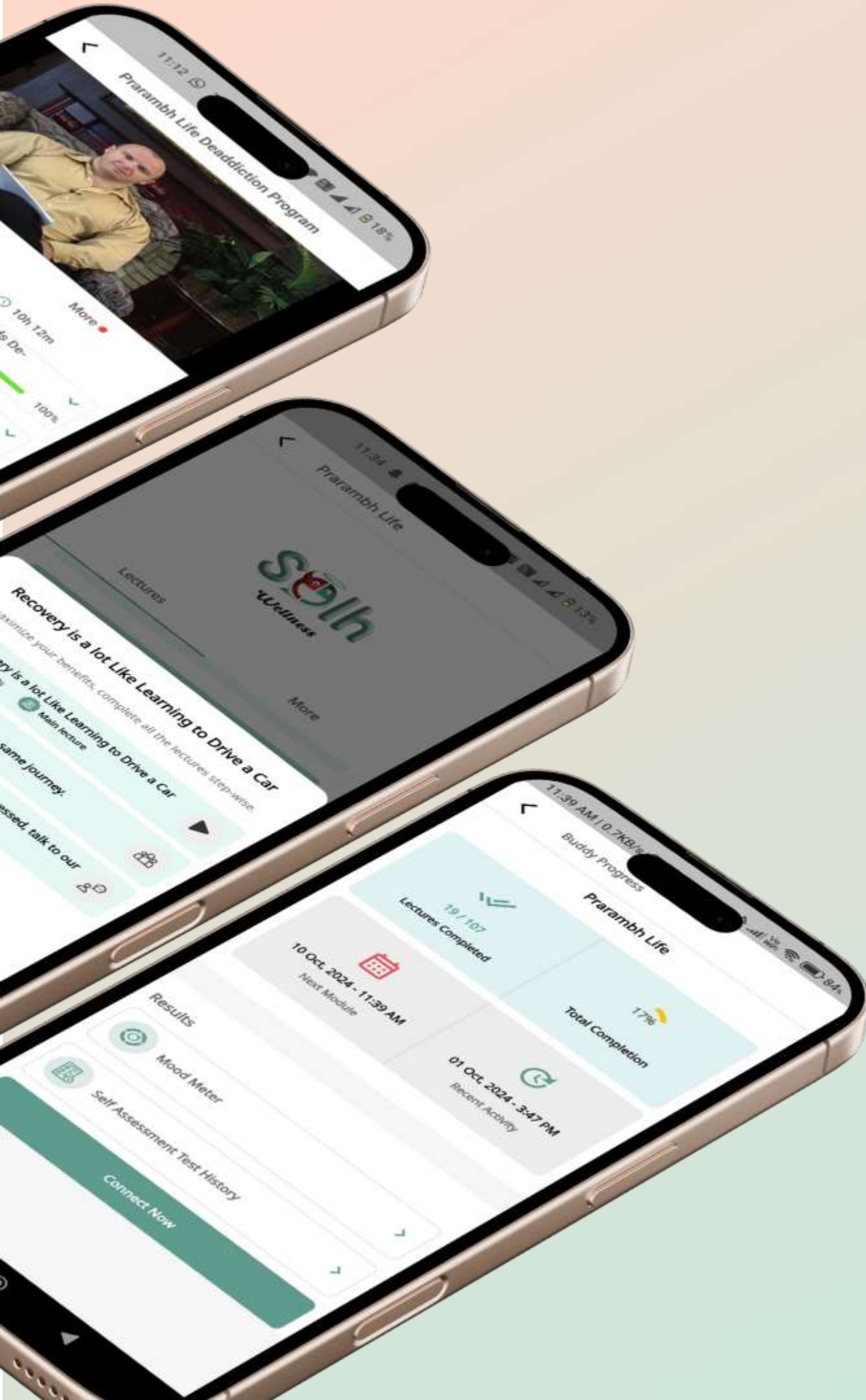
Organizational Dashboard SMART Insights

➢ **Wellness Metrics**: AI-driven insights for **measurable** mental well-being

➢ **Platform Usage: Relevant** engagement data via PsyCap

➢ **AI Interventions: Actionable and time-bound** support

➢ **Privacy First:** Group-level insights, **specific** and secure

AI-powered, SMART insights for better mental health decisions

Human Interaction for Organizational Harmony

- **Training & Capacity Building:** Training programs for organizations and providers to enhance mental health awareness and intervention capabilities
- **Organizational Workshops**: Custom sessions for employee groups introducing mental wellness & ways to manage workplace stress
- **Group Classes:** Open sessions for community-based learning and support. Daily classes for user engagement & stress relief

R.E.A.C.H. *for Organizations*

❖ **Mental Health as a Culture**: Integrates mental wellness into workplace policies

❖ **Leadership & Employee Well-being:** Focuses on stress management, resilience training, and emotional intelligence for leaders & teams

❖ **Seamless Support with Streffie:** Our AI-powered stress monitoring solution Streffie analyses actual, perceived, and measured stress to provide real time insights available via kiosk implications as well

❖ **Targeted De-Addiction Support with Prarambh Life:** For employees dealing with substance dependency or behavioral addictions, Prarambh Life provides structured, stigma-free recovery programs

Workshops with Solh Wellness

Emotional & Mental Well-being

Category	Workshop Theme	Description
Emotional and Mental Well-being	Managing Workplace Anxiety	Practical tools and techniques to handle work-related anxiety and improve emotional resilience.
	Stress Management for Employees	Mindfulness, meditation, and natural stress relief methods tailored for the workplace.
	Trauma-Informed Living at Work	Understanding trauma and creating a supportive work environment.
	Building Emotional Intelligence	Enhancing self-awareness and interpersonal skills for better professional relationships.
	Navigating Workplace Relationships with Empathy	Strengthening professional relationships and resolving conflicts effectively.
	Practical Tips for Supporting Colleagues	Tools for recognizing and supporting coworkers with mental health challenges.

Career Development & Creative Expression

Category	Workshop Theme	Description
Career and Personal Development	Career Counseling for Corporate Growth	Identifying skills, setting goals, and aligning career paths with organizational objectives.
	Building Resilience for Workplace Success	Tools to overcome challenges, manage setbacks, and avoid burnout.
	Emotional Intelligence at Work	Improving communication, collaboration, and leadership skills for professional success.
	Time Management and Goal Setting	Practical ways to enhance productivity while maintaining mental balance.
Creative and Therapeutic Expression	Music Therapy for Relaxation	Interactive sessions to use music as a stress reliever in high-pressure environments.
	Dance and Movement Therapy for Teams	Creative movement activities to enhance self-expression and team bonding.
	Art Therapy for Professional Growth	Using creative activities to explore emotions and foster innovation in the workplace.
	Journaling for Workplace Clarity	Guided exercises to express emotions, track progress, and manage workplace stress effectively.

Workshops with Solh Wellness

Holistic Healing and Wellness

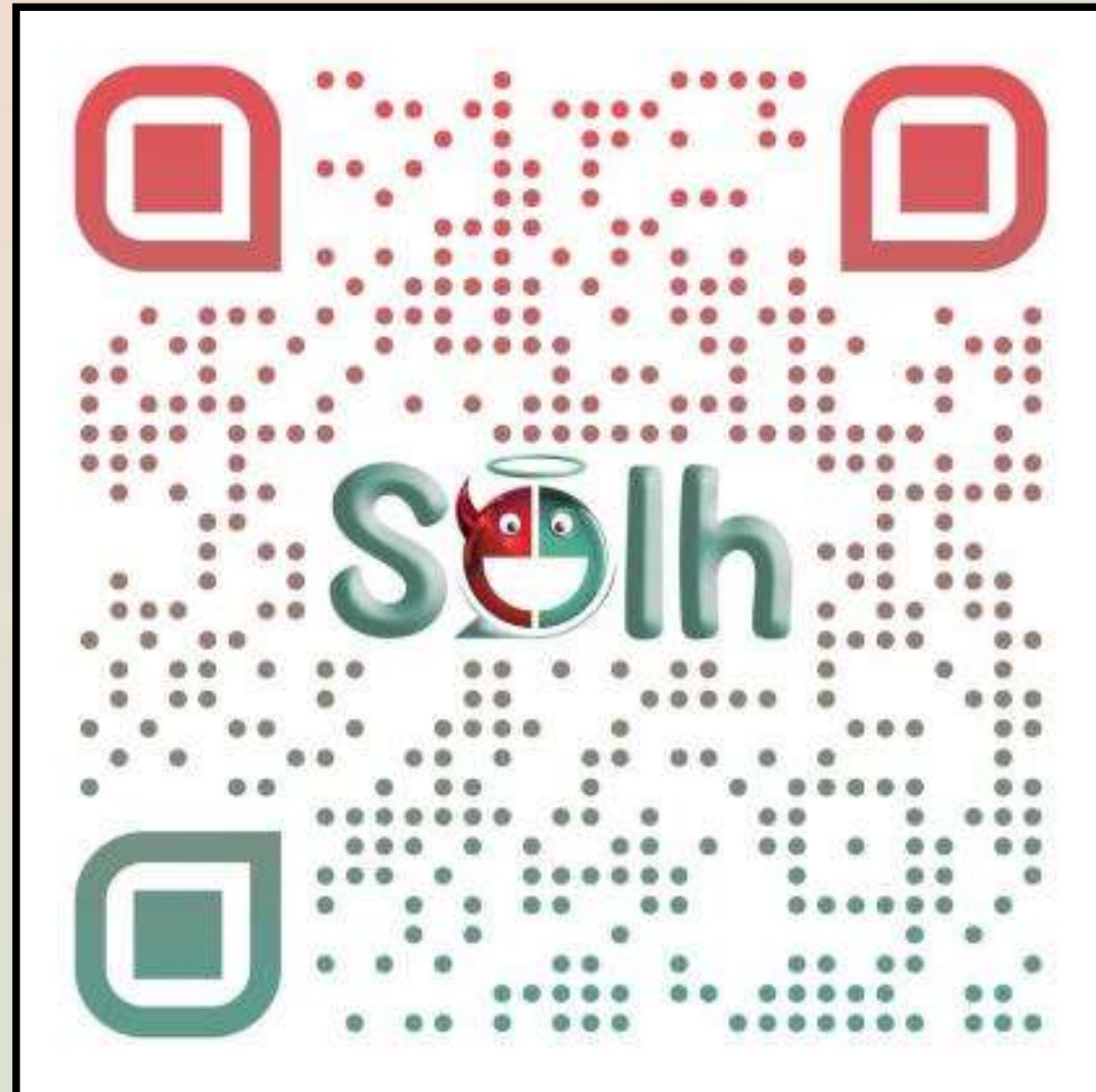| Category	Workshop Theme	Description	Category	Workshop Theme	Description
Holistic Healing and Wellness	Introduction to Spiritual Therapy	Discovering inner peace through spiritual practices and mindfulness techniques.	Mindfulness In the Workplace	Mindfulness for Stress Management	Practical mindfulness strategies to manage workplace stress and boost productivity.
	Harnessing the Power of Naturopathy	Natural approaches to healing through diet, yoga, and lifestyle adjustments.		Building Resilience Through Mindfulness	Techniques to cultivate emotional resilience and adaptability in challenging work environments.
	Ayurveda for Modern Living	Using ancient Ayurvedic principles to promote health, balance, and vitality in the workplace.		Enhancing Focus and Clarity at Work	Mindfulness exercises to improve concentration, decision-making, and efficiency.
	The Healing Power of Music	Exploring music therapy to reduce stress and enhance focus in professional settings.		Cultivating a Mindful Leadership Style	Empowering leaders to foster mindful communication and empathetic leadership.
	Expressive Healing through Dance Therapy	Using movement to relieve workplace stress and enhance team collaboration.			

Other Considerations– Making it Easy to Choose Solh

➢ **Scalability:** Best in class tech for 100% users

➢ **Single Sign-On (SSO):** Org. user data security

➢ **Multi-lingual**: Important for global reach and the ecosystem (parents, kids, families, etc)

➢ **ISO, VAPT certifications:** Security audits

➢ **Work with existing solutions:** Can be integrated through APIs with existing solutions

➢ **Comprehensive:** Streffie, Prarambh Life

➢ **Measurable with AI-triggers:** For early intervention at individual & organization level
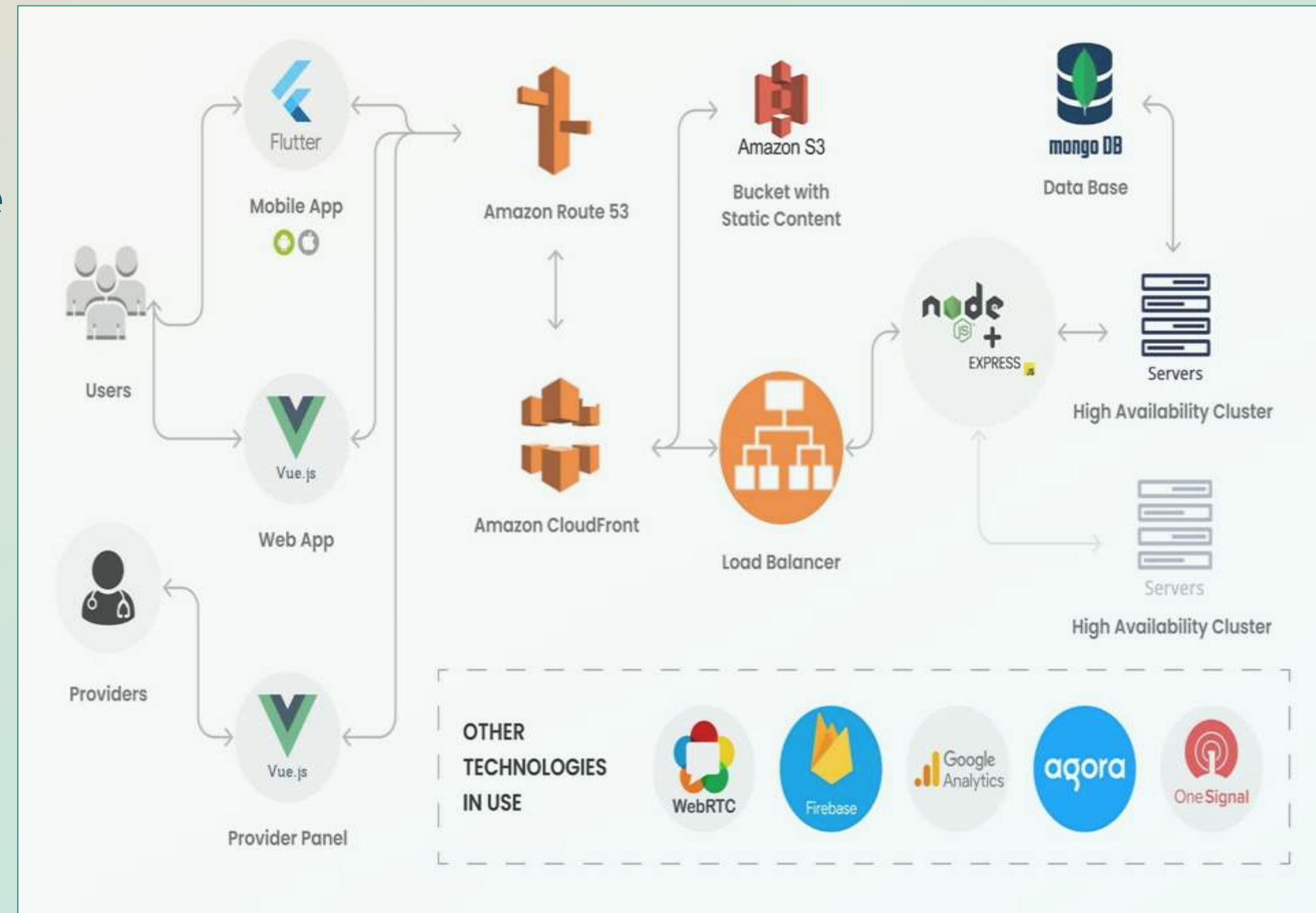
Big enough to do it all, Small enough to do it well

DOWNLOAD NOW

Contact Us

info@solhapp.com

www.solhapp.com

+91- 9667-215980

ANDROID APP ON
Google Play

Available on the
App Store