Offerings Across Sectors

For Companies

Happier teams. Less burnout. Real RoI.

- 10-min Problem Discovery Calls
- Streffie Stress Kiosk at entry points
- Smart Dashboard (No personal tracking, 100% insights)
- Custom Stress Reduction Plans based on user profiles
- Talk Now with Solh Buddy your 24X7 support for overwhelming situations

For Education

Support your students where it matters most — their mind.

- Domain-based login (No data required)
- Talk Now with Solh Buddy - A 24x7 safe space in your pocket
- Anonymous Campus Dashboard
- Prarambh Life – Preventive plans for mobile, porn & gaming addictions

For Healthcare

Caring for those who care for us.

- Live stress alerts via Streffie
- Remote access to support tools
- Solh Buddy for emotional decompression
- Addiction support for prescription, alcohol, and other issues
- Burnout and overload tracking by unit/team

Why Solh Works

- No personal data needed
- Multilingual, Indianised content
- Plug & play setup
- Data-anonymised dashboards
- 150K+ lives supported
- Works across workplaces, colleges, & healthcare setups

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Solh

App Store | Google Play

Our Awards

Jury Recognition Healthcare | Health & Community Wellness Advocate | Mental Wellness App of the Year 2024

Our Certification

ISO 27001:2022 | MSME | PCI DSS | ISO 9001:2015

Solh Wellness

India's First AI-Powered Stress Management Ecosystem

"What if your Team had a system that prevented stress before it became a crisis?"

Where burnout ends and resilience begins.

- 👥 Built for Your People
- 🤖 Powered by AI
- 🤝 Augmented by In-house counselors

Solh

What is Solh?

Solh is India's first full-stack **AI-powered stress management ecosystem**. We measure, understand and treat stress, developing **resilience**, and enabling peak performance through our proprietary **REACH Framework**.

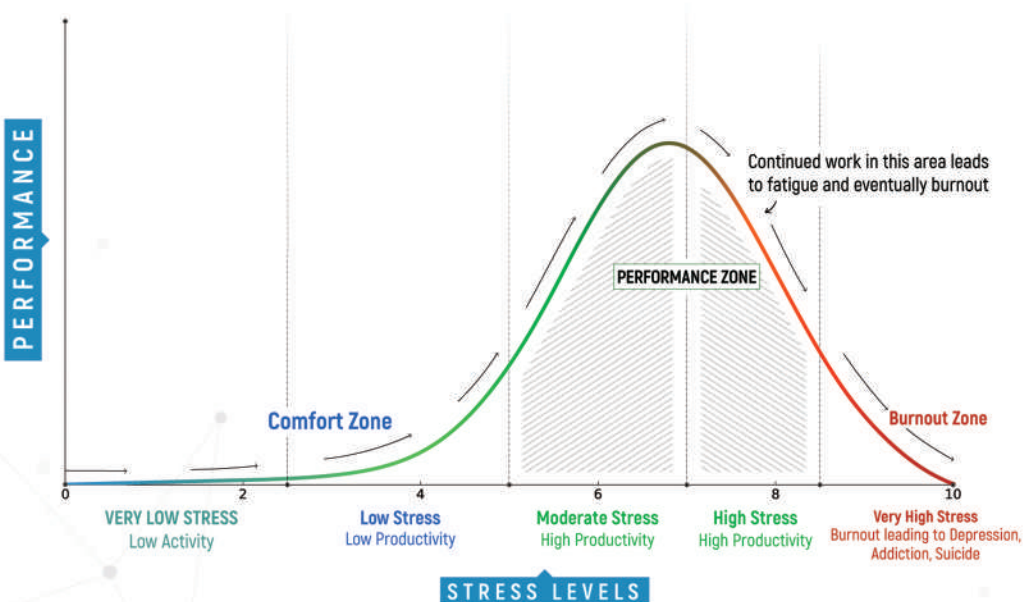| Creating Healthier, Happier Organizations | Enhancing Productivity | Reducing Stress, Depression & Suicide Risk |

Is all Stress Bad? No!

When managed well, stress becomes a powerful motivator.

Solh empowers you to master its impact, helping you find your 'productive zone' for sustained productivity and preventing burnout.

Co-relating Stress & Performance

Solh helps individuals and organizations navigate the Stress Curve, transforming pressure into productivity.

The REACH AI Framework

Building Resilience for Peak Performance

Our proprietary REACH methodology transforms stress and develops resilience through four interconnected stages:

The ability to withstand, adapt, and bounce back from stressful situations

R
Resilience for EACH

E
Evaluate
Gain insights through screening, monitoring and assessments

Take proactive steps to manage stress levels with structured interventions

A
Act

C
Connect
Build support systems within teams, peers, and expert networks

Accept healing as an ongoing journey, not a one-time fix

H
Heal

Resilience isn't a one-time fix. It's a daily system.

Our AI-powered Innovations

Streffie

India's first AI-based stress scanning kiosk & mobile app. Converts stress into a measurable metric.

Guided Plans

Structured stress recovery journeys. Built by experts. Delivered through technology.

SMART Dashboard

See stress patterns across teams/departments ◄

100% anonymized ◄

Actionable in real-time ◄

Prarambh Life

Clinically validated de-addiction programs for substance (alcohol, smoking, etc.) and behavioral dependencies (gaming, social media. etc.)

Solh Buddy

Talk Now with your 24x7 companion. Personalized emotional check-ins, reflective nudges, and with seamless access to professional support.