



↗ Wise Up

The latest on AI for Mental Health: Brought to you by Wysa

Phygital DreamKit: A new, hybrid approach to supporting girls' mental health in India

Plug into support for National Caregivers Month

NEW research! The hidden health impacts of loneliness

Solitude: is it helping or hurting you? Take the quiz to find out

Ask Smriti: Should I tell my employer I'm struggling with my mental health?

Wysa grows again, acquiring Kins Physical Therapy to tackle U.S. healthcare

Turning a corner with April Health: Alice overcomes daily panic attacks

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Welcome

Dear Readers,

Welcome to a new edition of Wise Up!

As always, we're digging into the news, research, and AI innovations that continue to shape the mental health and wellbeing landscape.

We begin with a big announcement from Wysa: our acquisition of Kins Physical therapy. This move marks a bold step for us, flipping the traditional model on its head, and instead taking a reverse approach to tech adoption to tackle US healthcare.

We also share our latest research into loneliness: who's most at risk, how it shows up, and the very real mental and physical health impacts it carries. Alongside this theme, we've created a reflective quiz to help you explore your own relationship with solitude.



For employers and HR leaders, we offer a practical framework for streamlining your wellbeing strategy by asking just three essential questions, plus a step-by-step guide on how to conduct a wellbeing gap analysis for your organisation.

This issue also shines a light on those who give, give, and keep on giving: caregivers. Senior Therapist, Nanaidta Shukla, shares why it's crucial for caregivers to check in with themselves, recognise early signs of burnout, and plug into available support. We also include simple ways you can support the caregivers in your life, because nobody can pour from an empty cup.

We're proud to bring you an update from India, where we've launched DreamKit, our new phygital (physical + digital) approach to boosting emotional resilience for girls in low-resource settings.

Smriti Joshi answers a question many people wrestle with: "Should I tell my employer I'm struggling with my mental health?"

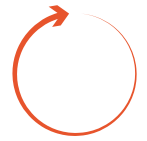
Finally, we close with a powerful patient story from an April Health client, who shares how she overcame daily panic attacks with the right care and support.

We hope this issue informs, supports, and inspires you. Thank you for being here.

Megan

Megan Kirk, Marketing Manager, Wysa

Wise news round-up



Can your headphones protect you from burnout and tell you when your brain needs a break?

Earlier this year, Neurable, a Boston start up, released their MW75 Neuro headphones.

The new headphones don't just play music to help you relax, or cancel external noise to help you focus - they read your brainwaves!

The headphones use EEG sensors in the earpiece and AI to track your focus in real time, sending feedback to an app that alerts you when your mind starts to wander, rewards you for staying on task, and even suggests breaks before you reach burnout.

The app shares daily insights about your focus, calmness, anxiety levels, and cognitive speed, along with science-backed tips to stay sharp and work on your mental fitness.

In the future, this tech could be used to detect early signs of cognitive decline.



AI helps to spot blood clots without invasive procedures

Researchers at the University of Tokyo have found a way to watch blood clotting happen in real time without invasive procedures. Using a super-fast microscope and AI, they tracked platelet behavior in blood samples from over 200 patients.

Usually, understanding what's happening in the coronary arteries requires invasive procedures; but this research shows that a simple blood sample from a vein in the arm can provide meaningful information about platelet activity, making the process much easier, safer, and more convenient.

This new technique could help doctors see who's at risk of heart attacks or stroke, and adjust medications more precisely without guesswork or catheters.

How it works: The microscope captures thousands of images of moving platelets every second, and the AI spots when they're clumping dangerously. Early results show it could flag high-risk clotting in real time.

THE LATEST IN AI, HEALTHCARE AND MENTAL HEALTH



AI means personal time loss, despite productivity gains

Is AI making us work more instead of less?

A new study finds that people in jobs most exposed to AI tools like ChatGPT are actually working around three hours more per week, and getting less leisure time as a result.

So while AI may make tasks faster, workers themselves don't necessarily benefit.

The researchers suggest AI is driving longer hours and lower satisfaction, especially in jobs where it's used to monitor productivity.



Prostate cancer treatment meets AI in men's health

In a promising step for Men's Health, researchers have developed an AI tool that predicts which men with high-risk prostate cancer will benefit most from the drug abiraterone, which can halve the risk of death.

By analyzing biopsy images, the AI identifies the patients most likely to respond, helping others avoid unnecessary treatment and side effects.

This breakthrough could help healthcare systems worldwide deliver treatment more precisely, safely, and cost-effectively, ensuring men get the right therapy at the right time.



Smart glasses to support mental health and independent living

The UK government is backing a new wave of mental health technology including AI-powered smart glasses designed by London-based startup, CrossSense.

Originally developed to help people with dementia stay independent for longer, the glasses are now being adapted to support those with severe depression, anxiety, and psychosis.

Using built-in AI, the glasses offer reminders and safety prompts, and even help reframe negative thoughts. By making daily life easier, they could reduce NHS pressure by helping people to live more independently, for longer.

Closing gaps in US healthcare:

Wysa acquires Kins Physical Therapy



At Wysa, we believe that the future of healthcare depends on bringing together the best of human expertise and AI innovation. This month, we're taking a bold new step in that direction. We've officially acquired Kins, a U.S.-based physical therapy services company.

You might have heard that it can take up to 17 years for proven healthcare innovations to reach real-world adoption. That timeline simply doesn't work when people need help *now*. So instead of waiting for healthcare services to adopt AI, we decided to turn the model upside down; we're adopting healthcare services.

A new model for mind-body care

Through this acquisition, we're combining the strengths of both organizations to close the care gap, make physical and mental health services more accessible, and speed up the adoption of AI-driven innovation, all while keeping clinicians at the heart of care.

"Bringing Wysa and Kins together is a focused step toward closing access gaps across mind and body without adding complexity for patients or clinician."

- Jo Aggarwal, Founder & CEO, Wysa

Why this matters

Musculoskeletal and behavioral health challenges often go hand in hand, and patients shouldn't have to navigate two separate systems to get support. By bringing Wysa's clinically proven AI together with Kins' physical therapy services, we're creating a connected pathway where recovery can happen faster and more holistically.

In similar settings, this approach has already proven its worth. In workers' compensation programs, physically injured employees using Wysa returned to work one-third faster than those without AI support – clear evidence of how mental and physical recovery reinforce one another.



The aim: to close the care gap by making services more accessible, speed up the adoption of innovative AI solutions in established services, and better address patients' physical and mental health needs while keeping healthcare professionals involved.

A reverse approach to innovation

"Rather than waiting for healthcare services to adopt AI at scale, we're adopting healthcare services to get our clinically proven technology to patients rapidly, safely, and with clinicians leading care."

- [Ramakant Vempati](#), President, Wysa

Kins' CEO, Dan Smith, echoes the same sentiment:

"Kins exists to empower licensed clinicians to deliver effective care in the real world. Together with Wysa, we'll move faster on the problems that patients and providers face every day."

- [Dan Smith](#), CEO, Kins

Where this fits into Wysa's journey

Our AI has already been deployed at scale across major national health systems and insurers, from NHS Talking Therapies in the UK to Singapore's Ministry of Health and Vitality insurance.

We've built one of the largest evidence bases in digital mental health, and the FDA has recognized our AI-led CBT tool as a Breakthrough Device for addressing chronic pain and symptoms of depression and anxiety.

Earlier this year, we also welcomed April Health to the Wysa family, expanding AI-enabled virtual behavioral health into primary care. With Kins joining us now, we're continuing that mission: to blend AI innovation with human-led services and build a new standard for hybrid care that meets complex patient needs at scale.

Loneliness: The hidden health risks

NEW Wysa research exposes the true cost of loneliness on mind and body, revealing critical links between emotional disconnection, pain, fatigue, and barriers to care.

At Wysa, we're committed to understanding what really helps people feel better. Our new research shows that tackling loneliness could be one of the most important steps we take for both mental and physical health.

In surveying a representative sample of over 2,000 American adults, our research reveals that nearly one in three (29%) often or always feel lonely. This emotional isolation is linked to a surge in fatigue, insomnia, and pain seen in primary care, yet stigma and poor access to mental health support remain major barriers to care.

1 in 3 often or always feel lonely

Who feels loneliness most?

The data reveals that men and women experience loneliness in roughly equal measure, but its intensity declines with age, hinting at a different world of experience in this generation when it comes to social life construct and community. For the youngest adults, loneliness seems to be a defining part of early adulthood.

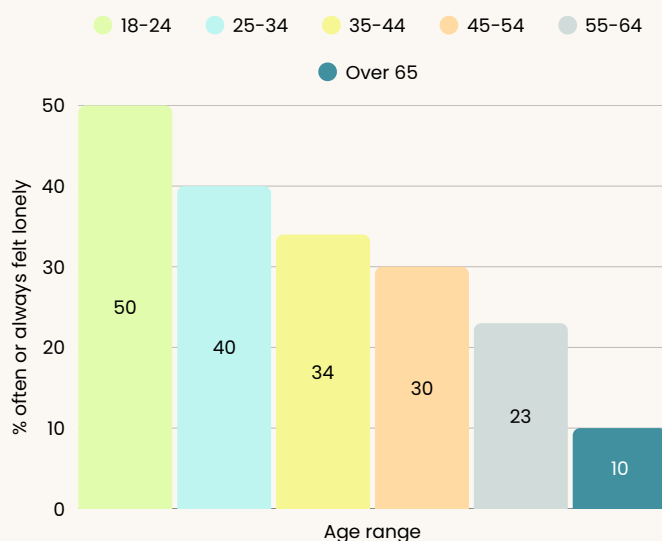
Living with others doesn't protect against loneliness.

Living situation affects loneliness in unexpected ways

One of the biggest surprises was this: living alone isn't the strongest predictor of loneliness. In fact, adults living with parents or in shared homes reported some of the highest loneliness levels. Nearly half said they feel lonely often.

The strongest protection, by contrast, came from emotional closeness. Living with a partner reduced loneliness to just one in five.

In the past 6 months have you felt lonely?

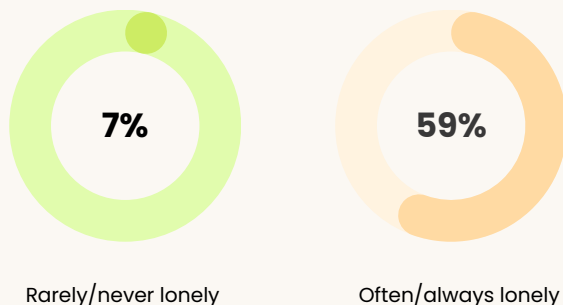


The physical toll of loneliness

Loneliness consistently shows up in the body. Among people who feel lonely:

- **79%** experience moderate to severe daily pain (almost double their less-lonely peers).
- **52%** struggle with insomnia (over three times higher).
- **46%** report persistent fatigue (twice as high).
- **58%** suffer frequent headaches or migraines (nearly four times higher).

Screened Positive for Depression:



Accessing support

Fewer than half of the people struggling with loneliness or its related symptoms reach out for professional help. Many try to cope alone, managing fatigue, pain, and low mood without the guidance or support that could make recovery easier.

Having care available isn't the same as having it within reach. Support needs to be easier to access and better connected across both physical and emotional health. Technology can help bridge some of those gaps, but it works best when paired with genuine human connection.

Loneliness affects both mind and body. Support and connection can ease stress, restore energy, and strengthen resilience.

Why integration matters

So many people told us that their physical pain, fatigue, or sleep issues were tightly bound to stress, anxiety, or low mood. Yet, too often, healthcare systems still treat the mind and body separately.

There is a need for integrated care models that don't make patients choose between mental and physical support, but instead treat both as one shared story of health.

"Loneliness is no longer just a social issue; it is a clinical crisis demanding integrated solutions. Despite technological advances, the findings highlight the need for more human-centered care, supported by technology."

- Jo Aggarwal, Founder & CEO, Wysa

Key takeaways:

- 1) Young people are suffering debilitating loneliness** - the main side effect of the Covid pandemic, loneliness, is more closely linked with physical ill health than any other demographic.
- 2) Loneliness impacts both mind and body** - driving higher rates of pain, fatigue, insomnia, and depression.
- 3) Connection matters more than cohabitation** - living with others doesn't guarantee lower loneliness; emotional connection is the real protective factor.
- 4) Mental health and physical health are intertwined** - patients often attribute their physical symptoms to stress, anxiety, or depression.
- 5) Access gaps persist** - fewer than half of those struggling access professional help.
- 6) Collaborative, integrated care is essential** - addressing loneliness requires coordinated mental and physical health support from human care givers empowered with digital tools to expand care.

[Download the research report.](#)



Window of tolerance

The window of tolerance is a model to describe the “just right” zone where your body and mind can handle stress, stay calm, think clearly, and respond to challenges. When you’re inside your window of tolerance, you feel in control. Outside of it, your body might feel overwhelmed or shut down.

Inside your window of tolerance: You’ll feel calm, focused, alert, able to problem-solve and handle emotions.

Outside your window of tolerance: You’ll feel either hyperaroused, or hypoaroused.

Hypoaroused:

Your body is “shut down”.

Signs: feeling numb, tired, disconnected, blank, unmotivated.

What to do: gentle movement, stretching, small tasks, connect with others, sensory stimulation.

Hyperaroused:

Your body is “revved up”.

Signs: racing heart, fast breathing, irritability, panic, angry outbursts.

What to do: deep breathing, grounding exercises, taking a break, talk to someone you trust.

What affects the size of your window?

- Stress and trauma history
- Sleep, nutrition, physical and mental health
- Supportive relationships
- Coping skills and practice

How to increase your window of tolerance:

- Practice mindfulness and grounding
- Exercise and move your body
- Learn emotional regulation skills
- Seek safe relationships and support

Everyone’s window is different. With practice, you can widen your window of tolerance so it’s easier to stay within it, enabling you to keep calm and think clearly, even when life feels stressful.



“What mental health needs is more sunlight, more candor, and more unashamed conversation.”

– Glenn Close

From preference to purpose

How to streamline your wellbeing offer



By [Sarah Baldry](#), CMO, Wysa.
As seen in [Make A Difference](#).



Employee wellbeing has become a top-line priority for HR leaders. Over the past decade, programmes have proliferated; mindfulness apps, gym memberships, sleep pods, financial coaching, subscription boxes, all offered in the name of supporting staff. Yet too often, these initiatives are chosen because they are popular, fashionable, or requested by employees, rather than because they deliver measurable outcomes.

This “preference-first” approach risks wasting budgets, disengaging employees, and diluting impact. If wellbeing is treated as a perk, akin to free snacks in the office, rather than a critical driver of business performance, organisations miss the opportunity to tackle the real drivers of absenteeism, presenteeism and turnover.

It’s time to move from preference to purpose. That means rethinking how programmes are chosen, measuring what works, and creating a seamless experience where support is available without employees having to ask.

Why wellbeing is not a perk

The business case is already clear. Stress, anxiety, and mental ill health are now among the leading causes of long-term absence in UK organisations. Presenteeism, the hidden cost of employees working while unwell but unable to perform, costs billions each year. High turnover, often fuelled by burnout or poor work-life balance, adds to these losses.

Seen in this light, wellbeing is not a “nice to have.” It is as critical to organisational success as reliable IT systems or effective risk management. When wellbeing support is purposeful and effective, businesses see higher engagement, productivity and retention. When it is superficial or tokenistic, employees see through it and trust erodes.

The problem with preference-driven programmes

Many HR teams face pressure to respond to what employees say they want. A particular meditation app might be requested because it has high visibility, or a fitness partnership might be chosen because competitors offer it. But preference alone is not a strong foundation for a wellbeing strategy.

Programmes must be interrogated more deeply. Are people engaging with them regularly, or only signing up once? Do they actually move the needle on absenteeism, stress, or retention? Or do they merely generate a perception of support without addressing root causes? Popularity, in other words, should not be confused with effectiveness.



Introducing the cull priority

Wellbeing offers need the same rigour as any other investment. A “cull priority” helps organisations decide what to keep, what to improve, and what to let go.

The test is simple:

- What do people like, and why?
- What do they actually use?
- What is most effective?

By answering these three questions with evidence rather than assumptions, HR leaders can begin to streamline and strengthen their wellbeing offer.

How to conduct a wellbeing gap analysis:



1.

A gap analysis is the most effective way to apply the cull priority, and it begins with understanding the current state. HR leaders should start by mapping the existing wellbeing offer in detail, every formal benefit, informal resource, and ad hoc initiative. This means not only listing what is available, but also capturing costs, intended outcomes, and hard data on utilisation rates. Often this exercise alone reveals which benefits are quietly underused or duplicated.

2.

The next step is to define the future state, what the organisation actually needs from its wellbeing strategy. This should be framed in business-critical terms: reducing stress-related absence, retaining key talent, or boosting engagement in priority teams. By linking wellbeing objectives directly to performance, leaders create a clear benchmark against which every programme can be assessed.

3.

With those two points defined, attention can turn to gap identification. Here, employee insight is indispensable. Surveys, focus groups and exit interviews can uncover not only which initiatives employees value, but also why. The “why” is crucial: a subsidised gym membership may appear popular, but if only a small percentage of employees use it regularly, the real benefit may lie in more flexible working policies that enable exercise in the first place. Effectiveness must also be scrutinised, with data showing whether programme use correlates with improved resilience, lower absence, or reduced turnover. Where evidence is missing, providers should be challenged to supply more robust reporting.

4.

Finally, the process leads to the action plan. By comparing current provision to desired outcomes, leaders can see both duplication and neglect. Some organisations find multiple services trying to meet the same need, while others uncover significant gaps such as a lack of proactive mental health support before crisis point. The resulting action plan sets out where to invest, what to streamline, and what to retire, creating a more purposeful offer that is tightly aligned with both employee needs and organisational priorities.

Removing barriers: making access seamless

Of course, even the most effective benefits will fail if employees cannot easily use them. One of the most common barriers is the need to self-identify and ask for help, something many employees are reluctant to do. Stigma still surrounds mental health, and even where it does not, employees may hesitate to admit vulnerability to managers or colleagues.

A purposeful wellbeing offer should therefore be seamless. Support should be available without gatekeeping or approval, integrated into the flow of work so that people do not have to search intranet pages or remember hotline numbers at moments of stress. Confidentiality must be assured, and services should be accessible at any time, not just during office hours. The easier and more private the access, the more likely employees are to use it early, before challenges escalate into crisis, absence or resignation.

From cull to clarity

A gap analysis is not about cutting benefits for the sake of it. It is about refocusing resources where they make the greatest difference. In some cases, this will mean retiring low-engagement, brand-driven offers in favour of more integrated, evidence-based solutions. In others, it might involve consolidating overlapping services, or expanding those that quietly deliver outsized impact.

The result is clarity: a streamlined wellbeing offer that is purposeful, measurable, and accessible to all employees without friction.

Make access to wellbeing effortless

- No forms, no approvals, no stigma
- Support embedded into daily work
- Confidential and available anytime

Embedding wellbeing into culture

Benefits alone are never enough. A wellbeing strategy has to sit within a wider culture that values and protects employee health. That means training managers to recognise signs of burnout, fostering open dialogue about mental health, aligning wellbeing with inclusion efforts, and ensuring work itself is not undermining wellbeing through excessive demands or inflexible schedules.

When culture and benefits align, wellbeing becomes part of how the organisation operates, rather than an optional extra. That is what distinguishes purposeful support from perks.

Conclusion

For HR leaders, the challenge is not to offer more, but to offer better. By moving from preference to purpose, applying the discipline of a gap analysis, and ensuring seamless access, organisations can create wellbeing offers that genuinely reduce absence, improve retention and strengthen performance.

Employees should not have to raise a hand, navigate multiple systems, or explain themselves to access support. The right help should simply be there, when and how they need it. That is what turns wellbeing from a collection of perks into a cornerstone of organisational success.





Recharging the hearts that care for others

Every day, millions of caregivers across the world show up with patience, compassion, and resilience. They hold hands through medical treatments, offer emotional reassurance, manage households, and make countless sacrifices often quietly and without expectation of recognition. These caregivers may be family members, friends, neighbors, or professionals who dedicate their time and energy to supporting others through physical illness, mental illness, disability, or old age.

Yet, behind their quiet strength often lies fatigue, stress, and emotional strain. Caregiving doesn't only impact physical wellbeing, it profoundly affects mental health too.

Constant responsibility, worry, and the weight of decision-making can lead to anxiety, burnout, and feelings of isolation. Caregivers frequently set aside their own needs, believing that care must always flow outward, not inward.

The theme for National Caregiver's Month this year, is "Plug In". A meaningful reminder that even those who give endlessly need to reconnect to support systems, to self-care, and to their own wellbeing. "Plugging in" symbolizes recharging emotionally, connecting with resources, and finding balance in the demanding journey of caregiving.

Understanding caregiver stress

Caregiving is a profound act of love and service, but it also takes a toll emotionally and physically. The constant responsibility, emotional load, and unpredictability can slowly wear down even the most resilient caregivers.

Caregiver stress can show up in subtle yet powerful ways:

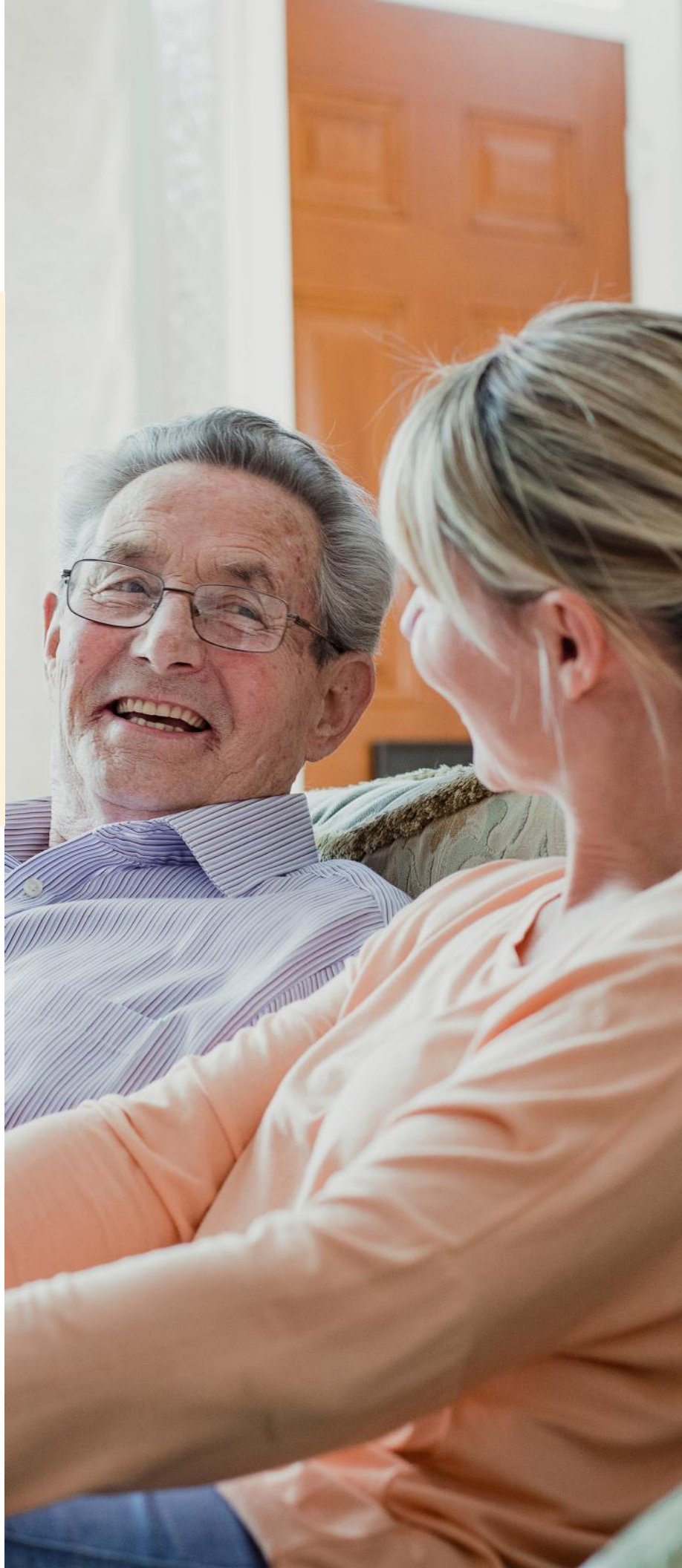
- **Constant fatigue and sleep issues**, even when the day seems “ordinary.”
- **Anxiety or guilt**, feeling torn between caregiving and personal needs.
- **Neglecting one’s own health**, skipping meals or postponing check-ups or self care.
- **Emotional burnout or resentment**, leading to irritability, sadness, or withdrawal.

Studies reveal that nearly 70% of caregivers experience symptoms of depression or anxiety at some point during their caregiving journey. Many don’t recognize these signs early because their focus is always on someone else’s wellbeing.

What makes caregiver stress especially complex is the sense of duty and guilt that often prevents caregivers from asking for help. They may believe that seeking support means they are not doing “enough.” But in reality, no one can pour from an empty cup and that’s where this year’s theme “Plug In” becomes essential.

The meaning of “plug in”

To “Plug In” means to consciously reconnect: with people, with oneself, and with practical resources that make caregiving more sustainable. It’s about recognizing that caring for others and caring for oneself are not opposing actions, but deeply intertwined.



Plug in to support

Caregiving does not need to be a solitary journey. Reaching out for help from family, friends, or community is not a sign of weakness. When caregivers connect to networks of support, they lighten their emotional load and find renewed strength to continue being there for the other.

Support can take many forms:

- Talking to a **friend or counselor** about the emotional strain.
- Joining online caregiver forums or local **support groups** to share experiences.
- Seeking **respite care** services that allow short breaks.
- Accessing **professional resources** such as caregiver hotlines or non-profit organizations that specialize in family care.

Each act of connection, no matter how small, builds a safety net around the caregiver. It reminds them that they are part of a larger community that values and supports their role.

Plug in to self

Equally important is the act of plugging back into one's own identity and wellbeing. Caregivers often lose sight of who they are outside the caregiving role. Self-care is not selfish; it's what sustains the capacity to care.

Simple, mindful habits can help recharge emotional and physical energy:

- Taking a **10-minute daily walk** to breathe and reset.
- Journaling feelings to **process emotions** rather than suppress them.
- Listening to **music**, practicing a hobby, or connecting with nature.
- Using brief **mindfulness** or breathing exercises to calm the mind amid chaos.
- Scheduling short periods of personal time, even **small rituals** like morning tea alone or an early bedtime can make a big difference.

Setting boundaries is also part of plugging in. Learning to say "not right now" or asking another family member to share responsibilities can protect emotional health and prevent burnout. When caregivers nurture themselves, they return to caregiving with renewed energy, patience, and compassion both for their loved ones and for themselves.





Caring for a caregiver

Caregivers give so much, let's give a little back. Here's how you can plug in and show care:

- Reach out: Send a kind message, call, or simply listen.
- Offer help: Drop off a meal or run an errand.
- Give them a break: Offer to sit in so they can rest.
- Encourage self-care: Remind them their wellbeing matters too.
- Openly acknowledge and appreciate them and all they do.

This week, reach out to a caregiver you know. A small gesture can make a world of difference.



A final message of connection

Caregiving is both noble and demanding a blend of selfless giving and quiet courage. But even the strongest hearts need rest, and even the most giving souls need care.

The act of “plugging in” isn’t about doing more; it’s about recharging, reconnecting, and remembering that caregivers need care too. It’s about stepping back for a moment to breathe, to reach out, and to remind oneself that being human with needs, limits, and emotions is not a weakness, but a truth to honor.

This November, as we recognize National Caregivers Month, let’s remind every caregiver that they are not alone. Let’s encourage them to plug into their support systems, their own inner world, and the tools that can help sustain their wellbeing.

And as we honor caregivers this month, reach out to one you know. Send a small message, share a meal, or offer a listening ear. Sometimes, that simple act of connection is the spark that helps them plug back in.

By Nandita Shukla, Senior Therapist, Wysa.



Wysa goes Phygital, launching DreamKit: A new, hybrid approach to supporting girls' mental health in India

In Maharashtra's Raigad district, we've taken an exciting new step toward making mental health support truly accessible. In collaboration with the Government of Maharashtra's Department of Women and Child Development and Department of Secondary Education, Raigad Zila Parishad, we've launched DreamKit, a phygital (physical + digital) wellbeing program designed to build emotional resilience among adolescent girls.

A workbook that talks back

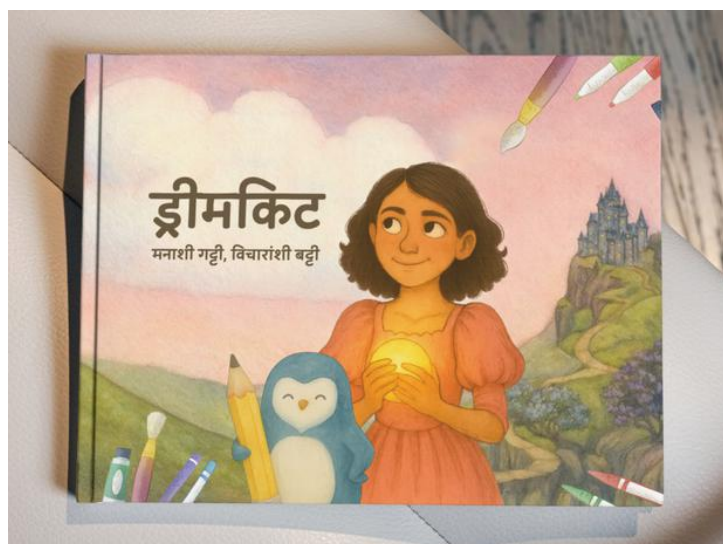
DreamKit combines a beautifully illustrated diary-style workbook with an activity based learning model which aligns with national mental health goals. Pages include QR codes linking directly to Wysa's AI-guided tools for 24/7 support, self-reflection, habit formation, and guided learning, with focus areas being: confidence, communication, managing emotions, self-reflection and goal setting.

This hybrid, interactive approach, gives every girl a safe, private space to talk, in her own language and at her own pace.

"DreamKit is the bridge between care and access. With Dreamkit's Phygital Intervention, every girl - even in the most remote regions, can practice life skills anytime, anywhere, and most importantly, in their own language."

- Eepsit Tiwari, Head of Growth and Innovation, Wysa.

Through its pilot launch in Shrivardhan, in Raigad District, DreamKit has already reached over 2,200 girls across 30 different schools. With strong support from teachers, psychologists, and the local community, a scale-up is planned across the District.





The launch of DreamKit at R. N. Raut High School, Shrivardhan, India, 1st November 2025.

A community of care

What makes DreamKit special is the human connection that surrounds it. Trained psychologists and Community Wellbeing Workers visit schools to lead sessions on life skills and emotional wellbeing. Teachers are also trained in Psychological First Aid (PFA) equipping them to notice distress early and offer support.

"DreamKit is not just a workbook, it's a compassionate loop of care connecting girls, teachers, and psychologists."

- Smriti Joshi, Founding Member and Chief Clinical Services & Operations, Wysa.

Building emotional strength from the inside out

DreamKit was officially inaugurated by Hon'ble Minister of Women and Child Development, Smt. Aditi Tatkar, who dedicated it to the adolescent girls of Maharashtra.

"The ultimate goal is to empower students from rural areas so that when they go to Mumbai or Pune, they should not feel somehow less than the students from the city. The kit helps build a mindset of pride and capability and I'm sure together we can make a difference and create a better society and a better mentally fit generation ahead."

- Hon'ble Smt. Aditi Tatkar, Minister, WCD, Maharashtra.

The program has already shown powerful early results in helping girls express emotions, build confidence, and strengthen resilience.

"We often talk about preparing girls for the future. DreamKit goes one step further by strengthening their inner foundation today. It's a model of care that's practical, scalable, and deeply human. It brings mental wellbeing out of theory and into the hands of every student."

- Dr. Ambarish Darak, Programme Partner.

Mental health for everyone, everywhere

DreamKit is part of our mission to democratize access to mental health care. By combining evidence-based therapy techniques with offline accessibility, we're bringing support to communities that were once out of reach. Because good mental health shouldn't depend on WiFi, language, or location, and with DreamKit, we're helping every girl find her voice, her confidence, and her dreams.



Pilot student shares her experience at DreamKit launch.

What's your relationship with solitude?



Take the quiz

Whether you cherish your own company or crave connection, your relationship with solitude can shape your wellbeing. For some, time alone is a peaceful sanctuary; for others, it's a lonely place. This quiz will help you to reflect on how you relate to solitude and whether it's helping, hurting, or somewhere in between.

Q1. It's a free Saturday with no plans. What's your first thought?

- A. Perfect! I can do something just for me.
- B. Great. Maybe I'll mix in some quiet time and see people later.
- C. I'd better make plans with someone.
- D. Not again. I wish I had someone to call or meet.

Q2. How often do you intentionally schedule time to be alone?

- A. Often. I protect my alone time.
- B. Sometimes, but I also make space for social time.
- C. Rarely. I'd rather be out with others living my life to the fullest.
- D. I don't schedule it, I just end up alone more than I'd like.

Q3. How would you describe your personality on the introversion-extraversion spectrum?

- A. I'm mostly an introvert. I recharge best with solitude and quiet.
- B. I'm ambiverted. I enjoy a healthy balance of alone time and socializing.
- C. I'm mostly an extravert. I gain energy from being around others.
- D. I'm somewhere in between, but currently feeling more isolated than I'd like.

Q4. When was the last time you felt truly lonely?

- A. It's been a long time. I'm content on my own.
- B. Occasionally I feel lonely, but it always passes and I know how to bounce back.
- C. Recently. I don't like too much quiet and will fill the silence.
- D. Very recently. I feel lonely quite often.

Q5. When you're with others for long periods, how do you feel?

- A. Drained. I need to recharge alone.
- B. Energised, but ready for some solo downtime later.
- C. Energised! I could keep going. I love spending time with people.
- D. Happy in the moment, but aware I might not see them again for a while.

Your results

- A** Mostly A's: Content soloist
- B** Mostly B's: Balanced connector
- C** Mostly C's: Social seeker
- D** Mostly D's: Isolated wanderer

Continue on to find out more about your relationship with solitude.



A. Content soloist

 **Summary:** You enjoy your own company and feel comfortable spending time alone. You use solitude for reflection, creativity, or recharging your energy.

 **Strengths:** Independence, self-awareness, and emotional resilience.

👁️ **Watch out for:** Becoming too comfortable alone and unintentionally missing out on meaningful social opportunities.

💡 **Tip:** Keep nurturing your connections while honouring your need for quiet time.



B. Balanced connector

 **Summary:** You like a healthy mix of alone time and social interaction. You know when you need space and when you need people.

 **Strengths:** You likely have strong self-care boundaries and great adaptability.

👁️ **Watch out for:** Big life changes (like a move or job shift) can throw off your balance and leave you feeling disconnected.

💡 **Tip:** Check in regularly on your social needs, they can shift more than you think.



C. Social seeker

 **Summary:** You thrive on connection and find too much alone time draining or uncomfortable.

 **Strengths:** Relationship-building skills and emotional openness.

👁️ **Watch out for:** Overfilling your schedule or avoiding necessary downtime because being alone feels uneasy.

💡 **Tip:** Try short, intentional moments of solitude to strengthen your comfort with yourself. Schedule a solo self-care day/night or try journaling as a way to reflect internally on your thoughts and feelings about solitude - what is it you're trying to avoid?



D. Isolated wanderer

 **Summary:** You're spending more time alone than you'd like, and it's starting to feel heavy. You may be craving a deeper connection or struggling to find it.

 **Strengths:** Awareness of your need for change. Well done! This is the first step.

👁️ **Watch out for:** Feeling stuck or assuming connection isn't possible.

💡 **Tip:** Start small. Reach out to one person or join a low-pressure group activity in your area to gently rebuild your social world. A kind smile to a stranger can help you to feel more socially connected.

Q. Should I tell my employer I'm struggling with my mental health?

A. This is one of the most common questions people quietly wrestle with at work, and there's no single right answer. It's more about understanding your context, your workplace culture, and the kind of support you might need right now.

Talking about mental health at work can feel vulnerable, even risky, especially if you've had mixed experiences in the past. Yet it can also be the first step toward getting practical adjustments, understanding, and a sense of shared humanity in your daily environment. Many workplaces today are far more aware of mental health than they were even a few years ago, but they're not all the same. Some have strong policies, clear processes, and genuinely compassionate leadership. Others may be learning, evolving, or still catching up.

A helpful place to start is asking yourself what outcome you're hoping for. Are you seeking a temporary accommodation like flexible hours or a lighter workload? Would it help simply to know your manager understands what you're carrying? Or are you looking for more formal, structured support through HR or an employee assistance program? Sometimes people realise they don't need to disclose everything and it's just enough to create space for what would genuinely help.

It's also worth weighing the pros and cons. Sharing your struggle can bring relief, reduce the pressure of "holding it all together," and open doors to support. On the other hand, if your workplace feels psychologically unsafe or you're unsure how your disclosure will be received, you might choose to protect your boundaries and seek support elsewhere.

And that "elsewhere" matters. External mental health services like professional mental health support via therapists, crisis care via helplines, self help via digital mental health tools, even trusted family or friends can provide anchors when work doesn't feel like the right place to open up. You deserve support, no matter where it comes from.

In the end, the question isn't about whether you should tell your employer, but whether telling them allows you to move through this moment with more stability, dignity, and care.



Smriti Joshi, Chief of Clinical Services and Operations, Wysa.





REAL LIFE USER STORY

Alice was struggling with daily panic attacks — until April Health helped her turn a corner.



Background

When Alice reached out for help, she was facing debilitating depression and anxiety. Her doctor referred her to April Health, and it became a turning point in her care.

"I would talk with my fiancé and my mom, but I didn't want to keep bothering them," she shared. "With April Health, I finally had someone to talk to who really listened and helped."

Support that makes a difference

Through biweekly virtual sessions with her care manager, Erica, Alice received cognitive behavioral therapy (CBT) and tools to help manage her anxiety. Over time, she began to feel real changes in her day-to-day life. "My stress and anxiety lowered a lot. I could actually wake up and do the things I needed to do without at least two panic attacks a day."

Learning to be kinder to herself

One moment that stood out to Alice was when Erica gently helped her shift how she viewed herself. "She helped me understand that I could forgive myself instead of letting things spiral."

"My stress and anxiety lowered a lot...

...I could actually wake up and do the things I needed to do."

Compassion without judgment

That kind of compassionate, non-judgmental support made a lasting impact. "No one tried to say I was crazy or overreacting. They gave me a chance to explain myself and helped from there instead of jumping to assumptions."

Having worked with several therapists in the past, Alice says April Health felt different. "With April Health, the people actually listen. They help with the intent to help."

"With April Health, the people actually listen. They help with the intent to help."

Coping skills that actually work

Now, she feels better equipped to handle life's challenges. "The moment things started to improve was when the coping skills actually worked. I'd had 3 or 4 therapists before, but nothing they said really helped. When Erica helped me find coping skills that worked for me, things got better."

Recommending April Health

For Alice, the most valuable parts of the program were feeling heard and understood, regular check-ins, support with medication, and being able to access care from home. "I would recommend April Health. Everyone can benefit from someone to talk to, even if you don't think you need it."

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