

# How are you?

We all experience hard times. Hope is a chatbot you can text, just like you would with a friend or coach.

1

## Say Hi

Text 1-843-483-6683 to start chatting with Hope 24/7/365

2

## Hope Listens

Hope asks about your feelings and listens when you share

3

## Hope Helps

Hope gives you tips on how to handle your emotions

As Seen In

THE WALL STREET JOURNAL  
**WSJ**  
Psychology Today

theguardian

BUSINESS  
INSIDER

