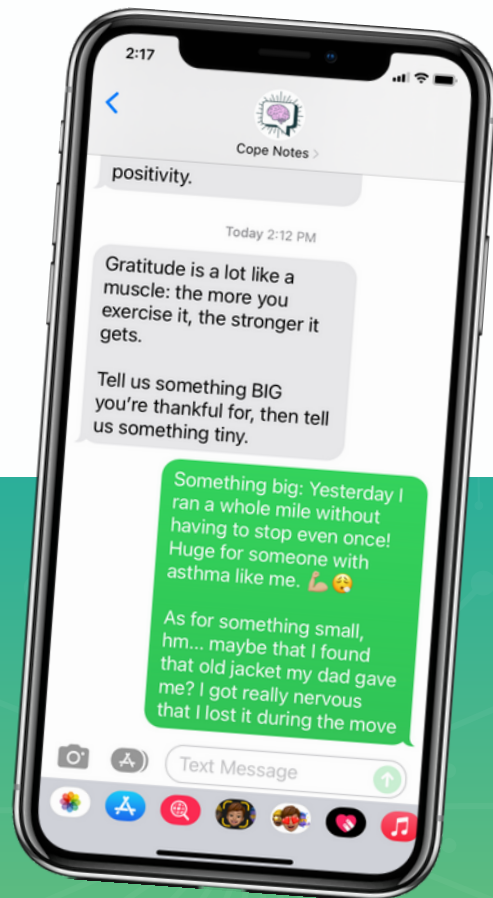


COPE NOTES®



DAILY MENTAL HEALTH SUPPORT

Using text messages to
improve mental and
emotional health.



THE PROBLEM

.....

50%+ of mental illness goes undiagnosed & untreated

When we focus on the illness of the few,
we neglect the wellness of the many.



People

"Just reach out" sounds nice,
but many struggle in silence,
hesitant to ask for care



Providers

Long wait lists, high turnover...
without support, providers can't
keep up with rising demand



Prevention

Why wait for a cry for help
when being proactive can
prevent crisis altogether?

WHY SMS?

.....

No smartphone, internet,
or data plan required

No downloads, passwords, software
updates, personal data, tech barriers...



Engagement

SMS boasts a 98% open rate,
dwarfing the 1.7-4% rate for
mobile app notifications



Preference

From millennials to seniors,
97% of adults prefer SMS
to any other medium



Equity

36+ million Americans use
non-smart cell phones, with
many facing bias in care

HOW IT WORKS

No appointments, wait lists, or diagnoses necessary

Peer Support

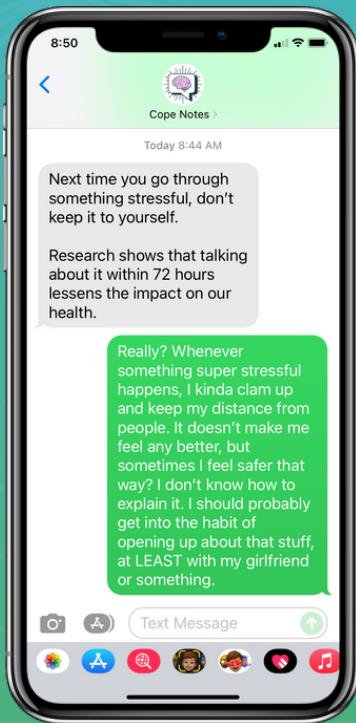


Empathetic, validating messages from peers with lived experience

Positive Psychology



Helpful exercises, tips, facts, and prompts reviewed by clinicians



Brain Training

Randomly-timed texts interrupt negative thought patterns



Digital Journaling

Text back at any time to boost EQ and practice mindfulness

Anonymous

Confidential

Holistic

Preventative

Interventional

WHY IT WORKS

.....

The first set-it-and-forget-it
mental health resource

Your brain doesn't differentiate between healthy and unhealthy habits. We do.



Repetition

The more often you think a thought, the more likely you are to think it again

Disruption

Ecological Momentary Interventions (EMIs) interrupt automatic negative thought, reinforcing healthier patterns



Adaptation

Your brain forms new neural pathways associated with coping skills and resilience

WHO WE HELP

.....

Training brains of all shapes
and sizes (ages 12+)

A full year of daily support for less than
the price of a single therapy session.



Personal Subscriptions

For youth and adults
living with or without
a formal diagnosis



Gift & Family Subscriptions

For anyone willing to
invest in the well-being
of a loved one



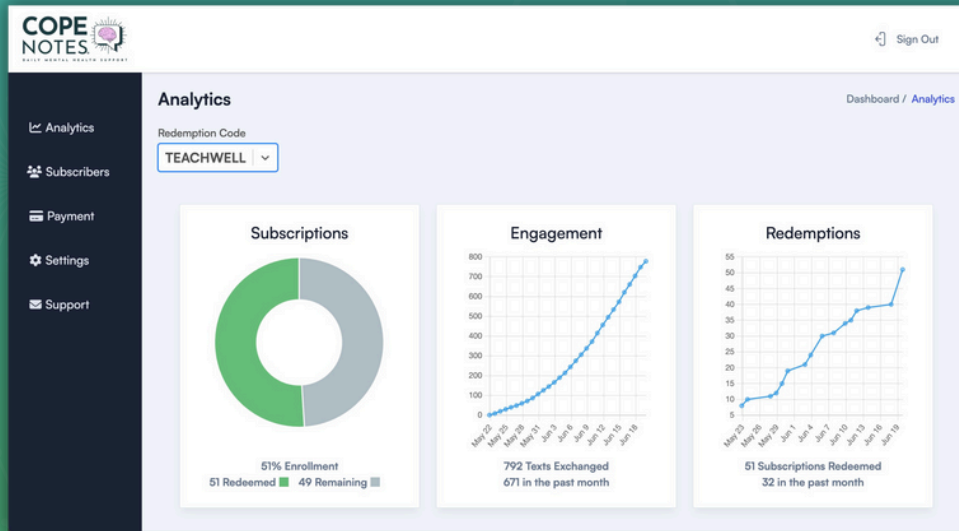
Enterprise Subscriptions

For schools, businesses,
nonprofits, governments,
hospitals, & more

ENTERPRISE

No technical integration,
launch within 24 hours

10X your EAP engagement with a daily resource that your people will actually use.



- Outsource crisis conversations to trained professionals
- Boost participation in other tools and benefits that you already pay for
- Add new subscribers, remove old ones, and quantify your cultural impact in real time

OUR IMPACT



- Depression
- Anxiety
- Stress

“
The messages have done more for me than the therapists I've seen.
- Anonymous

”
On behalf of my family, we just want you to know that you are saving lives with Cope Notes.
- Anonymous



- Resilience
- EQ & Focus
- Coping Skills



86% of users report improved mental health within 30 days

SUPPORTING HUNDREDS OF PARTNERS:



COPE NOTES®



DAILY MENTAL HEALTH SUPPORT

We're one email away from changing
countless lives in your community...

Are you the one who's going to send it?



copenotes.com

info@copenotes.com

