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Intellect launches digital therapy app for masses

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The personalised app transforms conventional face-to-face therapy into bite-sized modern self-therapy sessions



Singapore based mental health tech startup Intellect has launched an app that provides a new form of digital therapy without any human intervention.

Unlike typical wellness apps, Intellect's modern approach to therapy is developed by a team of psychologists and behavioral experts to help users manage their mental health, but more distinctively to help them hone and develop new behavioral traits using cognitive behavioral therapy.

The personalised app transforms conventional face-to-face therapy into bite-sized modern self-therapy sessions atusers' own convenience. It tackles a variety of issues pertaining to their personal behaviors, relationships, and work habits, through comprehensive month-long programs they're calling 'Learning Paths' as well as more instant standalone 'Rescue Sessions'.

While the app utilises clinical methods such as CBT, Intellect emphasizes that the app is built for the everyday person to work on improving themselves, not just for the clinically distressed.