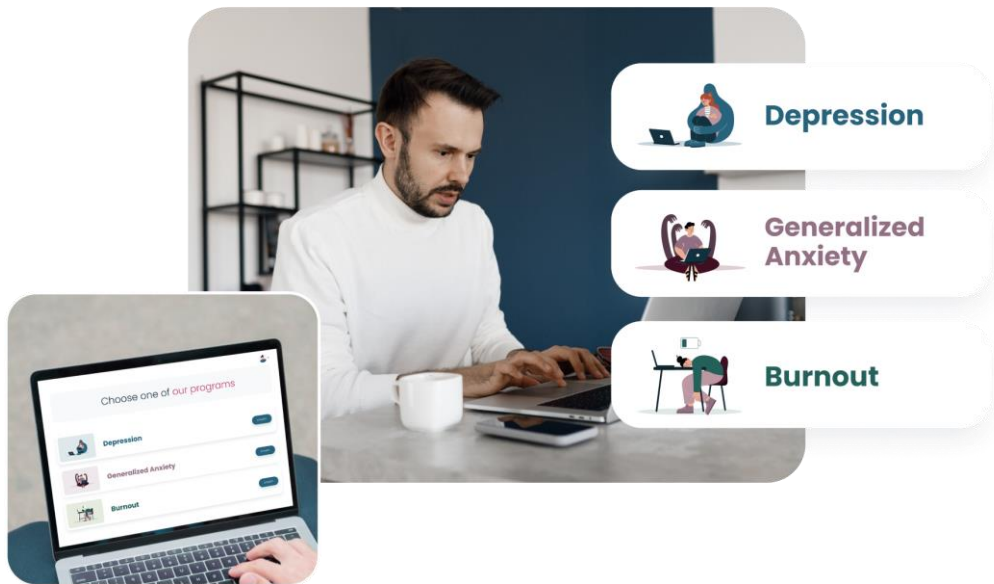


Mindwell is a digital platform offering **therapist-supported programs** based on cognitive-behavioral therapy (CBT).

Our programs demonstrate **high clinical efficacy** in treating **depression (Cohen's $d = 0.95$)** and **anxiety (Cohen's $d = 0.82$)**. Mindwell is a registered **Class I Medical Device**.

Programs were developed by leading experts, including **Prof. MUDr. Ján Praško, CSc.** – a major CBT expert with 40+ years of experience.

The war fuels widespread mental health needs, creating a critical gap in care access due to damaged infrastructure, personnel shortages, and geographic barriers.



How It Works: Clients progress through structured online CBT programs module by module, working at their own pace. They receive written feedback from a dedicated therapist after completing each module, all within a flexible and anonymous platform.

Overcoming barriers

- **Low-Threshold Care:** Mindwell's structured approach lowers barriers to mental healthcare by enabling primary care providers to facilitate treatment.
- **Increased Capacity:** The efficient digital format expands access and enables therapists to support significantly more patients than traditional methods.
- **Geographical Reach:** We enable care access in remote and conflict-affected areas and engage qualified Ukrainian therapists abroad.
- **Evidence-Based & Measurable:** Therapy is based on proven CBT techniques. All interactions and outcomes are measurable, ensuring accountability and data for improvement.

Ukrainian **Mental health** Recovery Project



PHASE 1 – Platform Localization

- Translate and culturally adapt the Mindwell platform and core program.
- Recruit and train local and diaspora Ukrainian CBT therapist and establish core teams.
- Implement a quality assurance system via supervision.
- Conduct comprehensive testing with Ukrainian users before launch.

OUTCOME: A fully operational Ukrainian Mindwell platform with trained therapists ready to deliver effective mental health support.

PHASE 2 – Specialized Programs & Integration

- Develop four specialized therapeutical programmes tailored to Ukraine's needs
- Integrate Mindwell into Ukrainian healthcare pathways and standards
- Launch a targeted campaign to reduce mental health stigma.
- Pilot-test new programs and features while continuously optimizing based on outcomes.

OUTCOME: A complete ecosystem of specialized digital therapy programs addressing key mental health needs, accessible to the broader population.

Operational Framework

- Establish a new, independently operating entity in Ukraine.
- Mindwell provides setup for Phase 1 & 2
- Required Assets: Dedicated local team in Ukraine, subject matter experts, and governmental support for accessibility.
- Potential to treat 200,000–600,000 patients annually.

- **Increased healthcare system capacity**
- **Evidence based solution with high efficacy**

- **Solution for infrastructural and geographical**
- **Enables integration of primary healthcare providers**