



Hear to Heal

Healthcare Provider Referral Guide

Mental Health Support Between Sessions

Mission & Vision

Mission

To empower individuals on their mental health journey through accessible self-care tools, reflective practices, and emotional support resources.

Vision

A world where everyone has the tools and support to heal, grow, and thrive emotionally.

What Hear to Heal IS

- A companion tool for emotional support and self-management
- Journal prompts and mood tracking for daily reflection

- Evidence-based grounding exercises and sleep support
- A resource to support continuity between therapy sessions

What Hear to Heal is NOT

- Not a crisis intervention or emergency response tool
- Not a replacement for professional therapy or medical care
- Not a diagnostic tool or treatment prescription service
- Not intended for acute psychiatric emergencies

Clinical Value for Your Practice

- Enhances patient engagement between appointments
- Provides structured self-monitoring tools
- Supports early identification of mood patterns
- Complements evidence-based therapeutic approaches

Patient Support Features

Journaling & Tracking

Guided prompts and mood tracking help patients identify triggers and patterns

Grounding & Sleep

Evidence-based exercises for anxiety management and sleep quality improvement

Hear to Heal Book Companion

- 403-page journal workbook
- Guided journaling prompts
- Therapeutic coloring pages
- Integrates with app practices



Audio Resources & Benefits

- Guided meditation and grounding audio sessions
- Sleep support soundscapes and relaxation exercises
- Accessible anytime for immediate emotional support
- Complements written journaling and mood tracking

Supporting Continuity of Care

- Patients can reflect on session insights through journaling
- Daily mood tracking creates longitudinal data for discussions
- Self-management tools reinforce therapeutic techniques

Discounted Provider Referral Offer

Special Provider Referral Pricing

- Monthly: \$5.99 (regularly \$7.99) - 25% savings
- Annual: \$54.99 (regularly \$69.99) - 21% savings

Exclusive discount for patients referred by healthcare providers

How Patients Access the Discount

- Download Hear to Heal from the App Store (iOS)
- Use provider referral code at subscription checkout
- Discount automatically applied to selected plan
- Visit J3russellbooks.com/contact for assistance

Recommended Language for Patients

"Between our sessions, you might benefit from Hear to Heal—an app with journaling prompts, mood tracking, and grounding exercises. It's designed to support what we work on together. I have a special referral code that gives you a discount. Remember, this is a self-care tool, not a replacement for our work or emergency support."

Data Protection and Privacy

- User data encrypted at rest and in transit
- HIPAA-aligned security practices and protocols
- No sharing of personal health information without consent

Important Crisis Disclaimers

For emergencies, patients should:

- Call 911 or go to the nearest emergency room
- Contact the 988 Suicide & Crisis Lifeline
- Reach out to their mental health provider directly

Hear to Heal does not provide crisis intervention services

Early Intervention Benefits

- Mood pattern recognition helps identify concerns early
- Journaling reveals changes in thought patterns
- Tracking enables proactive treatment adjustments

Thank You

Partner with us to support your patients' mental health journey

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Available on the Apple App Store