

Hear to Heal: Your Journey to Emotional Wellness

A comprehensive mental health companion designed to guide you through healing and self-discovery

What is Hear to Heal?

Hear to Heal is a mental health and wellness app that provides structured guidance, emotional support tools, and personalized resources to help you navigate your healing journey. Whether you're working through past trauma, managing daily stress, or seeking emotional growth, our app offers a safe, private space for your transformation.

Everything Included with Your Subscription

- **6 Guided Healing Paths (4-6 weeks each)** — Structured programs addressing different aspects of emotional wellness, from trauma recovery to self-compassion building
- **Audio Companion Library (12+ tracks)** — Professionally produced guided meditations, affirmations, and soothing audio content for relaxation and healing
- **Private Emotional Check-Ins** — Track your emotional patterns and progress with secure, confidential daily check-ins
- **Monthly Healing Circles** — Connect with community support through monthly virtual gatherings (optional participation)
- **Locked Pages & Emotional Vault** — Securely store your deepest thoughts, feelings, and breakthroughs in your private vault
- **Pattern Reflection Reports** — Receive personalized insights about your emotional patterns and growth areas
- **Breathing & Grounding Studio** — Access evidence-based breathing exercises and grounding techniques for immediate

- stress relief
 - **Custom Affirmation Builder** — Create personalized affirmations that resonate with your unique healing journey
 - **Provider-Share Summaries** — Generate professional summaries to share your progress with your therapist or healthcare provider
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Who Can Benefit?

- Individuals in therapy seeking additional support between sessions
 - Anyone working through trauma, anxiety, depression, or grief
 - People committed to personal growth and emotional wellness
 - Those looking for structured guidance in their healing journey
 - Individuals who prefer self-paced mental health resources
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Subscription Information

Monthly Plan: \$7.99/month

Annual Plan: \$69.99/year (save 27%)

Platform: Available on iOS (iPhone & iPad)

Getting Started

1. Download "Hear to Heal" from the Apple App Store
 2. Create your secure, private account
 3. Choose your first Guided Healing Path
 4. Begin your journey at your own pace
 5. Track your progress and celebrate your growth
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Privacy & Security

Your healing journey is completely private. All journal entries, emotional check-ins, and personal content are encrypted and accessible only to you. You control what you share and when.

Questions?

This app is designed to complement — not replace — professional mental health treatment. If you're experiencing a mental health crisis, please contact your therapist, call 988 (Suicide & Crisis Lifeline), or go to your nearest emergency room.

Your healing matters. Start your journey today.

Download Hear to Heal from the App Store