

Welcome to Hear to Heal

Your private space for emotional wellness

What is Hear to Heal?

Hear to Heal is a gentle, stigma-free app designed to help you process emotions, reduce stress, and build daily mental health habits—all in complete privacy.

Whether you're feeling overwhelmed, anxious, or just need a moment to reset, Hear to Heal gives you:

- Daily emotional check-ins to track how you're feeling
 - Guided audio companions and grounding exercises
 - Private journaling space to reflect and release
 - Your own "My Safe Space" with favorites and routines
 - Progress insights to see patterns and celebrate growth
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Why Hear to Heal?

- **Private & judgment-free:** No social features, no sharing required—just you and your wellness.
 - **Easy to use:** Check in, listen, journal, or explore—all in under 60 seconds.
 - **Designed with care:** Built by someone who understands mental health challenges firsthand.
 - **Works around your life:** Use it anytime, anywhere—morning routines, lunch breaks, or late-night reflections.
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Your Special Pricing

As part of your organization's partnership with Hear to Heal, you receive exclusive discounted access:

Plan	Regular Price	Your Price
Monthly Premium	\$7.99/month	\$5.99/month
Annual Premium	\$69.99/year	\$54.99/year

Table 1: Exclusive partner pricing—save \$2/month or \$15/year

How to Get Started

1. **Download the app:** Search "Hear to Heal" in the Apple App Store or visit [your organization's custom link]
2. **Sign up:** Create your free account in seconds
3. **Explore:** Try the daily emotional check-in, listen to a grounding audio, or browse your Safe Space
4. **Upgrade anytime:** When you're ready, unlock Premium features at your special discounted rate

What's Included in Premium?

- Unlimited access to all guided audio content
- Advanced mood tracking and insights
- Personalized emotional pathways based on your check-ins
- Deeper journaling prompts and reflection tools
- Priority support and new features first

What Makes Hear to Heal Different?

Hear to Heal stands out by meeting you exactly where you are—whether in the app or the companion journal book—and by gently bridging personal healing with professional support.

Key Differentiators

- **Book + App Companion Experience:** Process emotions in the journal book or the app using the same healing voice and prompts—one continuous journey, not separate products
- **"Share with Provider" Feature:** Built-in option to share insights with your therapist or counselor, designed specifically for ongoing provider collaboration
- **Gentle, Non-Streak Design:** "Come as you are" approach without pressure from streaks, goals, or productivity metrics
- **Support for Heavy Days:** Designed for grief, overwhelming emotions, and support between therapy sessions—not just habit building
- **Completely Private:** No likes, comments, public feeds, or visible stats—just you and your healing

Hear to Heal vs. Typical Mental Health Apps

Hear to Heal App	Typical Apps
Companion to the Hear to Heal journal book	Usually app-only, no matching journal
"Share with Provider" option for therapy sessions	Generic export/share; not built for ongoing provider work
Gentle, non-streak, "come as you are" design	Goal, streak, or productivity-driven
Support between sessions, grief, heavy/overwhelmed days	Broad wellness, habit building, or CBT courses
No likes, comments, or public feeds	Often includes feeds, likes, or visible stats
Friend referrals plus facility and provider discounts	Limited organizational partnerships

Table 2: Why Hear to Heal stands apart from other mental health apps

Questions or Support?

Visit the Hear to Heal website: <https://j3russellbooks.com/hear-to-heal-app/>

Contact us: <https://j3russellbooks.com/contact/>

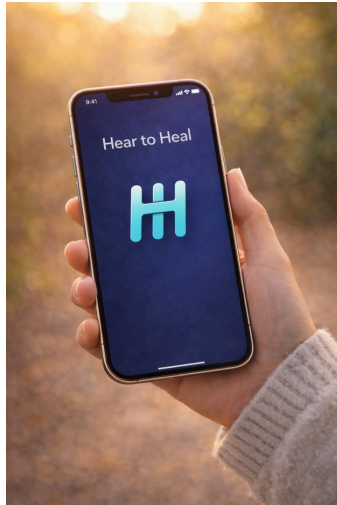


Figure 1: Hear to Heal - Your private space for emotional wellness

Your mental health matters. Take the first step today.