Textcoach®, is like having a mental health ‘Coach’ in your pocket! Designed to help address issues such as anxiety, depression, burnout and more while on the go – Textcoach® allows you to begin texting with a licensed clinician on your mobile or desktop devices. Start exchanging texts, voicenotes, videos and other resources to help boost your emotional wellbeing by downloading the app or visiting the website.

**Features**

Textcoach® conveniently provides:

- 100% confidentiality
- A stigma-free access point
- Connection via mobile and desktop devices
- Texting whenever and wherever

- Independently-licensed clinicians
- Voicenotes, tip sheets, articles, videos and more
- Referrals to local mental health professionals

**Get started!**

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Group code: northwestern

Download the mobile app today!