



# Mental health For All



**Meet Wysa, National EAP's new EAP Wellness platform and your personal wellbeing AI coach.**

As a clinically validated program, Wysa blends cognitive behavioral techniques, mindfulness exercises, and empathetic conversations, offering a safe space for you to express your emotions, cope with stress, and build resilience.

**It's non-judgmental, private, and available FREE to you.**

**Anonymous | Private | 24/7 Access**

## What will you get with Wysa?



**24/7 access** to  
conversational  
AI chatbot



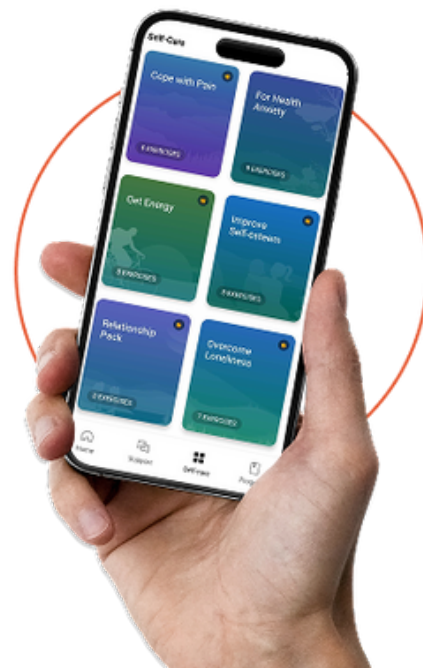
Library of  
**science backed**  
**self-care tools**



**Anonymous**  
**and safe space**



**Daily check-ins**  
to help build a routine



**DOWNLOAD WYSA**

**Scan the QR Code**  
**below or Click Here**



If you experience difficulty downloading the app, go to your app store, download "Wysa" and enter the referral code: **NATEAP25**