Help for the holidays (and beyond) is here

Are you stressed out about the holidays? Worried about the end-of-year burnout that always seems impossible to avoid? Gift yourself first this year by taking time to prioritize your mental health at no cost with Meru Health.

CONTINUOUS SUPPORT IN YOUR POCKET
With personalized guidance from your dedicated therapist, the next 12 weeks could become the most transformative in your life.

DAILY ACTIVITIES TO HELP YOU KEEP PROGRESSING
Imagine being able to handle difficult life situations and control negative emotions better. Therapist-curated activities will help you do just that — for the long term.

“A simple way to develop new, healthy habits and perspectives.”
— Meru Health participant

Get started today