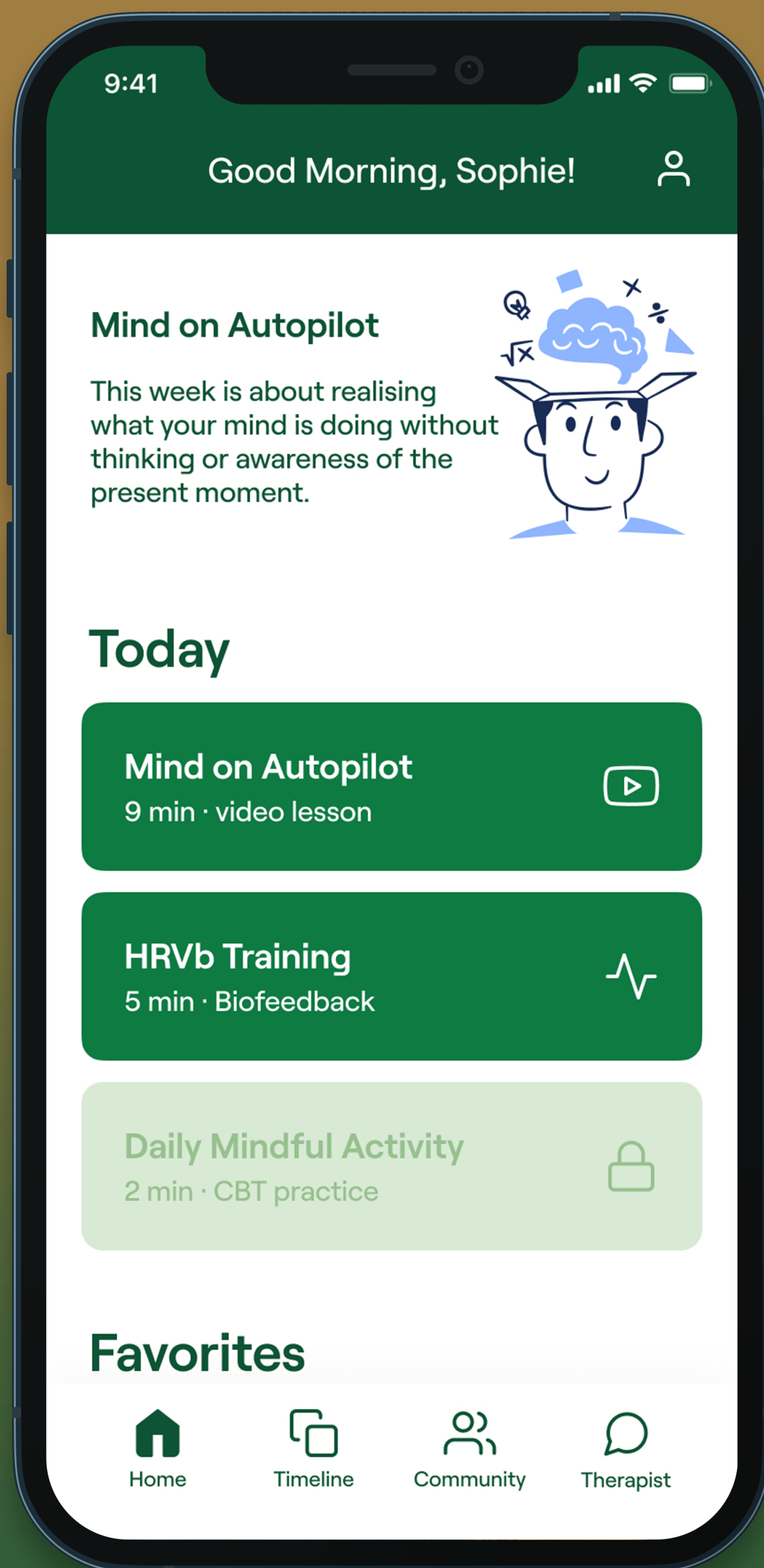


# Help for the holidays *(and beyond)* is here

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.

[Start today](#)



## 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.

[Explore more](#)

“A simple way to develop new, healthy habits and perspectives.”

— Meru Health participant

[Get started today](#)