

**hi. we're
DiveThru.**

**we're a mental wellbeing app
that helps YOU DiveThru what
you go thru.**



DiveThru is a mental wellbeing app that helps you DiveThru what you go thru. Harnessing the power of guided journaling exercises, we offer a tangible, accessible and empowering method for YOU to take charge of YOUR mental wellbeing.

We work with mental health professionals to create guided journaling exercises that help you better understand, make peace with and resolve the challenges that you experience. From everyday stressors to specific 'I can't believe this happened to me' moments, our guided journaling exercises, we can help you DiveThru it all.

WE'RE A TEAM OF MILLENIALS WHO

**help millennials
take charge of
their mental
wellbeing**



DiveThru At A Glance

Need To Know #1

The DiveThru Method features a thoughtfully crafted, guided journaling sequence that helps you to turn inward + DiveThru whatever you are going thru.

Need To Know #2

We work with a team of mental health professionals to create everything you see within the app.

Need To Know #3

The DiveThru app is available on Google Play and in the App Store. You can access it from wherever you are.

Need To Know #4

Science says connecting pen to paper helps you reap the most from your journaling practice.

For that reason, the main journaling entry is written in your journal with an option to summarize your experience into the app.

Need To Know #5

We provide you with journaling prompts that allow you to take charge of your mental wellbeing in a way that is unique to you.

Need To Know #6

You can DiveThru in as little as 6, 12 or 18 minutes. You can also Take A Dip to check-in in as little as 3 minutes.



MEET OUR FOUNDER

SOPHIE GRAY

At the age of 18, our founder, Sophie Gray, built a personal brand in the health and wellness space. She grew a global audience of more than 500,000 people.

After experiencing a life altering panic attack, she was forced to face her past and ongoing struggles with mental health {self-harm, attempted suicide and a disordered relationship with food}. This event led her to establish DiveThru in 2018.

Sophie has been named to Greatist's 100 Most Influential People in Health & Wellness three years in a row. Her work has been featured in Cosmopolitan, People, Women's Health, Refinery29, Marie Claire, Yahoo, Shape, Self, and many more.

WHERE YOU CAN FIND HER



How To Start #DivingThru

Download The App For Free In Your App Store.

Getting started is as simple as downloading the app in the app store. From there, you can create an account - all for free!

Answer Some Quick Questions & Make The App Your Own

It's our goal to make #DivingThru as simple as possible. Upon creating an account, we'll ask you a few questions that will help us provide you with specific Dives based on your needs!

Start Your DiveThru Journey Within Minutes

Ready to start #DivingThru? Customize your profile + check out one of the Dives we recommend for you. Start with the Intro Program or scroll through the DiveThru library. You can even chat with our handy bot to find the perfect Dive for you in that moment.

Make A Habit Out Of It & Join The Community

Get the most out of the DiveThru app by creating a habit out of it. Whether you're looking to do a Quick Dive, Deep Dive or simply Take A Dip, schedule your Dives daily to reap the full rewards! We also recommend joining our DiveThru Together Community Group to connect with likeminded individuals!

Looking to get in touch?

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