



hi, we're DiveThru

through our in-person studios and
online platform, we connect today's
generation with therapy, community
and self-guided resources



**at DiveThru, we're
on a mission to
ensure no one
struggles alone**



mental health is more important than ever

Around the globe, more than 300 million people suffer from depression [1].

1 in every 4 Canadians has a degree of depression severe enough to need treatment at some time in his or her life [2].

1 in every 3 Canadians (or 9.1 million people) will experience a mental illness or substance use disorder in their lifetime. A third of those Canadians can't get the mental health care they need, and the number rises to 75% for children [3].

[1] CMHA, p. 18, https://alberta.cmha.ca/wp-content/uploads/2019/10/Making-Mental-Health-Matter-in-Alberta_ToolKit_2019.pdf

[2] CMHA, p. 18, https://alberta.cmha.ca/wp-content/uploads/2019/10/Making-Mental-Health-Matter-in-Alberta_ToolKit_2019.pdf

[3] CMHA, <https://www.actformentalhealth.ca/wp-content/uploads/2022/11/AfMH-White-Paper-EN-FINAL.pdf>

through our tech-enabled studios and online platform, we're modernizing mental health care and connecting people with therapy services, community offerings and self-guided resources



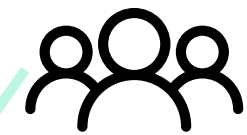
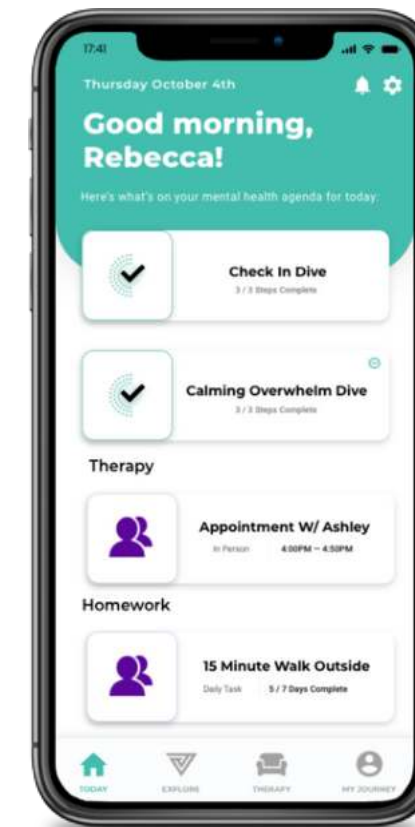
our innovative model incorporates in-person touch points at our DiveThru Studios alongside online daily interaction



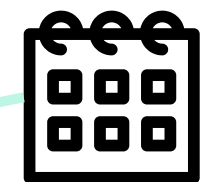
therapy



community



matching tool



appointment management



between session care

**we have a team of diverse therapists
who reflect a range of identities,
approaches and lived experiences**



**we provide care
with a culturally-
sensitive lens**



**we use evidence-
based approaches**

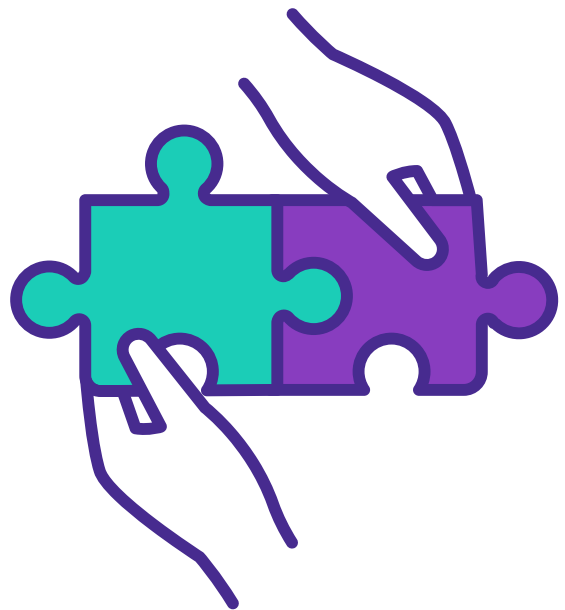


**we lead with
compassion
& empathy**



**we create space
for feedback &
collaboration**

we use a tech-powered approach to match you with a therapist that is **right for you**



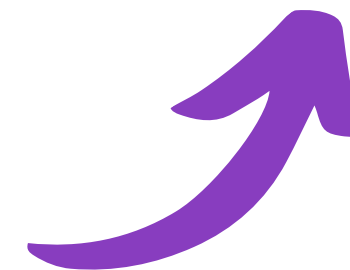
5-min matching tool that takes into account your areas of concern and therapist preferences



easily schedule your first appointment right in our platform!



pick from a list of top 3 therapist matches that would suit you best and browse their profiles to learn more about them



we create well-researched and accessible resources that **you can relate to**



from mindfulness exercises to articles and mental health routines — an entire library to pick from in the moments when you need to



daily therapist tips in your inbox with our #DivingThru newsletter



resources created & peer-reviewed by therapists

and now, we're connecting like-minded people right in our studio

Therapist-Led Workshops

working sessions on a wide range of topics, where you learn coping strategies and techniques from therapists

Peer Support Groups

small groups where you can share lived experiences and connect with others who really understand what you're going through

Mental Health Events

live Q&As with panels of experts, casual community events, and so much more

meet our Founder & CEO, Sophie Gray



As the founder of DiveThru, Sophie (she/her) brings 8 years of branding, community building and product development to the company.

In her first business, she built an audience of over 500,000 people and sold over 250,000 workout programs in 3 years. She worked with brands such as Lululemon, Nike, FitBit and Olay.

Her work has been featured in Cosmopolitan, People, Women's Health, Refinery29, Marie Claire, Shape, Self, and many more.

meet our Director of Clinical Innovation, Dr. Lily Le

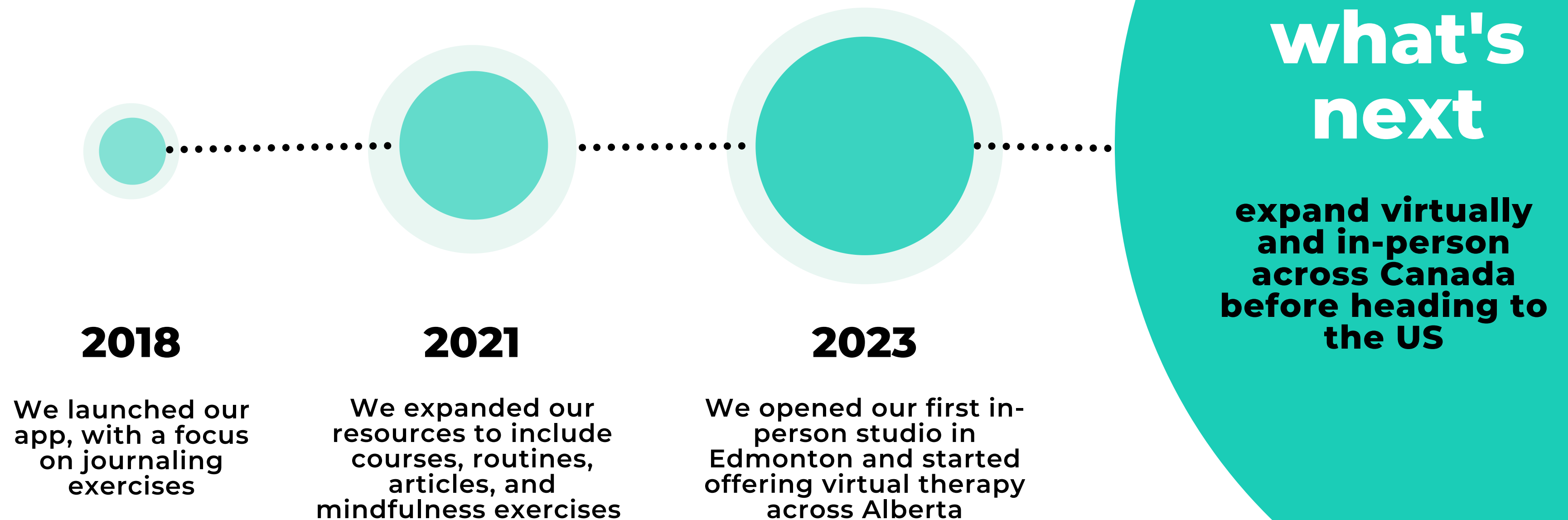
Dr. Lily Le (she/her) is a Registered Psychologist with over 10 years of experience working in the mental health field.

She has a Ph.D. in Counselling Psychology and is passionate about de-stigmatizing mental health, promoting healthy relationships, and using technology and innovation to increase access to care and improve clinical processes and outcomes.

As the Director of Clinical Innovation at DiveThru, Lily oversees the clinical direction of the company and the clinical team.



our journey



**interested in
learning more?
we'd love
to connect!**





**follow along on our journey or
reach out if you wanna
learn more**



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