

Introducing Tess

From Prevention to Intervention, Carebridge Can Help.

Emotional Support Using Artificial Intelligence

1

Say hi

Start by chatting with Tess by texting “hi” to 415.360.0039.

Text messaging rates may apply.

2

Tess asks

Like a coach, Tess works to understand your needs by asking, “how are you?”

3

Tess helps

Tess delivers coping strategies based on the emotions you express.

More than 8 million people have access to Tess. Tess is free and available 24-7 within the United States for you, and for members of your family over the age of 13.

