

One-touch access to all your wellbeing resources

BALANCY



Balancy is your comprehensive hub for easy access to all your wellbeing resources. Whether at home or on the go, you can confidently utilize multiple services. Log in to explore our extensive library of resources. Choose your preferred method of support, whether it's a phone call, text or instant message, video call, or simply browsing through the self-service option.

- A centralized hub of resources accessible anytime, anywhere.
- Self-service features such as a chatbot, self-assessments, mood tracking, and kindness practice.
- Use the scheduler option to arrange your initial conversation with our specialists directly through the app.
- Connect with a live representative through instant message, text, phone call, or video.

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WhatsApp: +1 984 920 6875 Message only

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